



COMBAT TO CREATIVE

REFLECTIONS THROUGH THE LENS

52 WEEK PHOTOGRAPHY JOURNAL

2025 Digital Download Edition

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Reflections Through the Lens

A 52-Week Therapeutic Photography Journal

2025 Digital Download Edition

Welcome to Your Photo Journey

This chronicle is designed to help you explore your thoughts, feelings, emotions, and experiences through the art of photography. This journal contains 52 weekly photo prompts along with reflective questions to guide your personal journey. This journal is intended to support your mental and physical well-being by providing opportunities for self-expression, mindfulness, and connection.

How to Use This Journal

1. Complete one photo prompt each week.
2. Use a personal camera or your cell phone to take a photograph based on the weekly prompt.
3. Use the photo to reflect on the provided questions.
4. Write your answers in the attached journal pages in the back of the book or a notebook of your choosing.
5. There is an Emotion Wheel in the back of the journal to support answering the prompt questions.
6. Share the reflections that you are comfortable with.

How to Share Your Weekly Images

If you would like to share your weekly photos and reflections with us, please choose one of the following options. Submitted photos/responses may be featured on our organization website and social media channels. To maintain your privacy, featured photos and responses will not include your name unless you choose to have us include it.

1. Send an email with your photo, prompt responses, first name and last initial to info@combattocreative.org. Include which prompt you are submitting in the subject line.
2. Go to https://form.jotform.com/Combat_To_Creative/Journal, and complete the submission form
3. Mail your printed photo and prompt responses to
Combat To Creative
620 7th Ave N, St. Cloud MN. 56303

Week 1: “Home”

Prompt: Capture a photo of what feels like "home" to you.

1. Why did you choose this subject as a symbol of "home"?
2. How does this photo make you feel when you look at it?
3. How does this image reflect your sense of home?

Week 2: “New Beginnings”

Prompt: Take a photo of something that represents a fresh start or a new beginning.

1. What does this image symbolize in your life right now?
2. How do you feel about starting something new?
3. How does this photo inspire hope or growth?

Week 3: “Peace”

Prompt: Photograph something that brings you a sense of peace.

1. What additional emotions does this photo evoke for you?
2. How does this image reflect your need for calm and balance?
3. What can you do daily to bring more peace into your life?

Week 4: “Gratitude”

Prompt: Capture an image of something or someone you are grateful for.

1. Why does this image make you feel grateful?
2. How does this photo remind you to focus on the positive?
3. How can gratitude help improve your mental well-being?

Week 5: “Resilience”

Prompt: Take a picture that symbolizes your personal resilience.

1. How does this photo represent your ability to overcome challenges?
2. What challenges does it remind you of?
3. How can focusing on resilience help you in your daily life?

Week 6: “Light and Shadows”

Prompt: Photograph an image that shows the contrast between light and shadow.

1. What emotions do you feel when you see this contrast?
2. How does this photo reflect the ups and downs in your life?
3. How can you find balance between light and dark moments?

Week 7: “Nature’s Beauty”

Prompt: Capture an image of something beautiful in nature.

1. How does nature help you feel?
2. What emotions does this photo bring up for you?
3. How can you incorporate more time in nature for mental health benefits?

Week 8: “Connections”

Prompt: Photograph something that represents connection to others.

1. Why did you choose this subject to represent connection?
2. When you look at this photo, what emotions do you feel?
3. How can you nurture more meaningful connections in your life?

Week 9: “Strength”

Prompt: Take a picture that represents your inner strength.

1. What does this photo say about your personal strengths?
2. How does recognizing your strengths impact your mental well-being?
3. What situations in your life have required this kind of strength?

Week 10: “Reflection”

Prompt: Capture a photo that involves a reflection (water, mirror, etc.).

1. What do you see in the reflection that you might not see otherwise?
2. How does this photo symbolize self-reflection?
3. How can taking time to reflect improve your mental health?

Week 11: “Comfort”

Prompt: Take a photo of something that brings you comfort.

1. What additional feelings does this image evoke for you?
2. How does this photo remind you to seek comfort when needed?
3. How can you create more moments of comfort in your daily life?

Week 12: “Time”

Prompt: Capture an image that represents time or the passage of time.

1. Why did you choose this subject to symbolize time?
2. How do you feel time has shaped your life?
3. How can you use your time to focus on your well-being?

Week 13: “Courage”

Prompt: Photograph something that represents courage to you.

1. How does this image reflect your courage?
2. What past experiences required you to show courage?
3. How can recognizing your courage help you face future challenges?

Week 14: “Letting Go”

Prompt: Take a picture of something that symbolizes letting go of the past.

