

# Fuck(ing) Perfect


Bieke Ilegems



An open notebook with white pages is shown from a top-down perspective. The pages are heavily stained with coffee, featuring large, irregular brown spots and smaller splatters. The left page is also covered with a generous amount of coffee beans and ground coffee powder. A white ceramic coffee cup with a teal handle is positioned at the top left, partially overlapping the notebook. The entire scene is set against a dark, textured wooden background. A black horizontal bar with white text is centered across the middle of the notebook pages.

**My mess is my message**



A close-up photograph of a person's forearm and hand against a background of dense green bamboo. The person is wearing a gold ring on their ring finger and a light green jade bangle on their wrist. A tattoo on the inner side of the forearm reads "be here now." in a typewriter-style font.

be here now.



Je adem is je anker



# Set the Stage



# High 5!



# Dump/Rage/Love on the page



# Dankjewel



When you change the way  
you look at things,  
the things you look at change



# Check in bij jezelf







You're worth it!



# The impossible imposter



# Stop met vergelijken



Remember: no one can do  
what you do, the way you do it.  
That is your superpower.



Joepie, ik ben jaloers



Bereid je eens niet neurotisch voor



# Aanvaard een compliment



Get out of your own way



Geloof niet alles wat je denkt



‘Ever tried. Ever failed. No Matter.  
Try again. Fail again. Fail better.’

Samuel Beckett



Fuck(ing) Perfect.  
Leve messy maar magisch.



Perfectie is perceptie



Perfectie is een vorm van  
controle



Please no pleasen

‘I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul?’

Oriah Mountain Dreamer

---



Perfeksie is de veind van  
outenticiteit. 😊

# Perfectie verhindert connectie



Perfectie is de vijand van groei  
en creativiteit

# Leer te falen



‘A person who never made a mistake, never tried anything new.’

Albert Einstein

Show up before you're ready



Embrace yourself  
Perfectly imperfect

Het is oké om niet oké te zijn



De gelukkigste mensen zijn de  
mensen die niet verwachten  
altijd gelukkig te zijn

# How human of me



Spreek tegen jezelf zoals  
tegen een goede vriend

# Dare to love yourself



# Selflove is niet egoïstisch

Als je jezelf niet graag ziet,  
hoe kan je dan verwachten  
dat anderen je graag zien?



Leer wat jij nodig hebt om  
licht te kunnen geven

# Schrijf een liefdesbrief aan jezelf









# But-terfly





Durf te stralen



Stop playing small



A butterfly with orange and black wings is perched on a thin green stem of a small white flower. The background is a soft-focus field of similar tall grasses and flowers, creating a serene and natural setting.

‘our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.’

M. Williamson



Durf te voelen





# E-motie: energie in beweging



Pain travels through families  
until someone is ready to feel it





You can't heal  
what you refuse to feel



Sit with it





One small action



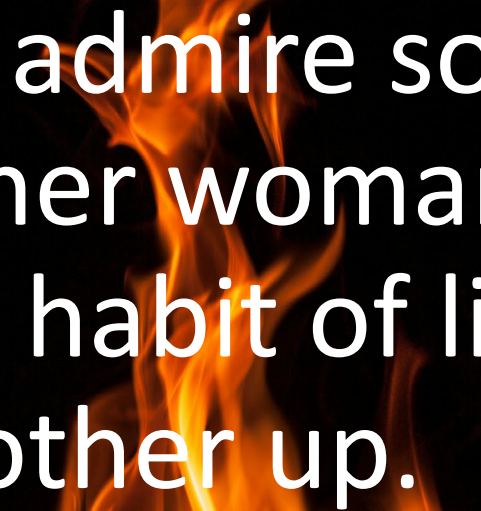
# Shake and dance



# शक्ति

Raise each other up





When you admire something  
about another woman, tell her.  
Get into the habit of lifting each  
other up.



