

FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 1 · FOUNDATIONS

Shoot Everything, No Limits

BY DANTE SISOFI

LESSON 003



Shoot Everything, No Limits

- Anything and everything is a photo
- No themes, no rules, no permission
- Volume is the practice



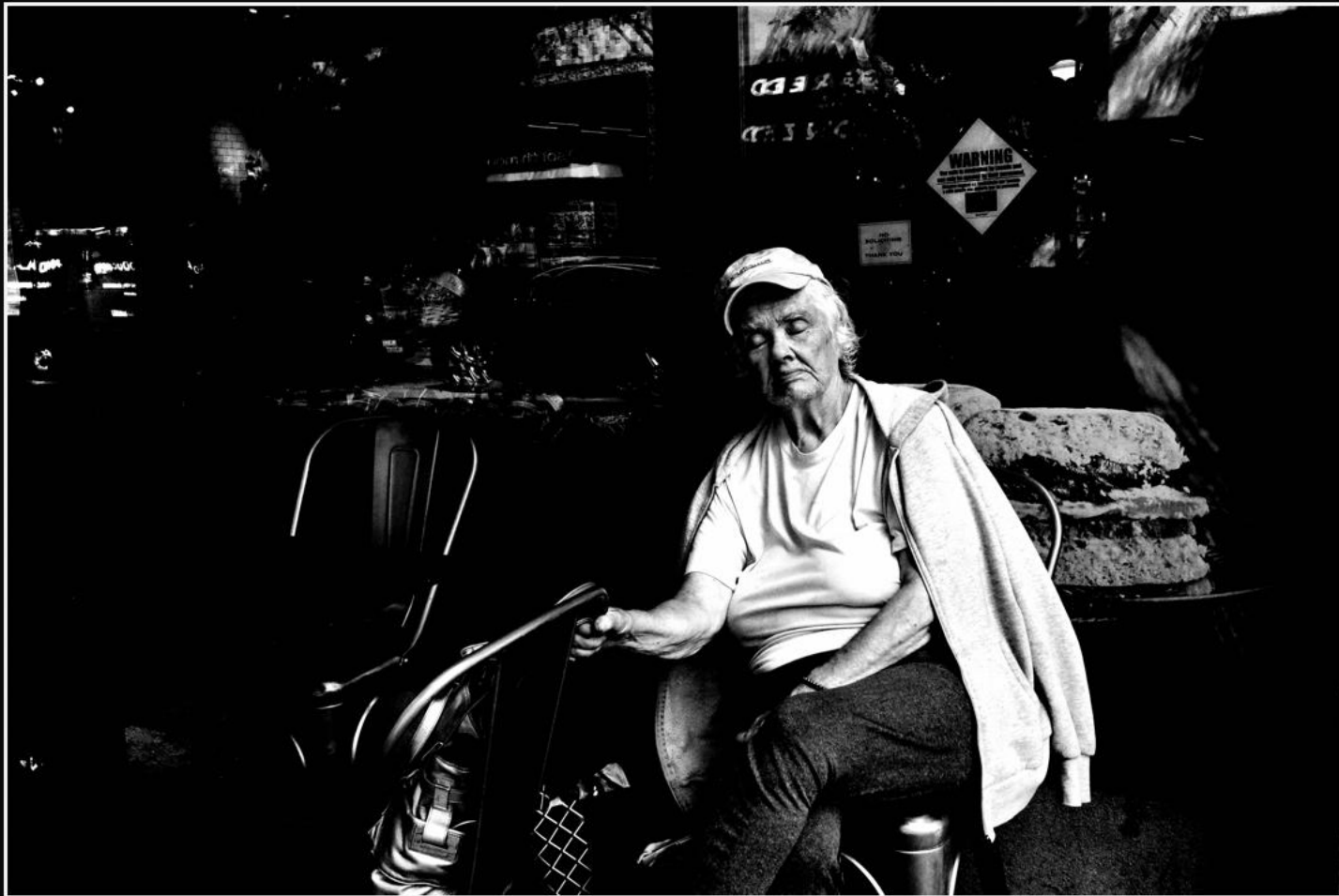
What You'll Walk Away With

- Permission to shoot without filtering
- A volume habit you can keep
- Why "more" beats "perfect"



Limiting Yourself Leads to Stagnation

- Strict themes narrow your eye
- You miss the beauty in everything else
- Selectivity early = stagnation



A State of Production

- Success = simply making new pictures
- To be in a state of production
- Output now, opinions later



Anything Can Be a Photo

- You shouldn't need specific places or subjects
- Drop the "is this worth it" filter
- The whole world qualifies



