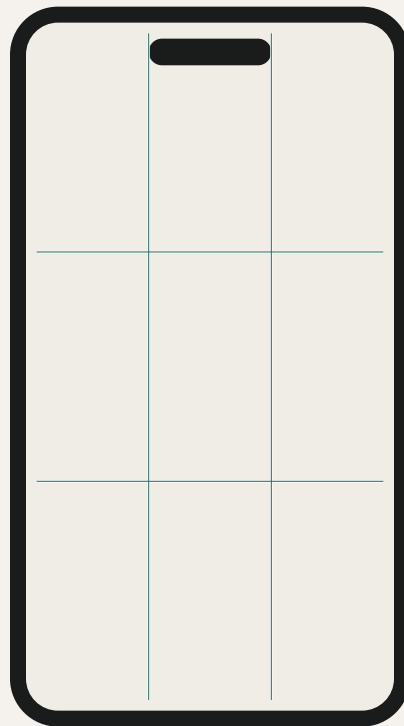


A FREE RESOURCE BY BRADEN

Become the photographer friend.

A simple iPhone framing guide for taking shots
that make everyone look fantastic.



INTRODUCTION

Why framing is everything.

Most people think great photos come from expensive cameras. They don't. They come from **framing** — where you place your subject inside the rectangle of the screen. Framing is the difference between a snapshot you scroll past and a photo someone screenshots and saves.

When you become the friend who knows how to frame a shot, three things happen: people look **flattering**, photos feel **intentional**, and you become the person everyone hands their phone to. That's the *photographer friend*. The good news — there are only a few rules, and your iPhone already has the tools built in.

“Composition is free. Better gear is expensive. Master framing first and your phone will out-shoot most cameras.”

WHAT YOU'LL LEARN

01

A 10-second settings change that levels up every photo.

02 The rule of thirds

The single most useful composition rule, ever.

03 Portrait vs. landscape

When to flip the phone — and why portrait usually wins.

04 In practice: 1, 2, or 3 subjects

Exactly where to put their eyes on the grid.

STEP 01

Turn on the camera grid.

Before anything else, do this once. The grid overlays two horizontal and two vertical lines on your camera screen. It costs nothing, takes 10 seconds, and you'll never turn it off again.

1 Open Settings

On your iPhone home screen, tap the gray gear icon.

2 Scroll to Camera

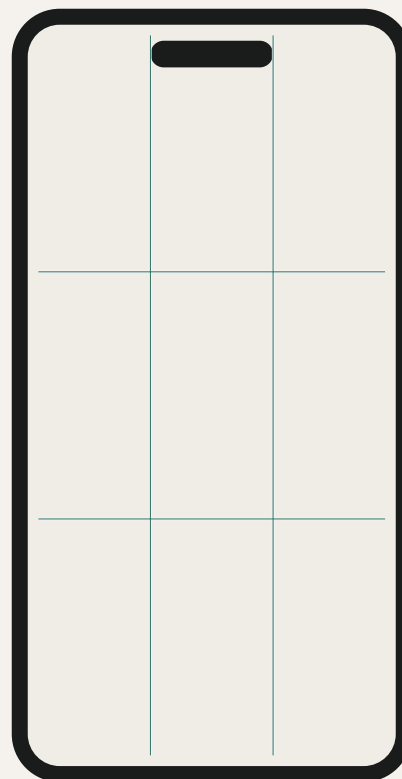
It's in the long list of system apps.

3 Toggle Grid on

Under the *Composition* section. Flip the switch to green.

4 Open the Camera app

You'll now see a tic-tac-toe grid on your viewfinder. That's it.



