

1440 Minutes – A Day in the Life



For me, everyday moments are what make life, well, life.

So why is it that we don't document real, everyday life the same way that we document birthdays, anniversaries, and other special occasions? Doesn't breakfast deserve just as much time as party candles? Isn't bedtime as special as that trip to the zoo? Don't all the "little" moments that happen in between the big ones deserve some space in our albums, too?

Well – I believe they do. That is why I am charging you with this project... 1440 Minutes... 24 hours... one day in your life.

Don't look at the calendar for the "right" day. Look at the calendar for the typical, even mundane day. Once you start taking the pictures, you will quickly realize that every day, no matter how boring you might think it is, has glimmers of amazing adventures and sparkling moments of joy.

So, walk up to your calendar. Go on, right now. Open it up in Outlook, walk over to the fridge, whatever it takes, and close your eyes. Swish your finger around in the air and place it on a day. Now – yell – "Gotcha!" (You don't have to, but it adds to the fun...) Circle that day on the calendar and have your camera ready for that day.

Are you ready? You are about to document your life. What could be better???



What you will need...

- A camera
- A notepad of some sort- plain or cutesy – it is up to you...
- A small album – I did 6x6 to stretch my paper as far as possible.
- Coordinating paper and stickers, embellishments and a good pen
- Your final prints of your pictures

Some ideas of what to document...

- Your meals
- Your morning routine
- Work
- Play
- Kids
- Pets
- Quiet moments
- Super loud moments
- Good moments
- Not-so-Good moments
- Laughter
- Tears
- Laundry
- Car pool
- Soccer Practice
- Expense reports
- Email time
- Twitter and facebook

Now, here is what I did... Now, remember, this is nothing fancy. This is just a simple little book about a regular day in the life of my family.

I did find that working with a kit worked best. I grabbed my recent one from The Girl's Loft and then supplemented with a few coordinating papers and stickers as needed. It was all ready and set, easy to just sit down and put it all together in one shot!

So, here we go...





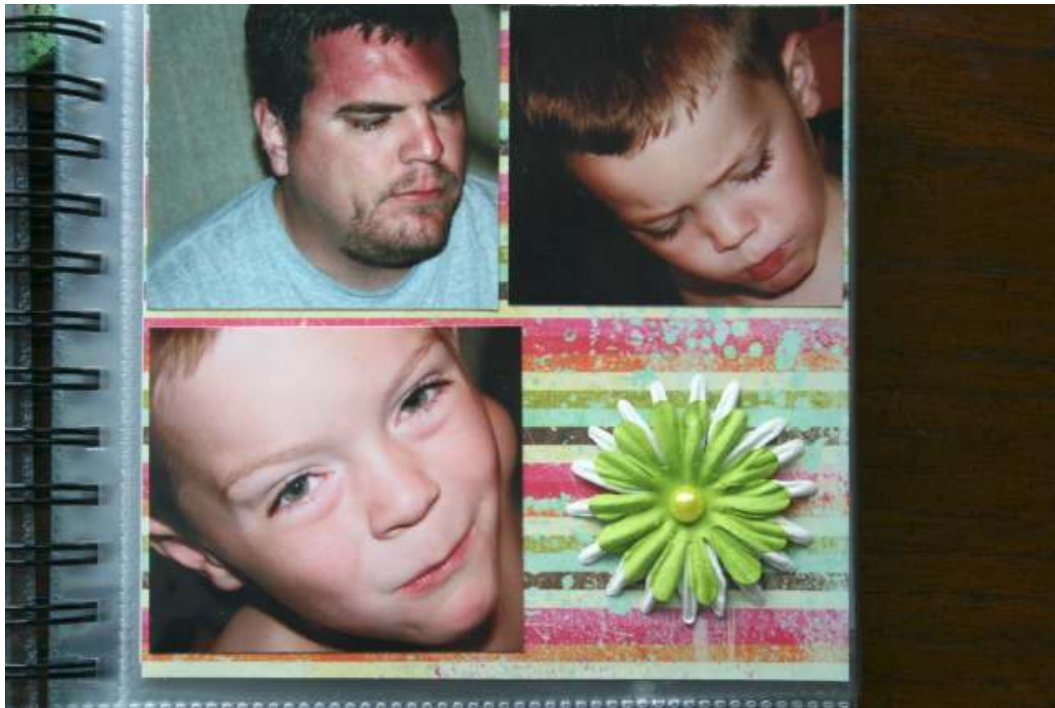
This was a plain chipboard album cover that I sprayed with Tattered Angels Glimmer Mist to add color, depth, and shimmer. I added my title and some stickers.



