

Five rules, consolidated:

1. **Lighting:** Single strobe, 7" reflector + grid, behind subject about 5 - 10° left, distance/height set for 1/8"—1/4" base shadow, subject 1/2 stop over, shadows 1.5–2 stops under.
2. **POV:** 20–30° above subject, tight crop, subject fills about 90% of frame.
3. **Color:** Muted glove/shears against a brighter, contrasting orange surface; avocado desaturated in post.
4. **Styling/Set:** Glove open, palm-up, about 90% of frame (stage), avocado resting directly on glove (focal, contact states causation), shears adjacent, off-center (counterpoint).
5. **Idea:** Worn/organic object (effort) directly supports small object (consequence) — unmediated physical contact makes the causal claim.