

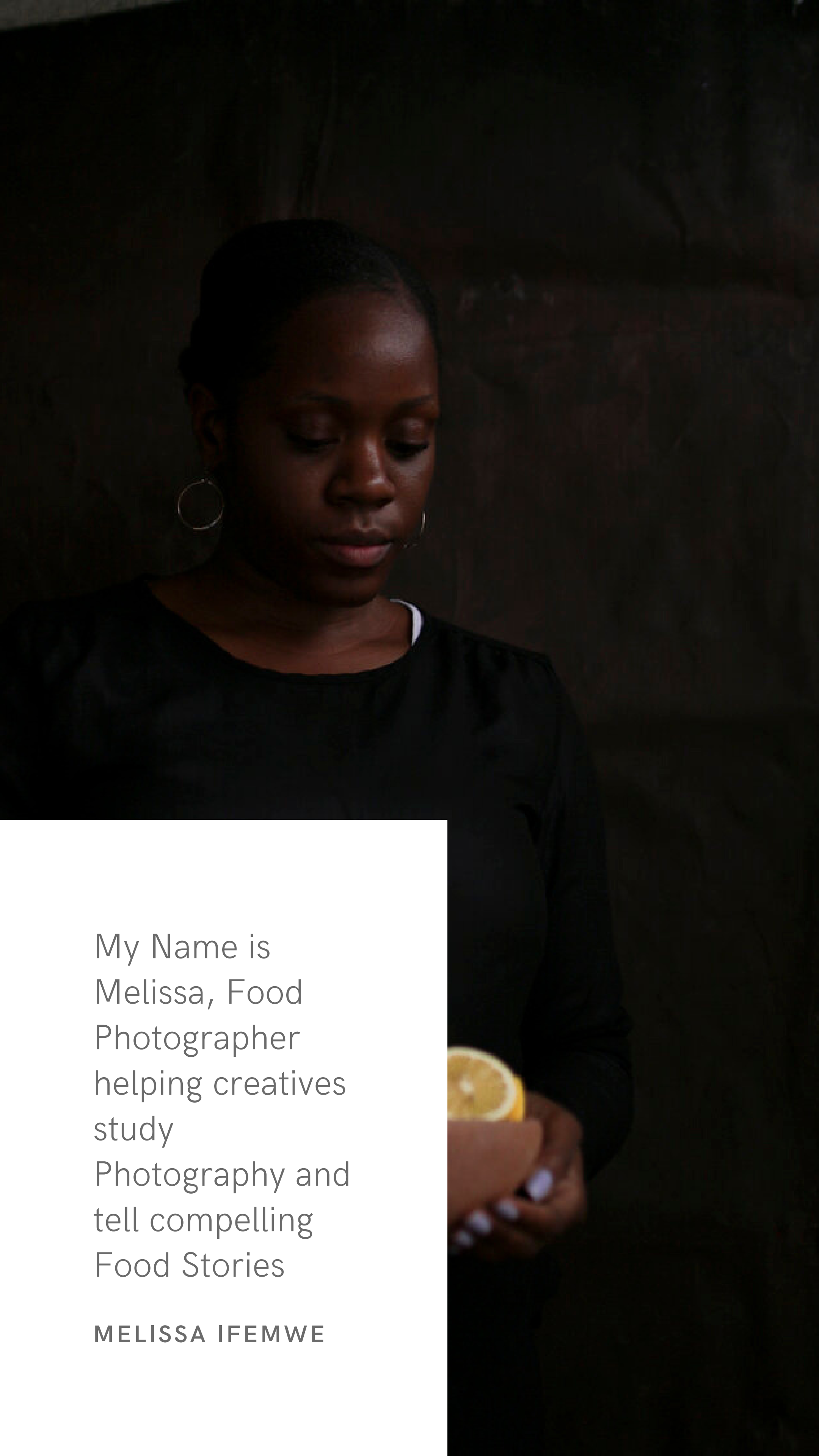
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**HOW TO
STAY MOTIVATED
AS A
PHOTOGRAPHER**



A portrait of a woman with her eyes closed, holding a slice of orange. She is wearing a black top and large hoop earrings. The background is dark and textured.