1. Why did you choose this subject to represent letting go?
2. How does holding onto the past affect your mental health?
3. What can you do to release what no longer serves you?

Week 15: “Joy”

Prompt: Capture a photo of something that brings you joy.

1. What about this photo makes you feel joy?
2. How often do you experience moments of joy?
3. How can you create more joy in your life?

Week 16: “Transitions”

Prompt: Take a picture of something that represents a life transition.

1. How does this photo reflect change in your life?
2. How do you feel about transitions and new chapters?
3. How can embracing change improve your mental health?

Week 17: “Memories”

Prompt: Photograph something that brings up a meaningful memory.

1. What memory does this photo remind you of?
2. How does this memory affect your present feelings?
3. How can reflecting on memories help you through difficult times?

Week 18: “Boundaries”

Prompt: Take a picture that symbolizes personal boundaries.

1. How does this image represent the boundaries you set for yourself?
2. Why are boundaries important for your mental well-being?
3. How can you strengthen your boundaries to protect your peace?

Week 19: “Hope”

Prompt: Capture an image that symbolizes hope for the future.

1. What about this photo inspires hope?
2. How does hope impact your mental health?
3. What steps can you take to keep hope alive during challenging times?

Week 20: “Grief”

Prompt: Take a picture that represents grief or loss.

1. What emotions come up when you look at this photo?
2. How have you experienced grief in your life?
3. How can you honor your grief while also moving forward?

Week 21: “Community”

Prompt: Photograph a person, group, or place that represents community.

1. Why did you choose this subject to represent community?
2. How does being part of a community affect your mental health?
3. How can you strengthen your sense of community?

Week 22: “Calm”

Prompt: Capture a photo that evokes calmness.

1. What about this image makes you feel calm?
2. How do you create moments of calm in your daily life?
3. How does practicing calmness help your mental health?

Week 23: “Purpose”

Prompt: Photograph something that represents your sense of purpose.

1. How does this image reflect your personal mission or goals?
2. How do you feel when you think about your purpose?
3. How can staying connected to your purpose improve your mental health?

Week 24: “Faith”

Prompt: Take a picture of something that symbolizes your faith or beliefs.

1. What emotions does this photo bring up for you?
2. How do your beliefs help you navigate life’s challenges?
3. How can faith or belief systems support your mental health?

Week 25: “Self-Love”

Prompt: Capture an image that represents self-love or self-care.

1. How does this photo remind you to take care of yourself?
2. How do you feel about your relationship with yourself?
3. What steps can you take to practice more self-love?

Week 26: “Healing”

Prompt: Take a photo that represents your healing journey.

1. How does this image symbolize your personal healing?
2. What progress have you made in your healing journey?
3. How can you continue to focus on healing in your daily life?

Week 27: “Freedom”

Prompt: Photograph something that symbolizes freedom to you.

1. How does this image reflect your sense of freedom?
2. How does freedom impact your mental health?
3. What can you do to feel more free in your life?

Week 28: “Self-Expression”

Prompt: Capture an image that shows your unique self-expression.

1. What does this photo say about who you are?
2. How does self-expression impact your mental well-being?
3. How can you incorporate more self-expression into your life?

Week 29: “Patience”

Prompt: Take a picture that represents patience.

1. How does this image reflect your need for patience?
2. How do you practice patience in your life?
3. How does patience help you manage challenges?

Week 30: “Belonging”

Prompt: Photograph something that makes you feel like you belong.

1. How does this photo make you feel included?
2. How important is a sense of belonging to your mental health?
3. What can you do to strengthen your sense of belonging?

Week 31: “Strength in Vulnerability”

Prompt: Take a picture that represents vulnerability.

1. How does this image reflect your willingness to be vulnerable?
2. How does embracing vulnerability impact your relationships?
3. How can being vulnerable improve your mental health?

Week 32: “Seasons of Life”

Prompt: Photograph something that represents a season or change in life.

1. How does this photo symbolize your current life stage?
2. What emotions does this image bring up for you?
3. How do you handle changes and transitions in your life?

Week 33: “Hope After Darkness”

Prompt: Capture an image that represents light after darkness.

1. What does this photo say about finding hope in hard times?
2. How does this image relate to your personal experiences of hardship?
3. How can you remind yourself of hope during difficult moments?

Week 34: “Connection to Nature”

Prompt: Take a picture of a natural element that you feel connected to.

1. How does this image make you feel grounded or connected?
2. What emotions does spending time in nature evoke for you?
3. How can connecting with nature benefit your mental health?

Week 35: “Laughter”

Prompt: Capture an image that makes you smile or laugh.

