



REPETITION:

One Way to Have Impact

KATE MANN, PharmD



In photography, there is a saying, “See red, shoot it.” Red captures the eye. And so does repetition—repetition of pattern, repetition of lines, repetition of message, repetition of action. This image caught my eye with both its vibrancy and its pattern and reminds me of what we all try to do with our lives, make an impact by repeating good messages and good actions over and over again until they become core habits for ourselves and core examples to others. Except it isn't easy. It does require repetition. Lots of it. “Leading lines” is another strong photographic element—the leaves on the branch, repeated often enough, take us on a journey.