

Everyone
'experiences
failure

ERROR

some

in

or

shape

form

road

use often

and

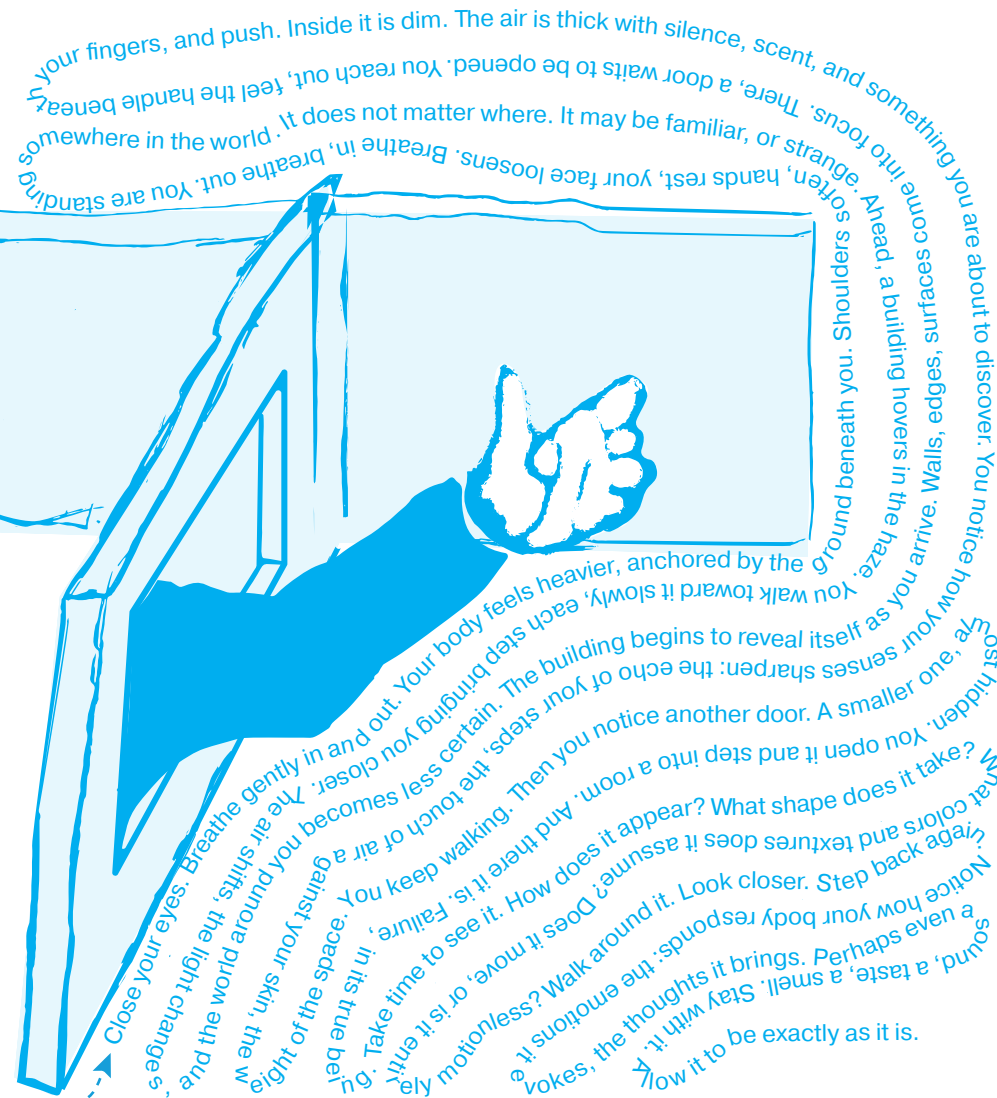
throughout

lives!



a meditation
to get to know

Handout 3





Inhale
Exhale

An

enter the
room of
failure

until only your breath remains.

when you are ready, let the image soften. The room fades, the walls dissolve, the ground steadies beneath you. You leave the building behind



Open
your
eyes

Visualize here
what failure
looked like to you.
Explore its shape,
color and texture.

sleepwalker

evening falls, bruised blue and fully automatic
your fingers feel along the frayed edges of a chasm
like a sleepwalker searching for the banister

you fall into the leftover space of a dream
what is forward anymore
in the vacuum of this night

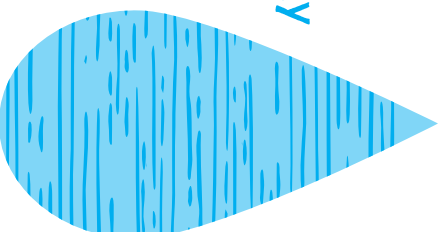
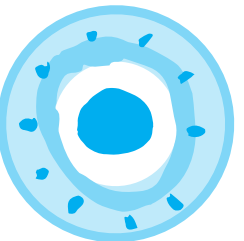
with one surgical incision
you cut your dreams from your retina



you are expected
to wipe the debris from the corners of your eyes
thread a suture

between the stumbling point (A)
and the here and now (B)
you prescribe yourself a helpful thought
a paracetamol a glass of water

you fall into this body a mess
of loose threads that accidentally
appears on a retina





Tending the Dragon

Embrace failure by writing about it

Start writing for fifteen minutes straight, without stopping. Let your hand keep moving across the page. Don't worry about sense, structure, or perfection. You may find yourself drifting into other stories, or feel stuck. When that happens, write about being stuck. Write about the not-knowing. Write about circling back. After fifteen minutes, pause. Read back what you wrote. Notice what surprises you. Underline words or sentences that stand out.

Use the ----->
next page
and write poetry

Fail
you
never
know
what it
is good for

Everyone experiences failure in some shape or form, in various contexts, and throughout their lives. In our over competitive world, with its focus on image and success, failure is often viewed as something negative, something to be ashamed of, something that needs to be hidden or ignored. However, we also find that failure often leads to unexpected discoveries, and sparks conversations that inspire us to bring about positive changes in our lives, both in personal and professional spheres.

The Failing Forward project was initiated by the Young Academy Groningen (YAG) in the context of its mission to foster an inspiring and supportive environment for early-career researchers. As part of this project, YAG commissioned artwork and poetry, and approached the artist Jobbe Holtes to shape the project. Jobbe Holtes chose to explore themes of failure, growth and resilience in academia, using a zine format, incorporating work by poet Femke de Heer. Special thanks are extended to the participants of the Failing Forward workshop, whose insights and openness were instrumental in bringing this concept to life.

Colophon

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FAILING FORWARD