

How Does It Work?

So This Is Love – 28 Day Photo Project

You don't have to be a photographer, have a fancy camera (the camera on your phone is actually ideal!), or even be creative — this is all about capturing moments of love, comfort, and emotion in your daily life as a way to be active within your grief.

One Rule: There's really no rules

- Try to do one prompt per day, but don't sweat it if you can't. You can go in order, pick and choose prompts or catch up on days when you can.
- If you can't take a picture on a given day, maybe you already have the perfect one that you've taken in the past.
- It's up to you how you interpret the prompt. Feel free to get creative or keep it simple—there is no wrong way.
- Take your photo: Snap a picture that reflects a prompt. Don't worry about perfection; focus on the experience and the meaning behind each shot.
- If you'd like to share your photos, great! Or post them privately if you prefer. #sothisislove28
- Stay Flexible: Don't worry if you can't complete every prompt. Skip around as you need, or jump in when you can. This project is about the process, not checking off boxes.
- Have some fun: The goal is to embrace mourning, being active, and noticing how you can be present with both grief and life.



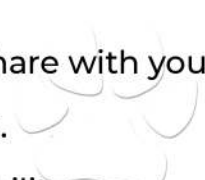


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- ☐ Red or Pink – Find something in these classic colors of love.
- ☐ Softness – A blanket, fur, or your pet's toy.
- ☐ Heart Shape – Look for a natural or manmade heart shape.
- ☐ Memories – Capture an object that holds a special memory.
- ☐ Morning Light – Notice how the light starts your day.
- ☐ One Word – Show or write one word that represents love to you.
- ☐ Smile - Something that brings you a moment of joy.
- ☐ Reflection – Your reflection or something reflective.
- ☐ Personal Tribute – Something that honors your beloved pet in a personal way.
- ☐ Texture – Highlight an interesting texture that feels soothing.
- ☐ Shared Moment – A place or object shared with your loved one.
- ☐ Nature's Love – Find signs of peace or love in the natural world.
- ☐ Warmth – Something that makes you feel warm, literally or emotionally.
- ☐ Old and New – Pair something old with something new.
- ☐ Favorite Color – Seek out your favorite color.
- ☐ Love in Small Things – Look for uniqueness in tiny details.
- ☐ Light in the Darkness – Find light in a shadowy place.
- ☐ Rainbow Colors – Find something that represents a full color spectrum.
- ☐ New Growth – Signs of growth, like a sprouting plant or budding tree.
- ☐ A Path Forward – Capture a road, trail, or walkway that might even feel symbolic.
- ☐ Hidden Treasure – Find something special that's easy to overlook.
- ☐ Fresh Bloom – Capture a flower — simple and beautiful.
- ☐ A Gift – Something you've received that holds special meaning.
- ☐ The Way to My Heart – Capture any fruit for food that your pet loved to share with you.
- ☐ Time – Represent time, a clock, calendar, sunset, or a moment of stillness.
- ☐ Open Sky – Capture the vastness above, a symbol of openness and possibility.
- ☐ A Doorway – A door, arch, or threshold that might symbolize transition.
- ☐ Love You Can Hold – Something you can physically hold that represents love.



Photography Tips

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Focus on the Light:

Natural light works wonders. Try taking photos near windows, outdoors, or when the sun isn't too directly bright.

Use Your Focus:

Tap the screen where you want to focus. This sharpens your subject and adjusts the lighting.

Simplify the Scene:

Less is more. Depending on your subject, keep your background simple to make your subject stand out.

Explore Angles:

Try different perspectives — get close, shoot from above, or crouch down for unique views.

Play with Zoom Sparingly:

Instead of zooming, move closer to your subject for better detail and quality.

Adjust Brightness:

After focusing, slide your finger up or down on the screen to brighten or darken the photo.

Think About Colors:

Look for complementary colors or let a single color (like red or yellow) pop in your photo.

Try Portrait Mode:

If your phone has it, use portrait mode for a nice blurred background effect.

Don't Overthink It:

Embrace imperfection and focus on capturing the feelings.