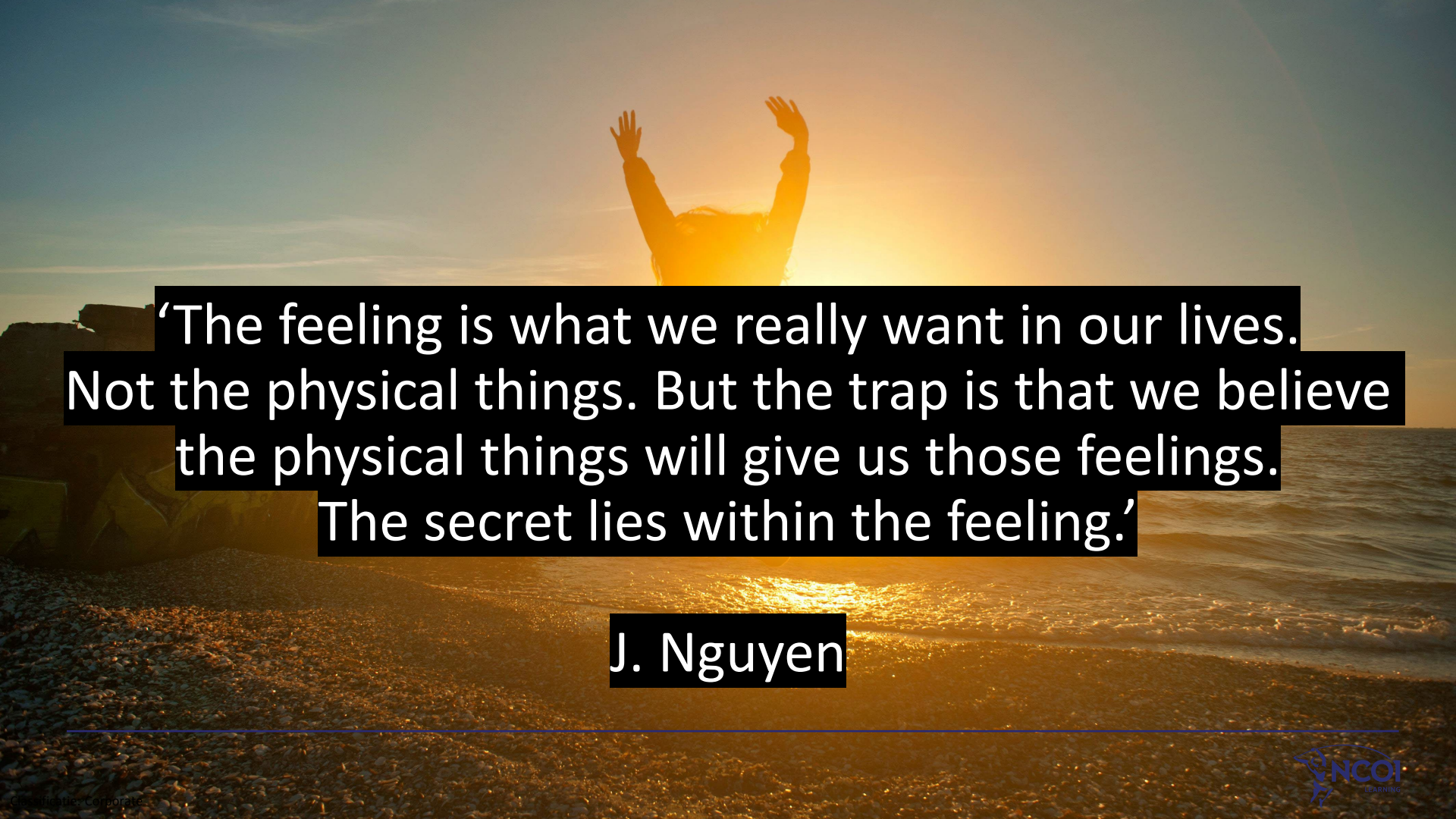


A person is captured in mid-air, jumping joyfully on a beach at sunset. The sun is low on the horizon, creating a bright, golden glow that silhouettes the person and reflects on the water. To the left, a large, dark structure, possibly a ship's hull, is partially visible. The beach is covered in pebbles, and the sky is a mix of blue and orange.

Voel wat je wilt

---



A person is silhouetted against a bright sunset over the ocean. Their arms are raised in a gesture of triumph or joy. The sun is low on the horizon, creating a golden glow across the sky and reflecting on the water. The foreground shows a pebbly beach.

**'The feeling is what we really want in our lives.  
Not the physical things. But the trap is that we believe  
the physical things will give us those feelings.  
The secret lies within the feeling.'**

**J. Nguyen**



A person is silhouetted against a bright sunset over the ocean. The person has their arms raised in a celebratory gesture. To the left, there is a dark, rocky structure, possibly a pier or breakwater. The sky is a mix of blue and orange, and the water reflects the sun's glow.

Energy follows thought.  
We can change our feelings by  
changing our thinking.






# Abracadabra

---



A sunset over a beach with a person's hands raised in the sky. The sun is low on the horizon, casting a golden glow over the water and the pebbly beach. The sky is a mix of orange and blue. In the background, a person's hands are raised in the air, silhouetted against the bright light of the sun. The text is overlaid on a black background.

'People will forget what you said,  
people will forget what you did. But  
people will never forget how you made  
them feel.'

Maya Angelou



A person is captured in mid-air, jumping joyfully on a pebbly beach. The sun is low on the horizon, creating a bright, golden glow that silhouettes the person and reflects on the water. To the left, the dark, rusted hull of a large shipwreck is visible. The sky is a mix of blue and orange, with a few wispy clouds.

Fun zonder fun-ctie

---





Laad je met rust

---







# Omarm schaduw en licht



Alles is verbonden





Go with the flow



Que sera, sera



A large, curling blue wave dominates the left and center of the frame. The water is a deep, vibrant blue, and the wave's crest is breaking into white foam. In the background, a city skyline with several tall buildings is visible under a pale, overcast sky. The overall scene conveys a sense of power and resilience.

You can't control the waves,  
but you can learn to dance in them