

Dear ,

I took an exam last week. First one in almost 20 years.

It went well, which was nice. But what struck me more was how different I felt this time around.

The first time I went to university, I was an ignorant 18 year old, I chose the wrong subjects, I did not have the right mindset, and I definitely did not have the (mental) support I needed.

The second time, early thirties, I did choose the right subject, I did have all the support thanks to a great husband, but a move to the USA got in the way.

Now, at 48, I'm back at it. Same subject as the second time around. But a completely different experience.

There's no more desperate "I need to prove I can do this" (Well, there was a bit in the beginning, but I left that behind me :-). I have the right mindset now: curiosity, and genuine interest. And also the realisation that I can now do this at my own pace, I can take as many courses as I can manage.

Because between the photo sessions, horses to care for, and a renovation, time is limited. But I'm okay with that.

I showed up to that exam with a "what will be, will be" mindset. And you know what? It was kind of fun.

This got me thinking about other things we tend to overthink or put off until the 'right' moment.

A boudoir photo session is one of those things. There's no real urgency to it - no newborn that's growing too fast, no family milestone, no business that needs updated branding. It's just for you. And that makes it easier to postpone.

There's always a reason to wait. You think you need to lose a few pounds. A bit more confidence to build. A better time, when life has calmed down a bit.

But what if you approached it the way I approached that exam? With curiosity instead of pressure. With a "let's see what happens" mindset instead of needing everything to be perfect first.

Yeah Caroline, but an exam isn't a photo session

I know, I know. An exam is one thing. You're in control of everything as long as you master the material. I fully realise that a photo session is different. You're trusting someone else, being seen in a way that

might feel uncomfortable at first. That is very real.

That's exactly why my sessions are built the way they are. I'm not going to ask you to contort into some crazy some poses and expect you to 'just relax'. We talk through everything beforehand, on a zoom call and through email and texts. This is your photoshoot so you decide everything. Sometimes new ideas come up during the session. They might work, they might not, but they're always fun to try. And we laugh at the awkward moments.

So the curiosity part? That's your job. But creating the space for it? That's mine.

And you know what?

When someone books a session with that mindset - just showing up to see what happens - something changes. There's less worry about "getting it right" and more space to actually be present. To experiment. To laugh when something feels awkward instead of spiraling about it.

The photos tend to be better too, honestly. Not because of lighting or angles, but because there's actual life in them. You can see it - someone being themselves instead of trying to live up of some idea of what they think they should be. In this photo session and in life.

And just like I did with that exam, you might surprise yourself.

What will be, will be. Let's find out.

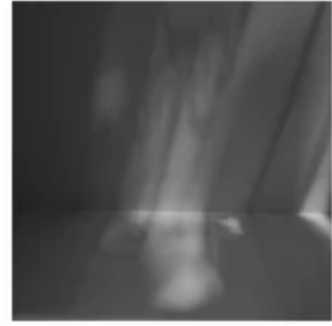
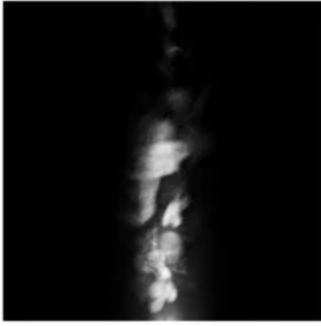
What **caught my eye** on social media this month.

I follow this woman on social media because I really admire her message.

She has this post about why body positivity is political, and the one reason that I think is very important to keep in mind in this social, political, ... climate is this one: "Diet culture keeps you distracted". Check out her profile, she's really inspiring.



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



Caroline Nijs Photography

Bahnweg 3, 8862 Schübelbach, Switzerland

Got this from someone else and want to get it straight from me next time? Subscribe [here](#).

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)