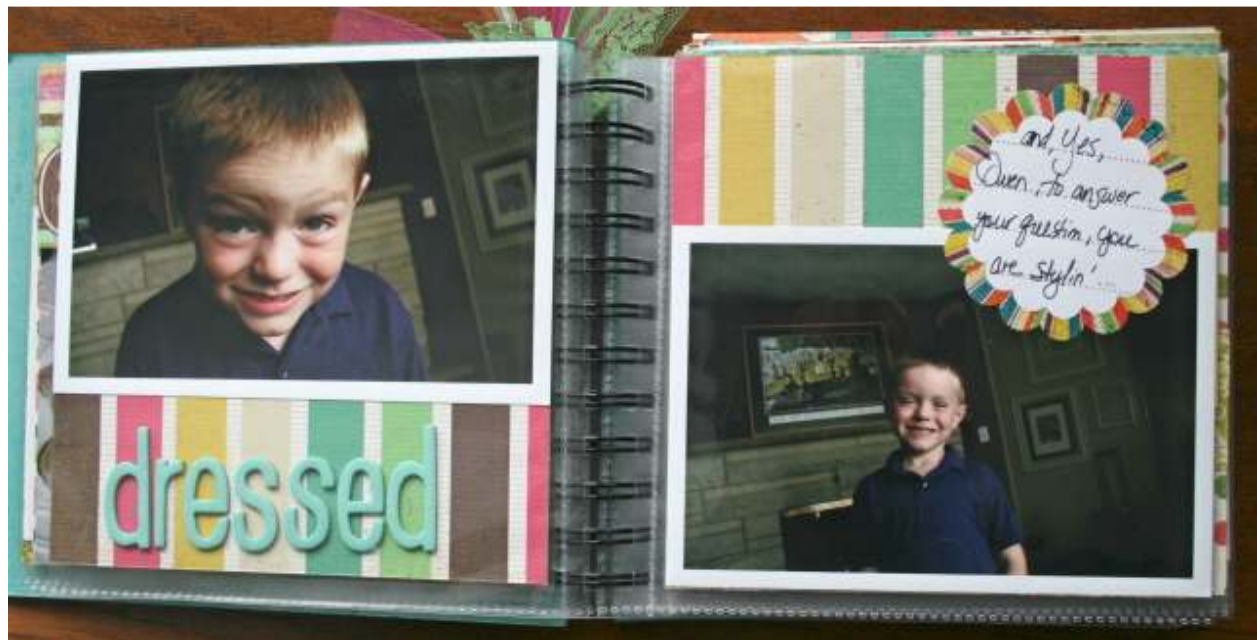


We started very first thing with waking up and making beds. Boring, maybe, but still the start of our day.





Yes – I even took pics of them chewing their cereal... I know, goofy, but again a simple part of everyday.