My Name is
Melissa, Food
Photographer
helping creatives
study
Photography and
tell compelling
Food Stories

MELISSA IFEMWE

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- Accepting Cycles of unmotivation
- Evoke your inner Child
- Find your “Why”

ACCEPTING CYCLES OF UNMOTIVATION

Dealing with cycles of unmotivation, whether you're a photographer or in any other creative field, is a common challenge and something that happens to me on a regular basis. Here are some strategies to help you accept and navigate through these periods:

- **Acknowledge and Accept:** Understand that cycles of unmotivation are a normal part of the creative process. Accept that creativity has its ebbs and flows, and it's okay to experience periods of lower motivation.
- **Reflect on Your Goals:** Take time to reflect on your long-term and short-term goals as a photographer. Understanding your objectives can reignite your passion and provide a sense of purpose.
- **Celebrate Achievements:** Reflect on your past successes and achievements as a photographer. Celebrate the milestones you've reached and remind yourself of your capabilities.

EVOKE YOUR INNER CHILD

There are many ways to evoke your inner Child. I have two main strategies to do this:

Engage in Playful Activities: Playfulness Activities inside or outside Photography. Organize a photo shot just for you and play around with different techniques, styles ect.

Create Art: Embrace your creative side by drawing, painting, or crafting. Allow yourself to experiment without **worrying about the outcome**. The emphasis is on the process, not the result.



FIND YOUR “WHY”

Finding your **“WHY”** as a photographer involves understanding the deeper meaning and purpose behind your photography. Here are some steps to help you discover your why.

Reflect on Your Passion for Photography

Consider why you are drawn to photography in the first place. Reflect on the aspects of photography that bring you joy and fulfillment.

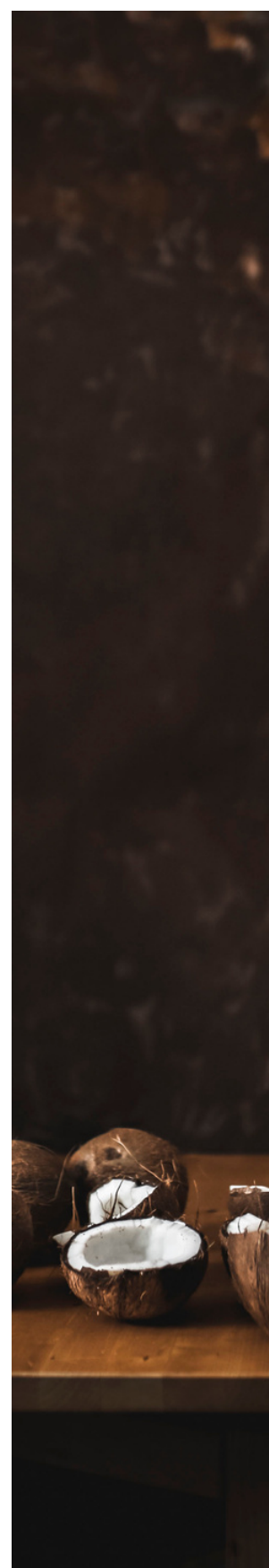
Identify Your Favorite Subjects

Think about the subjects or themes you love capturing through your lens. Whether it's people, landscapes, events, or abstract concepts, your preferences can provide clues to your why.

Explore Your Emotional Connection

Examine the emotions and feelings that arise when you look at your own photographs or when you're behind the camera. Identify the emotions you want to evoke in your audience.

I HOPE THIS WAS
HELPFUL



YOU WANT MORE?

Get the FULL Guide on [“How to Stay motivated as a Photographer”](#)