Prior to this week’s study, I had not consciously considered my photographic methodology. While I have an established style and concept for the majority of my images, I am looking to challenge these habits and expand my repertoire.

I found the discussion on strict constraints, such as focusing on a single color or a specific geographical location particularly insightful. These are concepts I intend to apply to my own practice to break away from my usual routines.

Through this research, I realized that I currently operate within a very traditional landscape methodology, aiming to capture specific moments in time. However, I am increasingly interested in documenting the human impact on the environment, specifically the evidence of wear over time, such as eroded footpaths and aging structures.



Moving forward, I am drawn to Robert Macfarlane’s concept of strictly following a pre-set route to force a new perspective on the local landscape. Boris Mikhailov’s *Red* series has also inspired me; however, I recognize that without the specific context of Soviet oppression, a similar color-based constraint might not carry the same conceptual weight in the UK.