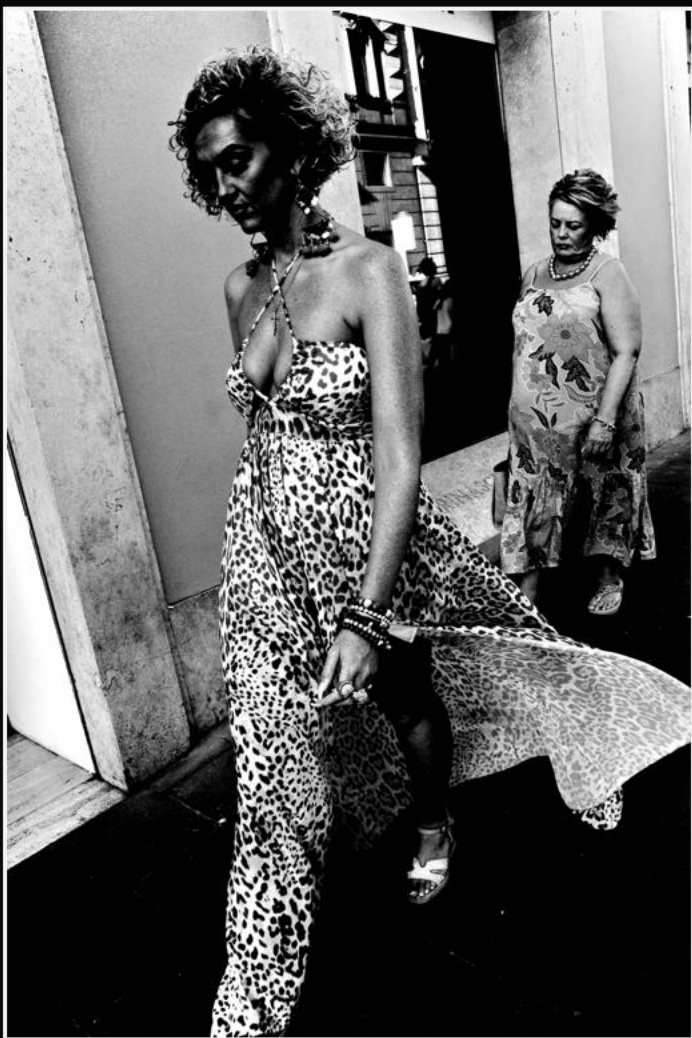
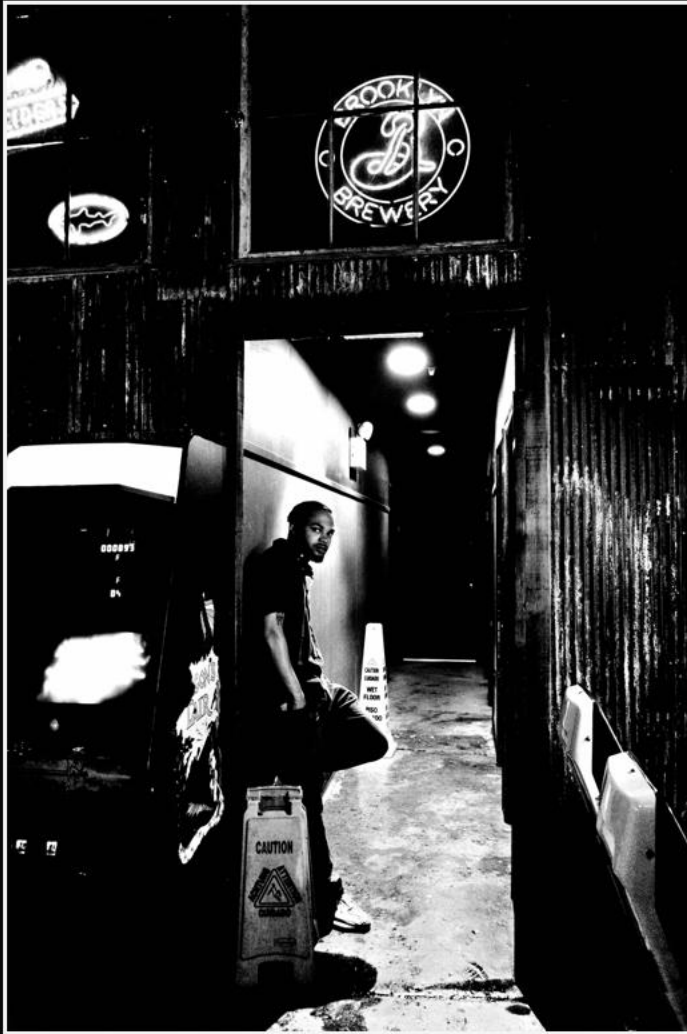


