

2023 TRANQUILITY



Coterie







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# Welcome

*“Life is a process of becoming, a combination of states we have to go through.” — Anais Nin*

I'm so delighted to welcome you to the Tranquility Coterie! Thank you for making the investment into creating, connecting, reflecting, practicing, and growing with me in 2023.

Throughout the year we'll gather for over 30 live events including Seasonal Retreat Immersions, Co-Creating Sessions, Monthly Masterclasses, an optional in-person tea party *chez moi* in DC, bonuses, and more.

[Click your invite to join our private community on Circle](#) and introduce yourself. Starting on January 9 you'll begin receiving weekly lessons that align with my book *Year of Tranquility*.

Inside this workbook, you'll find all your Coterie scoop, reflection questions, a calendar with our dates, 40 Tranquility Tools and five TDJ Tenets that guide our work, worksheets for our events, resources, and a declaration to sign and post where you'll see it regularly.

You will be automatically enrolled in all Coterie events. Links for upcoming events (and replays) will live in our Circle community. I'll also send a reminder before all events.

To get the most out of this experience, please save the dates and join us live whenever possible (or watch the replays), try the practices, and stay connected. I'm SO glad you're here!

PS If you haven't watched your [welcome video](#) yet, please have a peek. Also, [here's the transcript](#) if you prefer to read it.

  
Kimberly

PPS If you miss one of our programmed offerings, recordings will be available on your Events & Replays section of Circle within 48 hours.



## A Tranquil Year

Welcome Soiree

Weekly Lessons

Monthly  
Masterclasses

Monthly  
Co-Creating

Seasonal  
Immersions

Bonuses

# TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1.

**COMPASSION:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2.

**CREATIVITY:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3.

**STYLE:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is individual and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4.

**MINDFULNESS:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5.

**WELLNESS:** We choose self-care through gratitude, reflection, whole foods, fulfilling work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.





# Coterie Checklist

## SET UP

- \_\_\_ Save the dates
- \_\_\_ Watch your welcome video
- \_\_\_ Download your workbook
- \_\_\_ Complete the Reflection
- \_\_\_ Join Private Community
- \_\_\_ Join the Welcome Soirée
- \_\_\_ Sign the Declaration
- \_\_\_ Set your Coterie intention
- \_\_\_ Gather your Coterie Tools

## JANUARY

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons
- \_\_\_ Attend Virtual Retreat

## FEBRUARY

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## MARCH

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## APRIL

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons
- \_\_\_ Attend Seasonal Immersion

## MAY

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## JUNE

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## JULY

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons
- \_\_\_ Attend Seasonal Immersion

## AUGUST

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## SEPTEMBER

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## OCTOBER

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons
- \_\_\_ Attend Seasonal Immersion

## NOVEMBER

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons

## DECEMBER

- \_\_\_ Attend Masterclass
- \_\_\_ Attend Co-Creating Session
- \_\_\_ Read & Practice Weeks' Lessons
- \_\_\_ Attend Coterie Finale

## FINALE

- \_\_\_ Complete Takeaways & Next Steps
- \_\_\_ Continue your practices
- \_\_\_ Stay connected



# Coterie Tips

*“Alone we can do so little; together we can do so much.”  
—Helen Keller*

**BRING A BEGINNER’S MIND.** There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach the Coterie with a sense of playfulness, openness, and curiosity. There is no one way to do the practices or to participate. Make these offerings your own and I’ll be your gentle guide.

**SHOW UP.** Put our dates into your planner. Join the live gatherings. Set aside time to read the weekly lessons and consider the recommended practices. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone during our events.

**SET THE STAGE FOR LEARNING.** Wear something comfy that stretches and you feel good in. Spritz perfume. Sip a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools (next page) within reach. Light a candle to signify the start of our gatherings. Make your space inviting.

**CONNECT.** Share photos of your practices throughout the year using #tranquilitydujour. Ask questions, share takeaways, and offer support in the event chat box and/or in our private community.

**PRIVACY.** The Coterie is a safe space to share and show up authentically. We agree to keep what's shared inside the Coterie confidential and take care of ourselves in the process.

# Coterie Tools

*“Never allow waiting to become a habit. Live your dreams and take risks. Life is happening now.” —Paulo Coelho*

**CREATURE COMFORTS FOR OUR EVENTS:** A quiet space, cozy clothing that stretches. {Optional} lavender oil, a scarf, rosewater spray, lip balm, flowers, plants, jazzy background tunes, furbabies, candles, twinkle lights.

**CREATIVITY SUPPLIES FOR VIRTUAL RETREATS:** A journal/sketchbook, writing tools, a glue stick, scissors, a black Sharpie, and ephemera described below. {Optional} two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools.

