

THE EVERYDAY LENS (TM)

Week 1: Noticing Everyday Moments

Photography is the medium. Psychology is the map.

Created by Dagmara Minkiewicz, Psychologist & Photographer

How to use this guide

Week 1 focuses on noticing everyday moments and becoming more aware of your thoughts, emotions, and reactions. Click any box in this PDF and type; save the file to keep your answers.

1. Take a moment each day

Notice one small moment in your daily life. You can take a photo of it, or imagine it in your mind.

2. Write a few lines

Use the reflection questions to explore what the moment shows you about your thoughts, emotions, body, or behaviour.

3. Return at the end of the week

Look back at your notes and see what you are beginning to notice more clearly.

You do not have to be consistent every day. This is an invitation, not a test. You do not need to complete all seven prompts, and you are free to adapt them to your life, energy, and context.

Safety & ethical clarity

The Everyday Lens is a CBT-informed wellbeing practice focused on awareness, reflection, and gentle everyday change. It is flexible and self-paced.

It is not psychotherapy, diagnosis or treatment, or a substitute for professional mental health care. If you are experiencing severe distress, feel unsafe, or are under clinical care, this guide does not replace support from a qualified professional. Respect your limits and seek additional help if necessary.

Photography is always optional. Choose what feels safe, accessible, and kind to you.

Your name (optional)

Week starting

Day 1: A moment of pause

Notice a moment when you naturally pause (sitting, waiting, looking out of the window).

Write: What is happening in this scene? What is happening inside you?

Date

☐

I took a photo today (optional)

The moment What did you notice today? A brief description of the scene or situation.

Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 2: Something you repeat every day

Notice a routine (coffee, commute, brushing teeth).

Write: What thoughts usually accompany this moment? What emotions or body sensations appear?

Date

☐

I took a photo today (optional)

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Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 3: A small discomfort

Notice a moment that feels slightly uncomfortable (tension, irritation, unease).

Write: What triggered it? What did you tell yourself in that moment?

Date

☐

I took a photo today (optional)

The moment What did you notice today? A brief description of the scene or situation.

Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 4: A small comfort

Notice something that brings you a sense of ease (light, texture, object, movement).

Write: What makes it comforting? Where do you feel it in your body?

Date

☐

I took a photo today (optional)

The moment What did you notice today? A brief description of the scene or situation.

Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 5: A place you pass by

Choose a place you often ignore (stairs, corridor, corner, pavement).

Write: What do you notice when you really look at it? How does your mood influence what you see?

Date

☐

I took a photo today (optional)

The moment What did you notice today? A brief description of the scene or situation.

Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 6: A moment with another person (or absence)

Notice a brief interaction, or the lack of it (message, call, silence).

Write: What did you expect? What did you think it meant? How did you react?

Date

☐

I took a photo today (optional)

The moment What did you notice today? A brief description of the scene or situation.

Outside What can be seen in the image or moment? Shapes, colours, light, people, objects.

Inside: thoughts What thoughts appeared?

Inside: emotions What emotions did you notice?

Inside: body What did you feel in your body?

Meaning What might this moment say about what matters to you, what you fear, or what you need?

Choice If you met a similar moment again, would you like to keep, change, or try something differently?

You don't have to answer every question. Choose the ones that feel most relevant.

Day 7: Looking back

Revisit your photos or notes from the week.

Write: What patterns do you notice in your thoughts, emotions, or reactions?

Date

What did I notice most often this week?

Were there any repeating thoughts or emotional themes?

Did anything surprise me about what I pay attention to?

What small moments felt supportive or calming?

Is there one gentle change I would like to experiment with next week?

You don't need clear answers. Simply noticing patterns is already part of the work.

Closing

Before you finish: take one slow breath. Acknowledge the time you gave yourself. Notice how you feel now compared to before. Even small moments of awareness matter.

How do I feel now?

Ready to continue? The full 21-day digital practice and the six-week Winter Journal build on this first step of noticing. Learn more at www.dagmaraminkiewicz.com

This guide is intended for educational and wellbeing purposes only. It is not psychotherapy and does not replace professional mental health care.