

Name:

Inspiration is the emotion that adds meaning and symbolism to your photographs.

Multiple Points of View is how to tell a fuller, richer story about your subject while presenting interesting perspectives that emphasize the ever changing contours of 3-D forms.

What is Inspiration?

When you witness true human excellence, you transcend the ordinary become uplifted and inspired. Along with gratitude and awe, inspiration is considered one of the self-transcendent emotions. It's a form of positivity that pulls us out of our shell of self-absorption.

For example, the time your friend put down his phone to patiently help a disoriented older man find his way, or watching tennis star Roger Federer play a flawlessly fluid game in the U.S. Open, or watching a performance who's acting seems to capture the core of the human soul, or just watching a close friend doing what she does best.

Inspiration doesn't simply feel good, it rivets your attention, warms your heart, and draws you in ultimately making you want to express what's good and do good yourself. Inspiration creates the urge to do your best so that you can reach your own higher ground.

Like gratitude, inspiration has an evil twin. Whether you call it resentment or envy, it arises when we see human excellence and respond with negativity. Sometime we mock or put the person down, or think less of ourselves for not doing equally well. When we compare ourselves with someone who does better than we do, we may get discouraged instead of inspired. How you respond to human excellence - positivity or negativity - is a choice. That choice opens your heart or closes it and puts you onto an upward spiral or a downward spiral. Can you think of a time when you made the choice to be inspired?

Your responses will increase your positivity and develop meaning and content.

1. From the paragraph above, highlight something you agree with.
2. From the paragraph above, highlight something you heard before.
3. Where did you hear #2 before and why was it worth remembering?
4. Define Inspiration in your own words.
5. When have you felt truly inspired, uplifted, or elevated by goodness?
6. When have you come across true human excellence or virtue?
7. When have you seen someone perform or act better than you ever imagined was possible?
8. When has your jaw dropped seeing the excellence that was unfolding before your eyes?
9. When have you felt an urge to do your best, too reach your higher ground?
10. Reflect on your responses above and circle any words that reference people places or things.

DIGITAL PHOTOGRAPHY
Inspiration POV - Meaning and Content Survey

Name:

11. List three defining qualities or characteristics of Silhouette Photographs.
12. List three field strategies you can use to make Silhouette Photographs