1. How does laughter affect your mood and mental health?
2. What about this image makes you smile or laugh?
3. How can you bring more laughter into your life?

Week 36: “Wisdom”

Prompt: Take a picture of something that represents wisdom to you.

1. How does this image reflect what you've learned in life?
2. How has wisdom helped you overcome challenges?
3. How can you continue to grow and learn?

Week 37: “Inner Peace”

Prompt: Photograph something that represents inner peace.

1. What about this image makes you feel peaceful?
2. How do you create moments of inner peace in your daily life?
3. How does inner peace impact your mental health?

Week 38: “Determination”

Prompt: Capture an image that shows determination or perseverance.

1. How does this photo symbolize your persistence?
2. What challenges have you overcome through determination?
3. How can focusing on determination help you achieve your goals?

Week 39: “Kindness”

Prompt: Take a picture of an act of kindness or something that symbolizes kindness.

1. How does this image remind you of the action of kindness?
2. How do you feel when you receive or give kindness?
3. How can kindness improve your mental health and relationships?

Week 40: “Rebirth”

Prompt: Photograph something that symbolizes rebirth or renewal.

1. How does this image reflect a fresh start or transformation?
2. How do you feel about the idea of starting over?
3. How can focusing on renewal help you grow emotionally?

Week 41: “Embracing the Unknown”

Prompt: Take a picture that represents stepping into the unknown.

1. How does this image reflect your comfort with uncertainty?
2. What emotions does this photo bring up for you?
3. How can embracing the unknown help you grow?

Week 42: “Family”

Prompt: Capture an image that represents family to you.

1. How does this photo reflect your relationship with family?
2. How does family impact your mental well-being?
3. How can you strengthen your family connections?

Week 43: “Balance”

Prompt: Photograph something that represents balance in life.

1. How does this photo reflect your need for balance?
2. How do you achieve balance in your daily life?
3. How can focusing on balance improve your mental health?

Week 44: “Empowerment”

Prompt: Capture an image that makes you feel empowered.

1. What about this photo makes you feel strong and capable?
2. How does empowerment impact your confidence?
3. How can you empower yourself and others in your daily life?

Week 45: “Legacy”

Prompt: Photograph something that represents your legacy.

1. What do you hope to leave behind for others?
2. How does this photo reflect your values and contributions?
3. How can focusing on your legacy shape your daily actions?

Week 46: “Self-Discovery”

Prompt: Take a picture that represents your journey of self-discovery.

1. How does this photo symbolize learning about yourself?
2. What have you discovered about yourself recently?
3. How can self-discovery improve your mental health?

Week 47: “Stillness”

Prompt: Capture an image that evokes stillness or quiet.

1. How does this photo make you feel serene?
2. How often do you create moments of stillness?
3. How does practicing stillness benefit your mental health?

Week 48: “Purposeful Work”

Prompt: Take a picture that represents purposeful work or service.

1. How does this image reflect the value of meaningful work?
2. How does purpose impact your sense of fulfillment?
3. How can finding purpose improve your mental well-being?

Week 49: “Adventure”

Prompt: Photograph something that represents adventure.

1. How does this image remind you to seek out new experiences?
2. How do you feel when you embrace adventure?
3. What can adventure add to your life?

Week 50: “Forgiveness”

Prompt: Take a picture that represents forgiveness.

1. How does this photo symbolize letting go?
2. How does forgiveness impact your mental health?
3. How can practicing forgiveness improve your relationships?

Week 51: “Reflection on the Year”

Prompt: Capture an image that represents your personal growth this year.

1. How does this photo reflect the progress you’ve made?
2. What have you learned from this year’s challenges?
3. How can you carry these lessons forward?

Week 52: “Hope for the Future”

Prompt: Photograph something that symbolizes your hopes and dreams for the future.

1. How does this image inspire you?
2. What steps can you take to achieve your goals?
3. How does focusing on hope improve your mental health?

Week 1:

Week 2:

Week 3:

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Week 42:

Week 43:

16 horizontal lines for writing.

Week 44:

16 horizontal lines for writing.

Week 45:

Week 46:

Week 47:

Week 48:

Week 49:

Week 50:

Week 51:

Week 52:

Final Reflection

Looking Back on Your Journey

At the end of this journal, take time to reflect on your overall experience.

