

HAPPY SWEET 16!

Hip Tranquil Chick



Welcome



Greetings, my love! I'm so delighted that you're joining me for *Hip Tranquil Chick's* Sweet 16 birthday celebration on **Monday, November 14 at 7:30 pm ET** (click [here](#) for your time zone).

Before we gather, please curl up with a cuppa tea and I encourage you to:

- Read through this Workbook
- Fill out the Reflection questions (p. 3)
- Skim your dog-eared copy of *Hip Tranquil Chick*
- Set up your space and share images using [#tranquillitydujour](#)
- Enjoy this festive [Hip Tranquil Chick Spotify playlist](#) I made just for you

Can't wait to celebrate with you on Monday! *Bisous*. x

PS My publisher is offering 50% off [Hip Tranquil Chick](#) with code *SWEET16* through the end of November!

Reflection

1. WHAT MOST RESONATES WITH ME ABOUT *HIP TRANQUIL CHICK*?

2. WHICH OF THE 12 TOPICS DO I NEED MOST RIGHT NOW?

3. WHAT OMWORK WOULD I LIKE TO REVISIT AND INCORPORATE?

4. DOES THE MANIFESTO (P. 7) STILL RESONATE WITH ME? IF NOT, WHAT CHANGES WOULD I MAKE?

5. HOW HAS THE BOOK CHANGED FOR ME AS I'VE GOTTEN OLDER?



HTC Highlights

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- p. 7 Hip Tranquil Chick Manifesto
- p. 17 On-the-Mat Practice = In-Your-Life Perks
- pp. 23-30 Yoga Sequence
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HTC Grows Up



Tranquility Now



Tranquility du Jour



For ongoing doses of tranquility, please join my [Love Notes list](#), [study with me](#), tune into the Tranquility du Jour [podcast](#), read the [blog](#) or one of [my books](#), and/or shop [eco-friendly TDJ clothing](#).

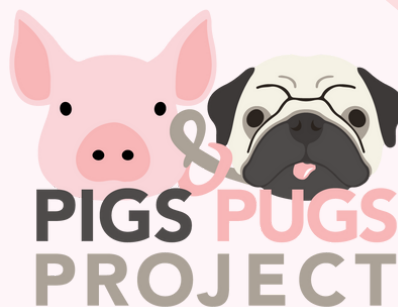
Kimberly is the author of six books, a psychotherapist in private practice, and hosts the Tranquility du Jour podcast. She also serves as the president of Pigs & Pugs Project and has master's degrees in women's studies and social work. Her work has been featured in US News & World Report, The Washington Post, Fast Company, and more. She lives in Washington, DC with three rescue pets and one longtime partner.



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You're Invited!



Tranquil Holidays Pop-Up

Monday, December 12

The holidays can be stressful, so let's spend an evening journaling within a like-hearted group during this free annual event designed to help you find more tranquility this season.

Bring your journal, a pen, a libation, and your TDJ Daybook (or planner).

You'll also be among the first to hear about the TDJ Coterie—exclusive access to 2023 offerings, community, and overflowing perks.

[SAVE YOUR SPOT HERE](#)

Tranquility Coterie

**Starts
Saturday, December 31**

Join a yearlong journey into all things tranquility. Life can get overwhelming and the Coterie helps us prioritize ourselves and our deepest dreams.

Indulge in a tested road map coupled with community and tools to experience more ease in everyday life.

Enjoy 25+ live events, a private community, 12 monthly masterclasses, 4 virtual retreats, 52 weekly lessons, a resource library, and much more.

[JOIN THE WAITLIST HERE](#)

You're Invited!



Virtual Retreat

Sunday, January 1

Whether it's clarifying goals, making small shifts, or moving toward a big transition in the new year, this Virtual Retreat is your go-to online gathering for finding a deeper connection to yourself and your dreams.

Together we flow, reflect, and create in three modules. This two-hour live experience includes inspiration, psychoeducation, and the practices of journaling and creativity.

In addition, you'll receive a pre-recorded all-level one-hour yoga and mindfulness video to do before we gather and to personalize this into a three-hour retreat.

[SAVE YOUR SPOT HERE.](#)

Pink Friday

Friday, November 25

Ooh la la, a surprise event that I'll announce during our Sweet 16 celebration with a sweet bonus if you sign up by November 16!