Constraints = Creative Freedom



Less Gear, More Freedom

- Limits don't trap you — they free you
- One camera, one lens
- Constraint is the creative engine



Build Your One System

- Commit to one camera, one lens
- Kill decision fatigue
- Make the tool disappear



Choices Drain You

- Every option is a tiny decision
- Decisions burn the energy you need to see
- Gear obsession steals your eye



Freedom on the Other Side

- Fewer choices = a quieter mind
- A quiet mind reacts faster
- The limit is where the play begins



One Camera, One Lens

- "Commit to one camera and one lens"
- The first decision to overcome
- Don't worry about buying new gear



Eliminate Decision Fatigue

- One setup = zero gear questions
- Spend your focus on the frame
- Decisions you don't make can't tire you



The Camera as an Extension

- Your camera becomes an extension of your eye and body
- You stop "operating" it
- Familiarity makes it instinct



One Focal Length, One Year

- Stay true to one focal length for at least a year
- Focal length matters less than consistency
- Let one way of seeing become second nature



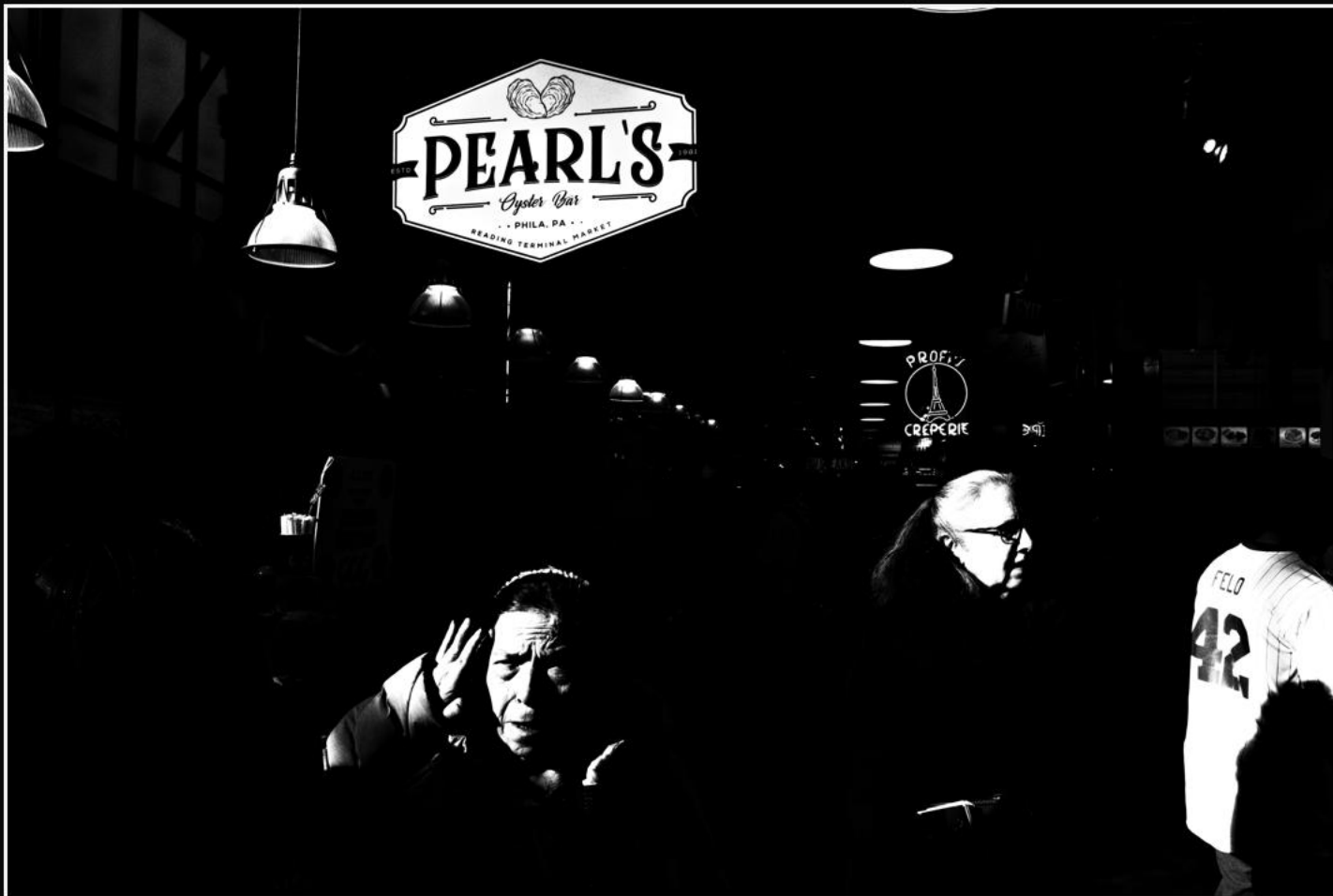
Constraint Makes It Physical

- One lens = you move your body, not a zoom
- Composition becomes footwork
- The limit forces presence



Simplify the Settings Too

- P mode or Av mode, snap focus
- "Don't be a sucker who shoots everything in manual"
- Small JPEGs, straight out of camera



The Constraint Frees You to Respond

- A layered frame, shot purely on instinct
- Body, camera, intuition in sync
- No menus — just the frame you feel



Work One Scene Until It Breaks Open

- Same scene, same background, again and again