**JOURNAL:** This workbook, a special journal for reflecting on our weekly *Year of Tranquility* lessons, taking notes during our gatherings, and contemplating in between.

**PLANNER:** A paper or digital system to track our dates plus your progress and dreams. The *Daybook* is a helpful complement to our program.

**EPHEMERA:** Bits of paper such images from magazines, scrap paper, postcards, tissue paper.

**TECH:** A computer or smartphone with internet access.

**YOGA & MEDITATION:** Yoga mat and meditation cushion or chair.





# Group Guidelines

## PRIVACY:

The Coterie is a safe space to share and show up authentically. We agree to keep what's shared inside the Coterie confidential and take care of ourselves in the process. All discussions and material posted within our private community cannot be shared outside the group including videos.

## LIFETIME ACCESS:

You have lifetime access to these materials which refers to the lifetime of the Coterie. My intention is that this program will continue for many years.

## PAYMENT POLICY:

The Coterie is filled with digital resources, so there aren't any refunds and I think you're going to love the journey. By signing up for the easy pay subscription, you're committing to the full payment cycle. Of course, reach out if there's anything I can do to enhance your experience!

## PROMOTIONS:

Please no pitching in the group or privately to members since this is not a business networking group.

## PERSONAL CARE:

If you have any known or unknown psychological condition, please consult a psychotherapist as this program is not a substitute for therapy. I also recommend getting the professional advice of a medical specialist when addressing any health issues.

## MATERIALS:

All Coterie materials are copyrighted and cannot be shared outside the group or used in any way without written permission.



# Reflection

*What is my intention  
for the Coterie?*

*How do I want to show up?*

*What steps can I take  
to make this happen?*

*How can I prioritize this  
program?*



# Description of Events

## WELCOME SOIRÉE:

A one-hour festive gathering to launch our year together. Bring your Coterie intentions, wear something fun (leggings count, too!), and don't forget the bubbly beverage! You'll receive the live event and replay.

## SEASONAL RETREAT IMMERSIONS:

A two-hour live retreat with a one-hour pre-recorded yoga and mindfulness video that includes inspiration, education, and the practice of journaling and creativity. We'll have four this year and you'll receive the live event and replays.

## MONTHLY CO-CREATING SESSIONS:

On the third Friday at 1 pm ET let's gather to work quietly together on a creative project. We connect at the beginning, middle, and end of the one-hour session. For two 25-minute chunks, you'll have dedicated time to show up and move toward a goal of our choice. These are not recorded since there's no programming.

## MONTHLY MASTERCLASSES:

On the first Monday (other than January, July, and September when we meet on the second Monday) at 7:30 pm ET we'll come together for one hour to discuss the month's theme and check in. We have 12 scheduled this year and you'll receive the live event and replays.

## DC TEA PARTY:

Mid-year I'll invite you into my tiny Washington, DC "Pink Palace" for an optional gathering to commune in person over cups of tea, tasty veg treats, and community. No programming, only play. Date TBA. Not recorded.

## BONUSES:

You'll be offered a variety of additional perks including movie nights, a mental health micro-course, a chance to meet a few of my favorite teachers and creatives for a weekend afternoon workshop, and more. Dates TBA. You'll receive the live workshop event and replays.



# Dates & Times

## WINTER

- December 31 Welcome Soirée 4-5 pm ET
- January 1 New Year's Virtual Retreat 2-4 pm ET
- January 9 Dreams Masterclass 7:30-8:30 pm ET
- January 20 Co-Creating Session 1-2 pm ET
- February 6 Love Masterclass 7:30-8:30 pm ET
- February 17 Co-Creating Session 1-2 pm ET
- March 6 Style Masterclass 7:30-8:30 pm ET
- March 17 Co-Creating Session 1-2 pm ET

## SPRING

- April 3 Creativity Masterclass 7:30-8:30 pm ET
- April 21 Co-Creating Session 1-2 pm ET
- May 1 Minimalism Masterclass 7:30-8:30 pm ET
- May 19 Co-Creating Session 1-2 pm ET
- June 5 Wellness Masterclass 7:30-8:30 pm ET
- June 16 Co-Creating Session 1-2 pm ET

## SUMMER

- July 10 Yoga Masterclass 7:30-8:30 pm ET
- July 21 Co-Creating Session 1-2 pm ET
- August 7 Self-Care Masterclass 7:30-8:30 pm ET
- August 18 Co-Creating Session 1-2 pm ET
- September 11 Mindfulness Masterclass 7:30-8:30 pm ET
- September 15 Co-Creating Session 1-2 pm ET