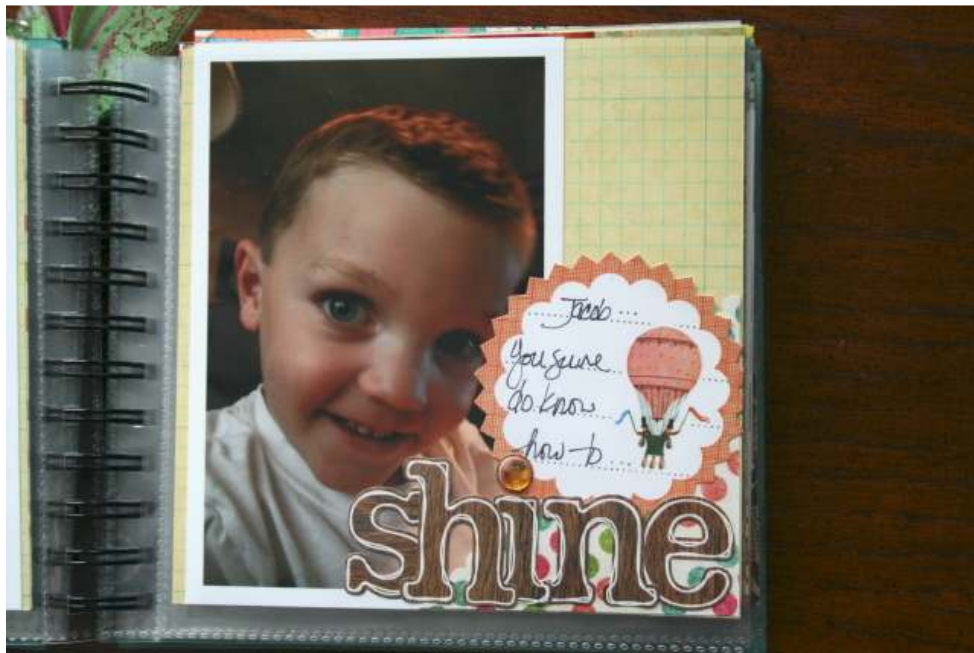


Simple times, even getting dressed or just playing with toys in the living room are worth a photo or two... especially if they are a part of your day!



Routine moments are also great pictures to take. Reading the paper on Sundays is one of those moments for Matt in our house.



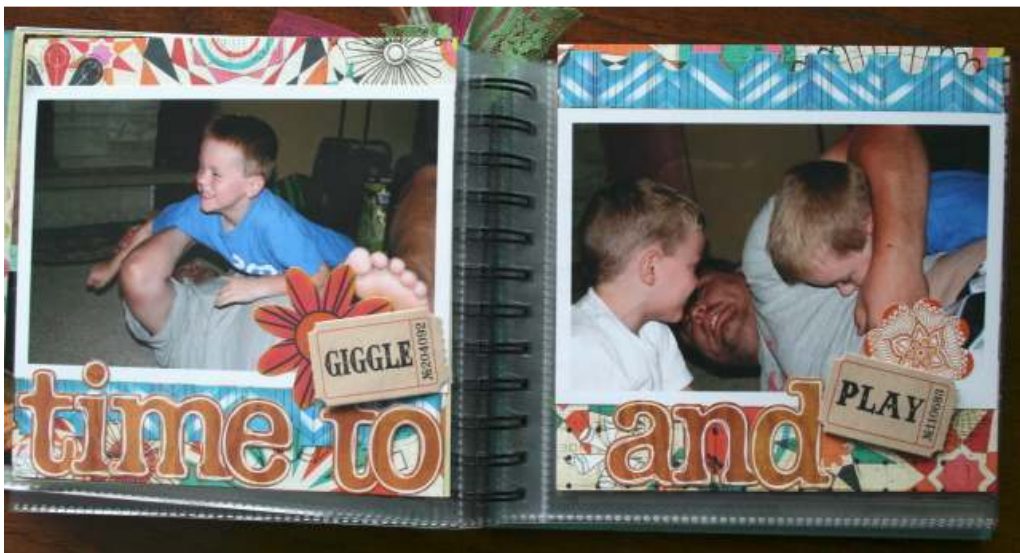


One of my favorite parts of this project is mixing different elements together. Sticker, alphas, and papers that can be backgrounds or highlights. Since it is 6x6, one sheet of 12x12 paper can go a long, long way!





Simple sandwiches and chips for lunch – think small. Think mundane. Think the true story of your entire day...



Simple moments of play and laughter...