Forget the Theme

- Don't go out with a theme in mind
- Shoot freely first
- Themes emerge later, on their own



More Photos, Better Photographer

- The secret is making more photos
- He who walks the most shall win
- Walk more → see more → shoot more



Don't Think, Just Shoot

- Don't think. Just shoot.
- Judgment in the moment kills the moment
- Ask questions later



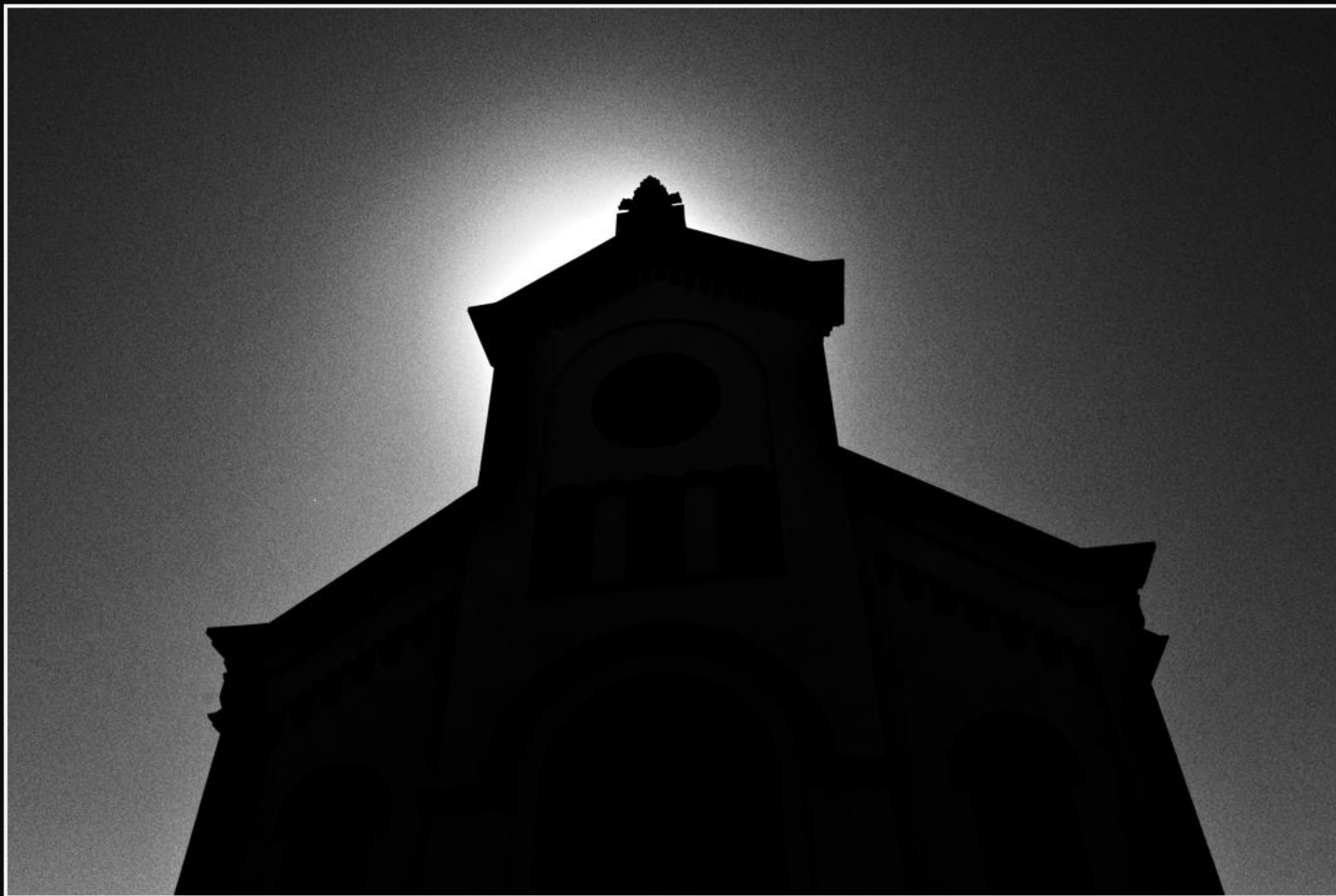
The 1,000-Photo Day

- Goal: 1,000 photos in one day
- The more you photograph, the more you learn
- Saturate the habit, lose the preciousness



Eliminate Excuses

- Always carry a camera
- A pocket camera kills "I didn't have it"
- There's always a reason to shoot



Shooting Everything Forces Your Luck

- Luck isn't waiting — it's repetition
- Put yourself in the situation, again and again
- Volume manufactures the decisive moment



