

September 1st

capture: The sunrise. I want you to rise and shine early because I can't think of a better way to celebrate the beginning of this month or this project than with a photo of light emerging on the horizon.

collect: Something with the date September 1st, 2008 printed or stamped on it.

record: Your feelings or anticipation for this month of seasonal transition. What obvious or not will be changing in your corner of the world?

September 2nd

capture: Your calendar, date-book, planner—naturally, you can use your camera to do this, but you could also scan or copy one of these scheduling tools. You could also use a screen shot of a calendar or schedule of appointments on your computer. As we move forward this month, keep in mind that we are collecting visual evidence of life – and there are many ways to capture images.

collect: a printed copy of an email (or text message) you either send or receive today.

record: two things you would like to schedule into your life more often and a note about



something you are doing regularly that brings you a sense of accomplishment.

September 3rd

capture: A photo of your kitchen table or dining area in your home.

collect: The label off of something you eat or drink today.

record: Everything you eat/drink for one meal. Also record information as to who prepares this meal, where you eat it, who you are with and what specifically you enjoy or dislike about the foods you eat.

September 4th

capture: A photo of the outside of your home.

collect: A piece of mail with our address on it.

record: Sketch freehand the floor plan of your home and put

a heart in the areas where happy memories are most often made

September 5th

capture: Someone at play

collect: A flyer or announcement or invitation you've picked up recently

record: Your thoughts for 5 consecutive minutes (set a timer and write everything that comes to your mind)

September 6th

capture: Shoes.

collect: A receipt.

record: Feelings after talking a walk.

September 7th

capture: A perfect moment.

collect: Something from today's newspaper or news feed.

record: A snippet of a conversation.

September 8th

capture: A closet or cupboard you open every single day (multiple times)

collect: A label (from a household product you love)

record: A list of games, puzzles, videos, DVDs or some other collection of entertainment in your home.

September 9th

capture: Something that brings music into your life.

collect: Anything you want!

record: Lyrics to a song you love.

September 10th

capture: Something you carry with you.

collect: Your make-up. Apply lipstick, rouge, eye shadow etc. directly to your page along with the label off of a beauty care product you LOVE.

record: List every single item in your purse, tote, wallet, diaper bag etc..

September 11th

capture: A vehicle that takes you places.

collect: Something from a glove compartment.

record: The miles on an odometer and a list of places you've been since Sunday.

September 12th

capture: Something your learning.

collect: Loose change in your pocket or purse (yes, stick it on your page)

record: The weather where you are and the weather where a loved one is. You could draw a picture!

September 13th

capture: A photo of someone who helps you.

collect: A business card.

record: A list of things you have done to help other people today.

September 14th

capture: A treasure. Something you keep and love because of its history.

collect: A map or directions.

record: The contents of your nightstand. Write down everything on top, inside and underneath!

September 15th

capture: What you are doing at exactly 9:15 (am or pm) You may have to set an alarm to remind you to stop, notice and capture!

collect: A wrapper or packaging from something you use.

record: A list of websites and blogs you visit frequently

September 16th

capture: Something clean

collect: A leaf or some other natural/organic element

record: A list of things that need to be cleaned or fixed. Be as specific as possible.

September 17th

capture: Change

collect: A scrapbooking embellishment

record: A quote you love.

September 18th

capture: A photo of the whole family or a group of special friends.

collect: thumb prints for anyone and everyone who enters your home today.

record: word art of all the first and last names in your extended family, or all your friends! Visit <http://wordle.net/> to learn how easy it is to create word art!

September 19th

capture: Something you have a LOT of.

collect: Colors (paint swatches) you'd love to paint your walls with.

record: A tally of items in your pantry.

September 20th

capture: Something you watch.

collect: Doodles or a note scribbled on a stick note or envelope

record: A list of books and reading material in one room of your home.

September 21st

capture: The inside of your refrigerator

collect: A grocery list, expired coupons still in your possession or a grocery receipt.

record: Everything stored in the door of your refrigerator. Circle the items that are almost always there—the things that you don't run out of.

September 22nd

capture: A marquee, billboard or sign in your community

collect: A recipe you make often.

record: Something unexpected that happened and how you responded.

September 23rd

capture: Laundry.

collect: A label from an article of clothing.

record: Everything that everyone in your home is wearing, today.

September 24th

capture: Something you couldn't live without

collect: A postcard

record: Telephone numbers you have memorized and why.

September 25th

capture: Nature

collect: A wrapper from gum, candy or other snack

record: A list of the last five checks you've written

September 26th

capture: Hands

collect: Something you would normally throw away, but are going to keep for this project!

record: Feelings that have changed since September 1st.

September 27th

capture: A place you visit

collect: Evidence of this visit

record: The reason you visit and the outcome

September 28th

capture: Wisdom

collect: Instructions

record: How-to do something

September 29th

capture: A collection

collect: Something expressing gratitude

record: 29 objects in the same room as you

September 30th

capture: The sunset

collect: The last page of something

record: Three things that you see that cause you to think, "Life is good." Or, anything else you have left in you!