

Get phone pictures like a pro



How to use your phone
to set your business apart.

Are you having a hard time getting the pictures you want?

Hey, I'm Elizabeth owner of 3E Photography and I challenge you to read my guide and implement my tips and tricks to keep showing up for your business.

I know what you're thinking..... "but I don't have a fancy camera"... That's okay. I'm going to show you a way to show up while using your phone.

Let's do this!



1. Lighting

If you didn't know, to photographers light is everything!

You can use light in different ways and manipulate it but if you didn't have it there would be no pictures.

There is bad lighting and good lighting so let's keep going to learn about the different light you can use in your home today.

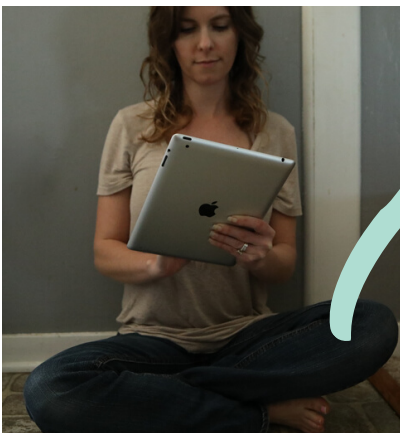


Window Lighting

Window light really gives off soft even light. This can be achieved in front of a window or a door. You face it directly and take a picture. This light will give you an even skin tone with no shadows on your face or in your eyes. Easiest light since we all have a window or a door to stand or sit in front of.

Avoid the harsh sun light so if you have that use some sheer curtains or back up a bit to diffuse the light.

Me on other wall no window in front of me



This is what happens when you put the window in front of you. Perfect flattering light!

Side Lighting

Side light is using the window at a 90 degree angle.

Be sure to sit at a 45 degree angle on a couch, chair, or the ground feel free to get creative. Watch that the light is flattering to your face. Look at shadows in the eyes or if light is coming across your nose. Again use the curtains if you have sheer or a white sheet if it is really bright direct sun coming in.



Light is here
at a 45 degree
angle



Back Lighting



see the light in my hair, like a halo.



This is my favorite type of light because it gives you the glow on the back of your head. The trick to this is to make sure you have a light source in front of you. This makes sure you are not getting a really dark picture with a bright background, unless that's the look you are going for.

2. Angles

I always recommend taking your picture at eye level or a bit from above.

I don't suggest putting your phone low as it will make your body look bigger and double chins are not a good look. But if your wanting to look powerful and larger than life this could be for you.

To use at eye level or above find a window or prop something behind your phone to hold it maybe a cup or a small potted plant. Again get creative and use a chair or a side table if you don't have a tripod to hold your phone.



This is straight on

You choose your favorite angle for you.



This is slightly above

3. Background

Don't forget to check your background.

On phones, images are typically sharp in the whole image (except newer phones).

Be sure you look in the background so your eye is not distracted and you are the main focus.

If there is something, move it or you could move your angle slightly to hide it.

Being aware of this before you take your picture.

4. Phone set up

Here are 3 tips and tricks to be sure you are getting great pictures.

- 1.* Use you Lock Focus. This is the little box that comes up when you press on the screen. This won't always be possible if you are doing a self timer but helpful if you are in arm reach.
- 2.* Make your images lighter or darker before you even take the picture. Tap on your screen the box comes up with a sun. Go up, to brighten or down, to darken.
- 3.* Turn your flash off. You don't need it. The flash tends to make your images flat and bright. We don't need the harsh light. Go open your curtains and use your doors for great natural light.

5. Editing

There are many ways to edit your pictures and none are right or wrong.

1. Use your phone to edit. Use your tools under edit and they have adjustments. Go to the 3 dots on the upper right when editing and click then you can manually adjust. This is for older iPhones and the newer ones have even more features.

2. Get a app to edit your pictures there are quite a few to use. Snapseed, VSCO, photoshop express and so on. Find one that look right for you.

3. Use Instagram to edit your pictures. I'd say it's probably the easiest since you can edit your picture while posting. I'd see if any of those edits fit your style and look you are goin for.



Thank you so much for downloading my guide!

I hope this helps you to keep showing up in your business and helps you take pictures like a pro. You got this!

Let's connect on instagram!

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