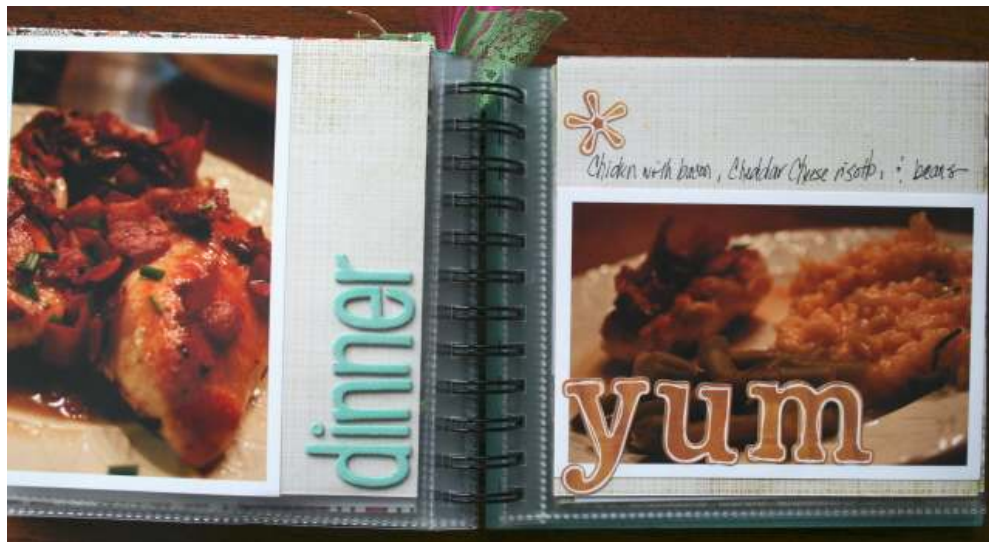


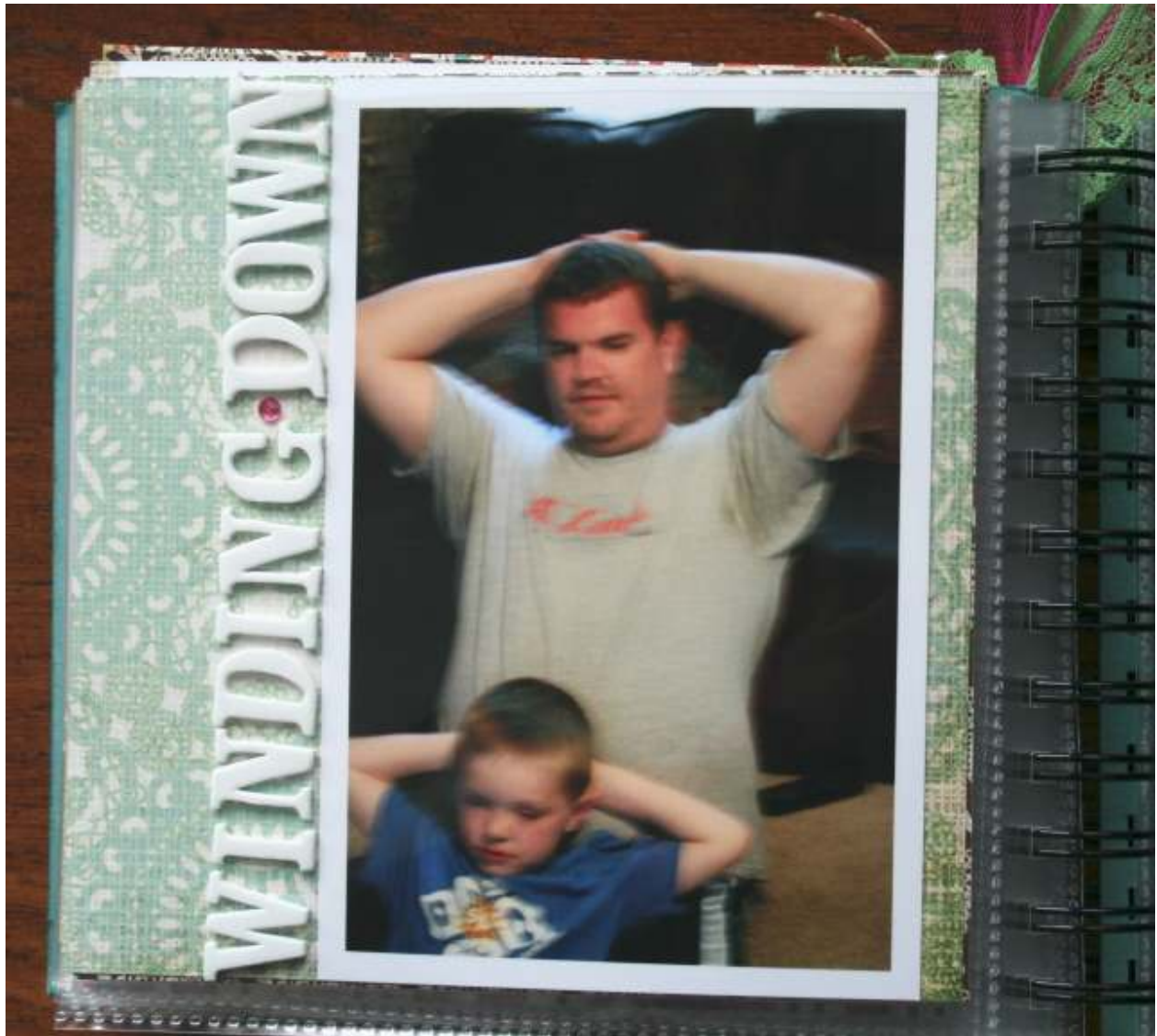
Or time watching your favorite cartoon...