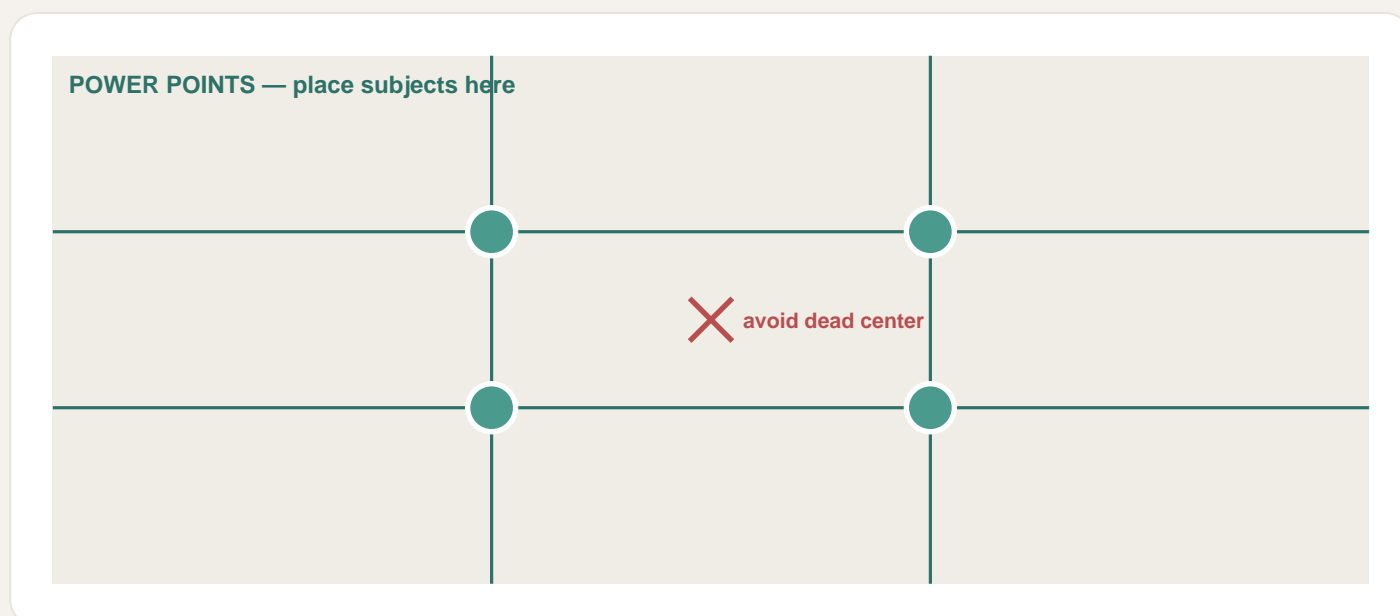
PRO TIP

While you're in **Settings** › **Camera**, also turn on **Mirror Front Camera** and **Level**. The level shows a small horizon line so your shots stop coming out crooked.

STEP 02

The rule of thirds.

Imagine your screen split into nine equal boxes by two horizontal and two vertical lines — exactly what the grid shows you. The **rule of thirds** says: don't put your subject in the dead center. Put them along one of those lines, ideally where two lines cross. Those four crossing points are called **power points**, and our eyes are naturally drawn to them.

**DO**

Place eyes, faces, and key objects **on a line or at a power point**. Let the empty thirds breathe.

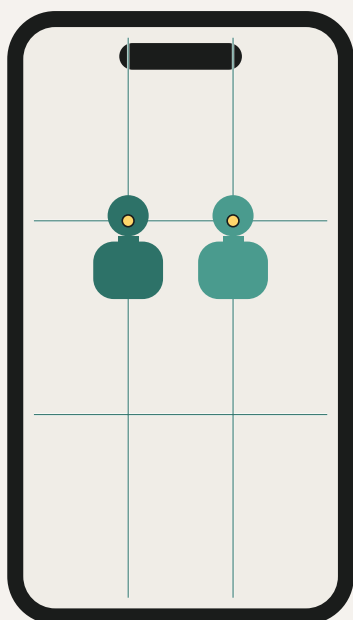
DON'T

Don't slap the subject in the middle and chop their head off at the top of the frame.

STEP 03

Portrait vs. landscape.

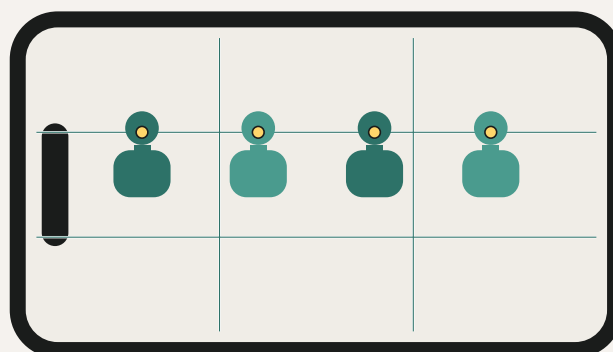
The orientation of your phone — held tall or held sideways — completely changes the story of the photo. Here's the simple rule: **default to portrait**. Only flip to landscape when you genuinely need more horizontal space.