Volume Puts You There Before the Moment

- Hours circling one spot pays off
- Read the light and the patterns
- Volume + presence = ready before it happens



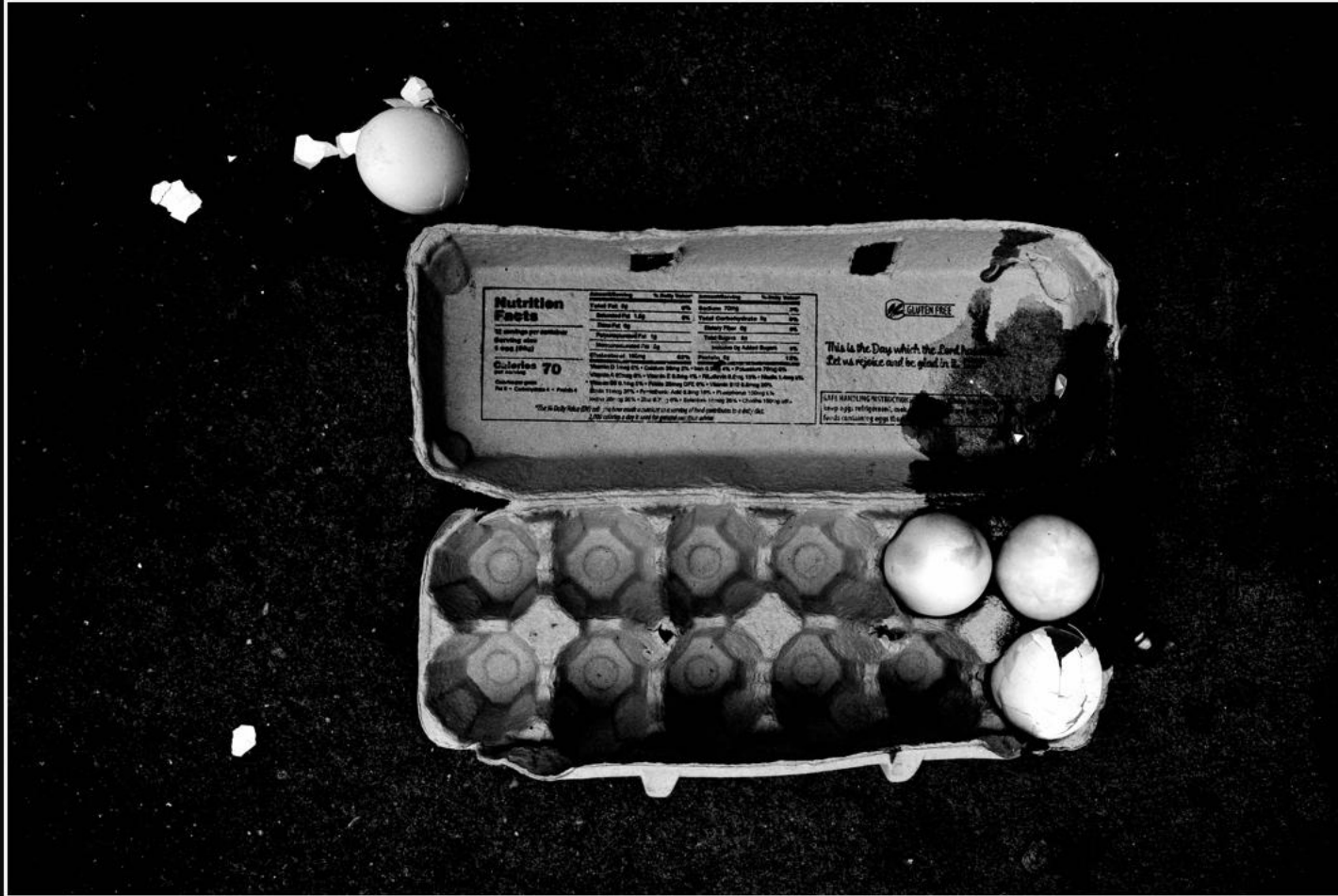
The Frames Find You When You're Out There

- Just out moving, following curiosity
- Not "looking for" anything in particular
- The unexpected appears because you're out there



The Mundane Scene, Shot Anyway

- A dull scene becomes a composition
- Foreground, mid-ground, background — layers
- An "ordinary" moment, shot instead of skipped



Find Beauty in the Ordinary

- The mundane is endlessly fascinating
- Don't wait for extraordinary moments
- Change your view, not your location