For me, time making dinner is definitely noteworthy time during my day, especially if it is a favorite recipe of mine!

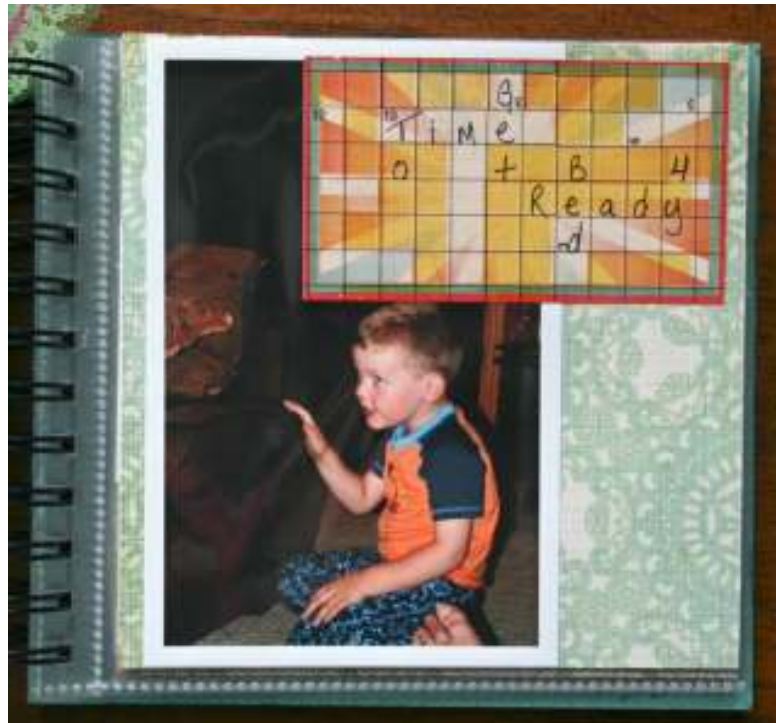






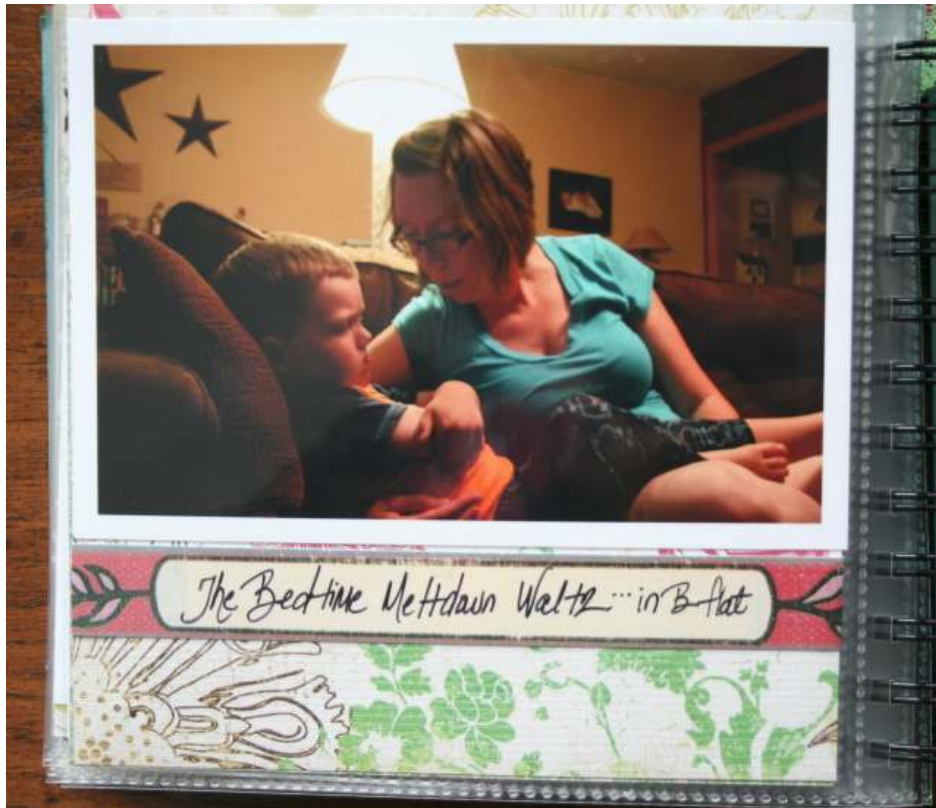
Now, not every great moment will hold still long enough for the picture to be taken. That does not mean that the photo can't be used anyway. While this one is fuzzy, it what a great, and fleeting, moment in our evening that I wanted to capture. It was the end of the day when the boys were winding down and just hanging with dad. I loved this moment, even if the photo wasn't stellar.