PORTRAIT — 1 to 3 subjects

USE PORTRAIT WHEN

- You're shooting **1, 2, or 3 people**
- You want a tight, intimate, flattering shot
- The photo is for Instagram Stories, Reels, or TikTok



LANDSCAPE — 4+ subjects, or wide scenes

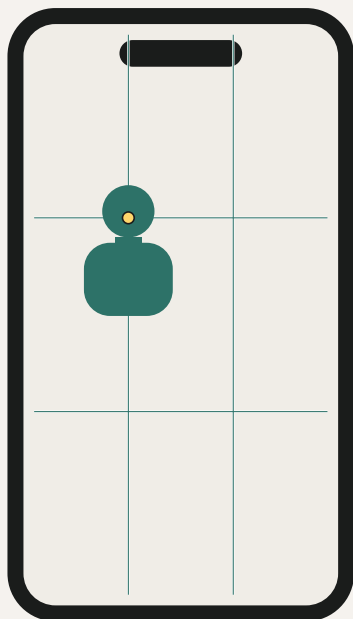
USE LANDSCAPE WHEN

- You have **4 or more people** — they won't fit otherwise
- You're capturing a wide scene (sunset, city, mountain)
- The photo is for a TV, laptop, or YouTube video

IN PRACTICE

Where to put their eyes.

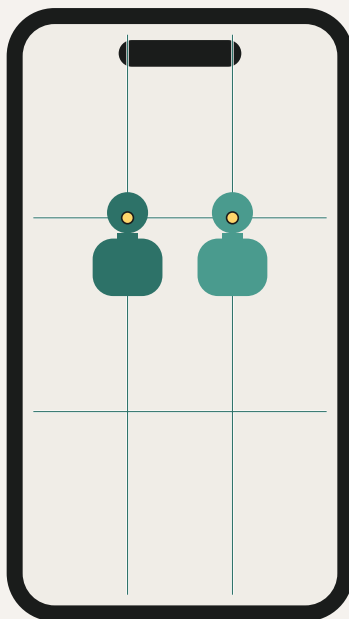
Here's the cheat sheet. The yellow dots show exactly where each person's **eyes** should land on the rule-of-thirds grid. Frame the shot so the eyes hit those marks and the photo will feel right almost every time.



ONE SUBJECT

1 PERSON

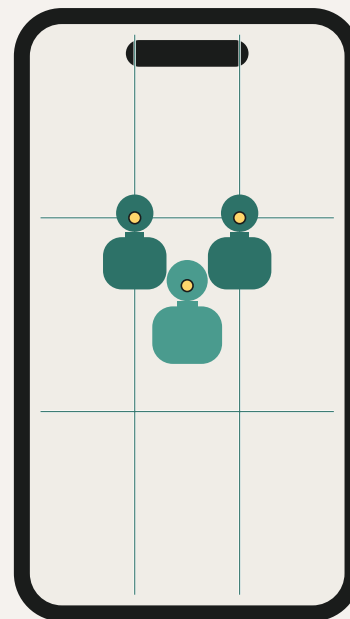
Place the person on the **left or right vertical line**. Their **eyes sit on the upper horizontal line** — at a power point. Let them look *into* the empty side of the frame, not out of it.



TWO SUBJECTS

2 PEOPLE

Put both faces on the **upper horizontal line**, with each person's eyes on the **left and right power points**. Get close enough that their shoulders nearly touch the edges.



THREE SUBJECTS

3 PEOPLE

Stagger them slightly. The two outer people's eyes hit the **outer power points**; the middle person sits a touch lower and forward on the **center vertical line**. Creates depth instead of a flat lineup.

ONE LAST THING

Practice once. Become the photographer friend forever.

You don't need to memorize anything. Turn the grid on, look for the four power points, default to portrait, and aim the eyes at the upper line. That's the whole game. Do it ten times this week and it becomes muscle memory.

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