

Visual Creativity

One prompt a day, 15–20 minutes. Tick **Made** when it's done and **Shared** when someone has seen it.

NAME	START DATE	WHERE I SHARE		
WEEK 1 · TRAIN THE GENERATOR	1  30 Circles Turn 30 circles into objects. 3 min. ☐ MADE ☐ SHARED	2  Forced Connections 10 links: topic + random object. ☐ MADE ☐ SHARED	3  SCAMPER 7 questions, one idea. ☐ MADE ☐ SHARED	
	4  What If? Break one rule of reality, 10 times. ☐ MADE ☐ SHARED	5  Reverse the Assumption Flip an obvious truth in your field. ☐ MADE ☐ SHARED	6  Make It Unfamiliar 10 ways to make an object strange. ☐ MADE ☐ SHARED	
	7  Recreate & Remix Copy something you love. Change 3 things. ☐ MADE ☐ SHARED			
	WEEK 2 · LEARN TO SEE	8  One Object, Ten Ways Photograph it 10 different ways. ☐ MADE ☐ SHARED	9  Change the Angle One scene, 5 camera positions. ☐ MADE ☐ SHARED	10  Light & Shadow 5 photos where shadow is the subject. ☐ MADE ☐ SHARED
		11  Close & Wide 1 wide shot + 3 close-ups. ☐ MADE ☐ SHARED	12  Reflections 3 images: glass, water, mirror, screen. ☐ MADE ☐ SHARED	13  Background Matters One object, 5 backgrounds. ☐ MADE ☐ SHARED
		14  Make the Boring Interesting Your least attractive thing, made compelling. ☐ MADE ☐ SHARED		
		WEEK 3 · THINK IN STORIES	15  Before & After A 10-second transformation. ☐ MADE ☐ SHARED	16  No Words A short video, no speech or text. ☐ MADE ☐ SHARED
18  The First 3 Seconds Only the scroll-stopping opening. ☐ MADE ☐ SHARED	19  One Day, Five Shots A whole day in exactly 5 frames. ☐ MADE ☐ SHARED		20  Expectation vs Reality The classic contrast. ☐ MADE ☐ SHARED	
21  The Missing Piece Let the viewer work out what happened. ☐ MADE ☐ SHARED				
WEEK 4 · LIMITS & STYLE	22  Three Shots Only A full video in exactly 3 shots. ☐ MADE ☐ SHARED		23  No Face A personal story, you never on screen. ☐ MADE ☐ SHARED	24  Hands Only A story filmed with just hands. ☐ MADE ☐ SHARED
	25  Move the Camera 3 different camera moves. ☐ MADE ☐ SHARED	26  One Transition One transition, one everyday object. ☐ MADE ☐ SHARED	27  Your Colours 2–3 dominant colours only. ☐ MADE ☐ SHARED	
	28  Sound First Audio carries more than the picture. ☐ MADE ☐ SHARED			
	FINAL · PUT IT TOGETHER	29  Your Story in 7 Shots A personal truth, 7 frames, no explanation. ☐ MADE ☐ SHARED	30  Your Signature Piece 20–30 sec using everything from 29 days. ☐ MADE ☐ SHARED	DAY 31 · LOOK BACK Lay out all 30 pieces. Only now are you allowed to judge. Turn the page and fill in your review.

15–20 minutes

One prompt a day. Stop when the time is up.

Make it visible

Share it publicly or with one person.

Missed a day?

Not a failure. Finish 30 days, in any order.

Quantity first

Judge nothing until Day 31.

What 30 Days Made

Fill this in on Day 31, with all 30 pieces in front of you.

MY TOP 3 PIECES

DAY _____

DAY _____

DAY _____

ONE THING EACH WEEK TAUGHT ME

WEEK 1 _____

WEEK 2 _____

WEEK 3 _____

WEEK 4 _____

MY STYLE, IN 3 WORDS

1 _____

2 _____

3 _____

HARDEST DAY & WHY

DAY _____

WHY _____

IDEA BANK · THINGS I WANT TO MAKE NEXT

→ _____	→ _____
→ _____	→ _____
→ _____	→ _____
→ _____	→ _____
→ _____	→ _____
→ _____	→ _____

SKETCH / STORYBOARD YOUR SIGNATURE PIECE

