

Dear ,

A couple weeks ago I started a selfie challenge: a hundred days, one photo a day, capturing the vibe of that day. I was really motivated, curious to see where it would take me. I was determined to make it a success.

Six days in I realized I had forgotten to take a photo for the last two days ...

I blame it on the travelling back and forth between Switzerland and Italy. The six hours driving kind of numbs everything out.

I've been thinking about whether to pick it up again. But I am not sure whether I want to just pick up where I left off.

Firstly, I would have to start from day 1 again. And secondly, it feels more like a diary than an artistic project. Which is also fun but is it really what I want? The artist part in me wants to do something more deliberate. And I haven't figured out yet whether those two things can coexist, or whether I have to choose.

## And this got me pondering

There's a difference between being photographed and being seen. Many of us have done branding shoots, family photo sessions, engagement, wedding, maternity, ... . One thing all of those have in common is that there are certain expectations attached to them. Someone else's expectations. On how you look, how you act, the setting, ... . Making it all "acceptable" for others.

I am not here to bash all those photo session. On the contrary, I've done two family shoots and three branding shoots (I keep changing my style 😊). I loved them, one of the family session albums is in my daughter's dorm room, the other is on our coffee table in Switzerland. Hm, now that think about it, we probably need another one for our coffee table in Italy 😊.

## My lifestyle boudoir sessions are not about that though

During a photo session with me you get to be in a space where you can leave all expectations behind. My focus is entirely on getting you to relax. I have you show me your favorite corner of the couch, where you read or watch TV. I ask a lot of questions as well. I am curious, yes, but it's also a sneaky

strategy to distract you from the inevitable awkwardness. And in the process, you get to tell me your story.

Because that is what I want to know: *your* story, how *you* want to be seen. There are no rules on what is “acceptable”. Just you.

This is the goal of my lifestyle boudoir photography: remind you that you should not care about what other people think you should be, or what other people keep expecting of you. Photography is how I help with that. Because I love telling stories through it.

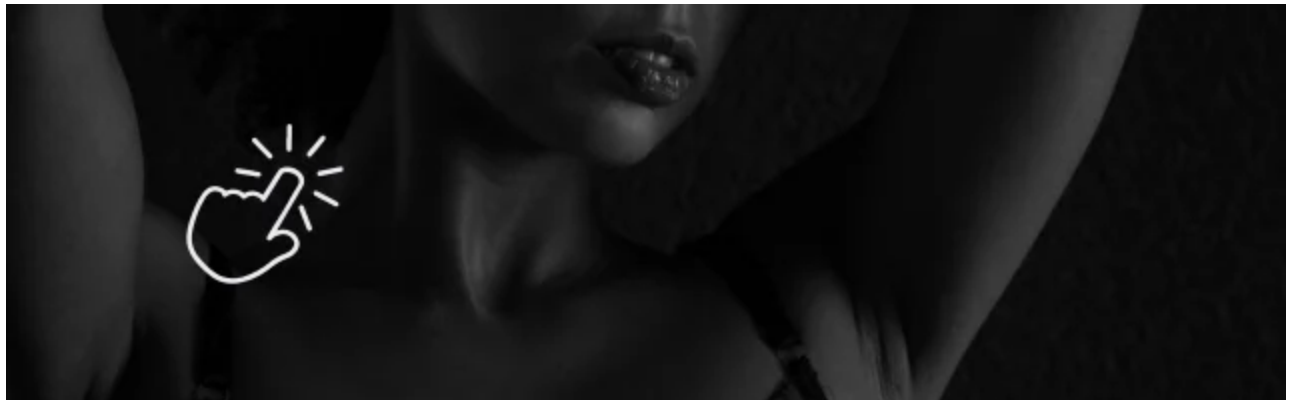
Or like one of my clients said it: “The photoshoot was nothing short of magical. Caroline didn’t just take pictures, she captured emotions, personality, and stories that captured and froze a time of my life.”

Anyway, feel free to reply with your opinion on which way I should go with my selfie challenge 😊.

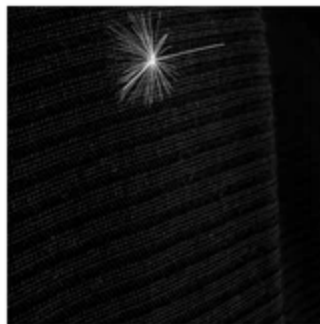
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What **caught my eye** on social media this month.

I think this linkedin post says it all



**My month in 3 images**





As always, thank you for being a part of my journey.  
Embrace your unique beauty, and let's continue to celebrate ourselves together.

*Caroline*



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