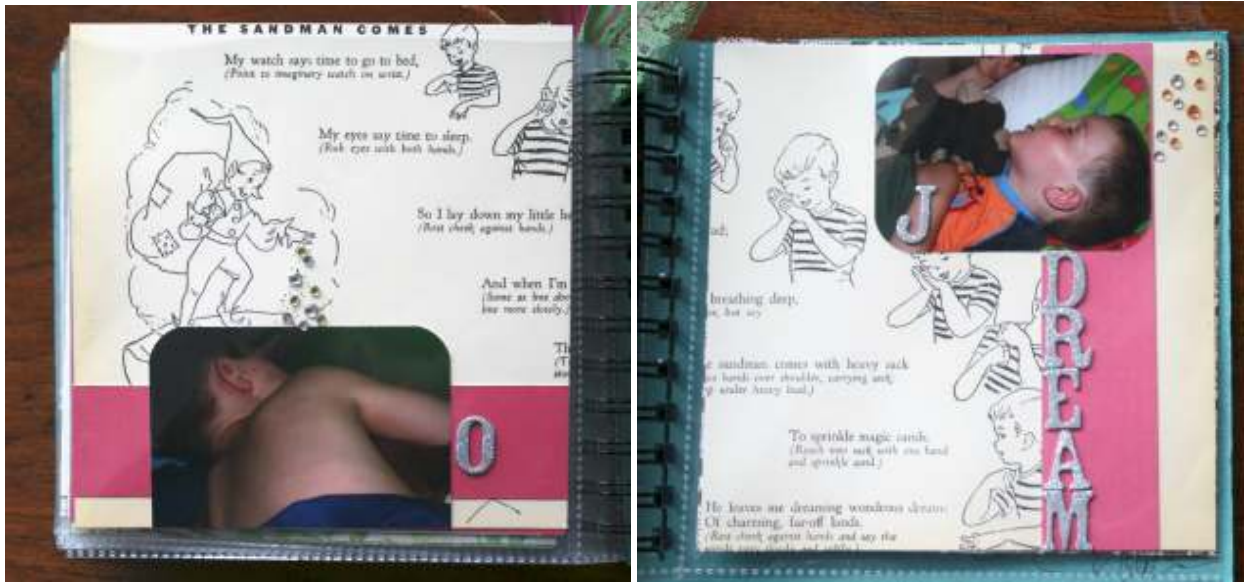
For us, story time at night is a major part of our day. This was something that I definitely wanted to capture and document. This is part of our nighttime ritual and our family tradition. It is a time of day that I personally cherish and hope that we can continue for a few more years... (Until it is no longer cool to have your mommy read you a story anyway...)





Sometimes there are battles during the day... this is ours... time to go to bed... Even the not so great parts need to be documented since they are part of real life.





Again, not great photos, but once they were asleep I was not about to wake them up!



Me at the end of a long day... and that pretty much was it. Me asleep about 30 minutes later.



So, the moral of the story is this...

Every life has memorable moments.

Everyday moments of nothing and everything all rolled into one.

Little moments of smiles and tears.

Moments of peace and joy.

All of these make up who we are and who we become.

Capture life's little moments – one photo at a time.

Steph

Thanks for taking time to participate in this class!

I hope you have fun and cannot wait to see what you create!

To share your projects from this class, log on to <http://www.flickr.com/groups/1333602@N24/>

Happy Crafting and enjoy life's little moments!

