

Photo-Journal Quick-Start Guide

Your path to self-discovery in midlife through visual reflection

• What You'll Need

Camera or Phone

For capturing or selecting your photos

Journal or Notebook

For written reflection

Pen or Pencil

Whatever feels comfortable

Weekly Template

Optional: Download from website

• The Process (4 Simple Steps)

1

Read the Prompt

Access weekly prompts via YouTube or download the PDF workbook from www.quietalchemyspace.com

2

Capture or Select Photos (10-20 min)

Take or choose 1-3 photos that respond to the prompt. Trust your instinct—there's no wrong answer.

3

Journal Your Reflection (up to 30 min)

Write about what you notice in your photos, what emotions arise, and what insights emerge.

4

Extract Your Keywords (up to 30 min)

Analyze your writing and identify 3 key words that capture the essence. Add them to your master list.

- **Time Commitment**

Weekly: Approximately 2-2.5 hours total

Flexible: Complete at your own pace throughout the week

Sustainable: Break the process into shorter sessions if needed

- **Where to Find Prompts**

YouTube Channel

Weekly video prompts with guidance and demonstrations

Website Resources

Downloadable PDF workbooks at www.quietalchemy.space.com

Ready to Begin?

Subscribe to stay updated with new prompt series and continue your journey

[Subscribe on YouTube](#)

Weekly Reflection

Quiet Alchemy Space

PHOTO PROMPT:

Photo 1

Photo 2

Photo 3

NOTES:

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JOURNAL PROMPT:

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MY KEY WORDS THIS WEEK:

Initial Insights

*What comes up when you see this list of words together? What pattern do you notice?
What surprises you about these words?*

Overall Reflection