- Repeat until the moment finally comes
- The limit is the location — you work it



Let Light Be Your One Rule

- Wait for the light to land just right
- "Follow the light, not the moment"
- You can't control it — only respond



Go Where You Are Now

- "Great images come from your soul, not your surroundings"
- Your block is enough — walk the same route
- "Familiarity will lead to results"



Let Go of the Box

- Life is outside the four corners of the frame
- Outside your comfort zone, outside limiting beliefs
- "Use what you have"



Commit for One Year

- Pick one camera + one lens today
- Put the rest in a drawer
- No buying, no switching, twelve months



Shoot One Street

- Choose ONE street near you
- Walk it slow, again and again
- Let familiarity do the work



Set Your Settings Once

- Lock P or Av + snap focus + B&W JPEG
- Then never touch the menu on the street
- Free your attention for seeing



Gear Acquisition Syndrome

- Buying gear instead of making photos
- New tool $\neq$ new vision
- The fight with equipment never ends



Waiting for the Perfect Place

- "I'll start when I get to a real city"
- The perfect location is a stalling tactic
- Start where your feet already are



Curiosity Needs a Container

- Lesson 004 gave you curiosity and joy
- Constraints give that energy a shape
- A small tool, an endlessly curious eye



Into the Flow

- Next: Entering the Flow State (Lesson 006)
- Constraints quiet the mind — flow needs that quiet
- Closes Module 1, opens Mindset & Flow



The Limit Is the Freedom

- One camera, one lens, one street — for a year
- Stop chasing options; commit to limits
- Less gear, more seeing