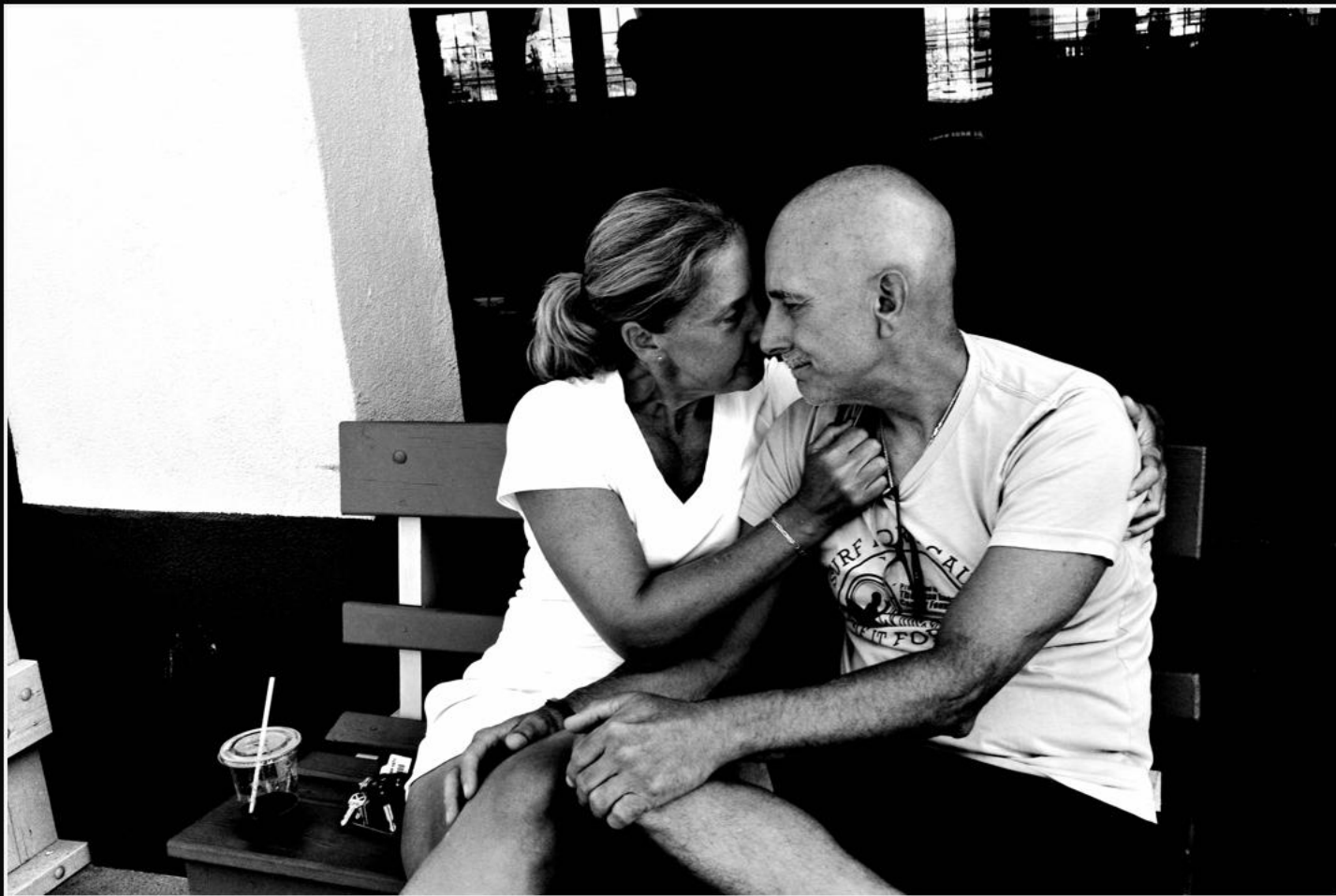
Volume Builds the Flow State

- Shooting freely loosens you up
- Just shoot — no good vs. bad
- Production becomes effortless



The No-Limits Walk

- One walk, zero filtering
- Shoot the boring stuff on purpose
- Aim high on the count



The 1,000-Frame Challenge

- Pick a day, chase 1,000 frames
- Don't chimp, don't delete
- Review only after you're home



Waiting for the "Worthy" Shot

- Don't pre-judge what deserves a frame
- Don't wait for extraordinary moments
- Hesitation = the photo you never made



Caging Yourself in a Theme

- Rigid projects narrow your eye early
- You stop seeing everything else
- Let themes find you



Building on a Way of Life

- Lesson 002 made it a way of life
- This is how you live it — shoot everything
- Always ready, always producing



Where We Go From Here

- Next: Curiosity & Joy (Lesson 004)
- The engine behind shooting everything
- Volume without joy burns out



Shoot Everything, Sort It Later

- Anything and everything is a photo
- More frames, fewer filters
- Walk more, judge less, shoot everything