Reflection Questions:

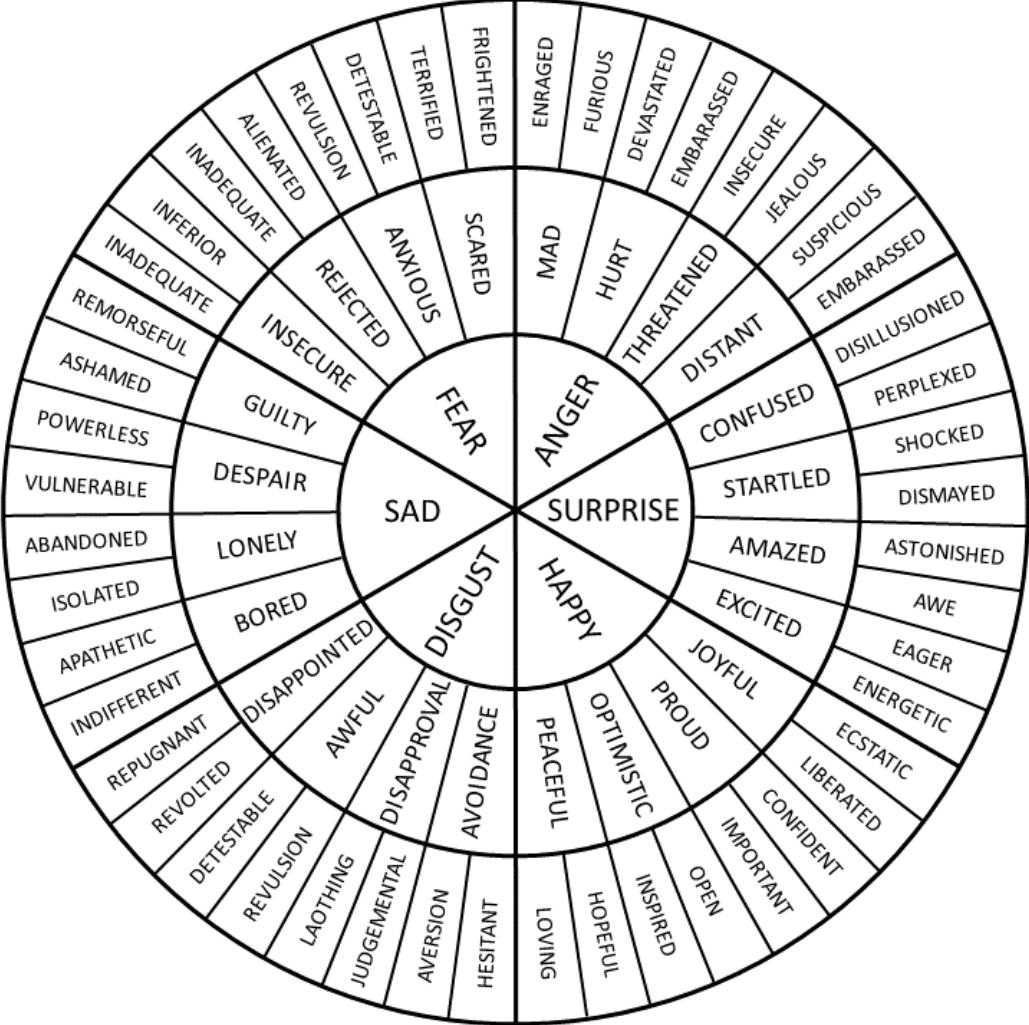
1. What changes have you noticed in your mental and emotional well-being over the course of this program?
2. Which photo prompts resonated with you the most? Why?
3. How will you continue to use photography as a tool for self-expression and mental well-being?

Thank You!

We hope this journey has been a meaningful and therapeutic experience for you. Remember, your story matters, and through your lens, you can continue to find strength, hope, and healing.

To learn more about our other photography based Veteran support programs, Please visit us at www.combattocreative.org or call us at (612) 405-3410

Resources



Emotion Wheel

National Suicide Prevention Lifeline:

Call 24/7: Dial 988

Online: www.suicidepreventionlifeline.org

Veteran's Crisis Hotline: Dial 988 and Press 1

Text: 838255

Online Chat: www.veteranscrisisline.net/get-help/chat

Resources: <https://www.veteranscrisisline.net/>

Find a Meeting

Narcotics Anonymous: www.na.org

Alcoholics Anonymous: www.aa.org

Crisis Textline:

Online: www.crisistextline.org

Text: TALK to 741741

Battle Buddy Response Team:

Online: www.battlebuddyresponseteam.org

Call Out a Veteran Response Team: 855-777-2278

Mission 22:

www.mission22.com

Minnesota Dept of Veterans Affairs:

<https://mn.gov/mdva/>

Veteran Resource and Enrichment Center:

<https://www.vrecmn.com/>

Minnesota Assistance Council for Veterans:

www.mac-v.org

Minnesota Veterans Resources:

<https://www.ag.state.mn.us/consumer/Handbooks/VetHnbk/CH6.asp>