## FALL

- October 2 Writing Masterclass 7:30-8:30 pm ET
- October 20 Co-Creating Session 1-2 pm ET
- November 6 Entrepreneurship Masterclass 7:30-8:30 pm ET
- November 17 Co-Creating Session 1-2 pm ET
- December 4 Meaning Masterclass 7:30-8:30 pm ET
- December 15 Co-Creating Session 1-2 pm ET

# 2023 Calendar

 Virtual Retreats

 Masterclasses

 Co-Creating Sessions

 Welcome Soirée

*DC tea party, spring, summer and fall virtual retreats, and bonuses TBA*

January

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29	30	31				

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June

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18	19	20	21	22	23	24
25	26	27	28	29	30	

# 2023 Calendar

 *Virtual Retreats*

 *Masterclasses*

 *Co-Creating Sessions*

*DC tea party, spring, summer and fall virtual retreats, and bonuses TBA*

*July*

*August*

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*September*

*October*

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29	30	31				

*November*

*December*

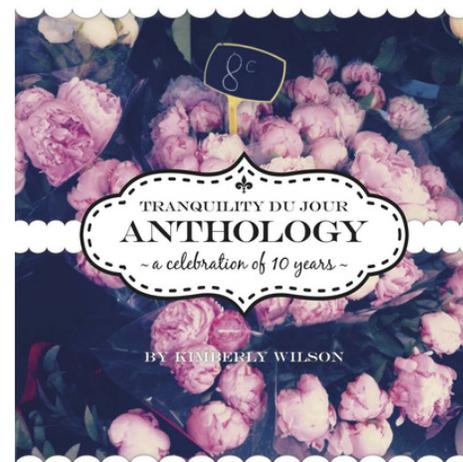
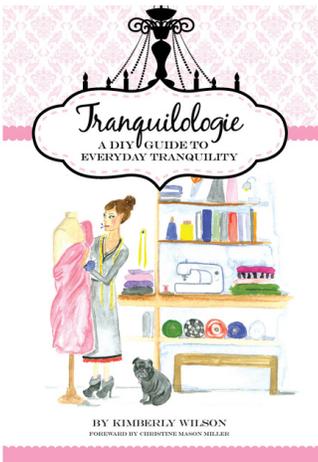
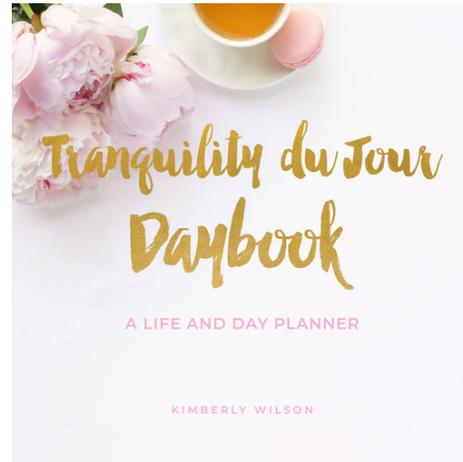
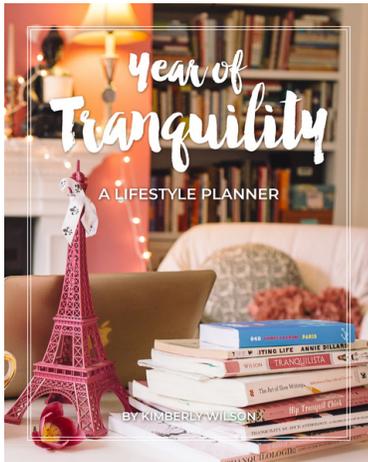
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31						



# Bonus Books

*Click on each book to download a PDF copy.*



# Tranquility Tools

*32 tools to enhance your days, weeks, months, and seasons with meaningful tranquility*

Tranquility Tools are daily, weekly, monthly, and seasonal practices to help align everyday activities with aspirations. Each is defined below. They serve as anchors to infuse the year with tranquility.

## 8 Daily Tranquility Tools:

**MORNING RITUAL:** Greet your day with a yoga sun salutation, cuppa tea, or brisk walk with your beloved four-legged friend. Begin each morning with an intentional, tranquil tone.

**DAILY DRESS-UP:** Let your daily dress reflect your personality, lifestyle, and signature style. Add a dose of flair and don't forget your smile, good attitude, and vintage accessory.

**MINDFUL MOVEMENT:** Take a moment each day to move your body through dance, walking, or any other activity that makes your skin glisten. Bookend the experience with a dose of meditation by sitting still and connecting to your breath. Inhale, exhale, ommmm.

**EAT YOUR VEGGIES:** Reduce animal products and processed foods. Increase plant-based consumption for a joyful effect on your health, the animals, and the planet.

**JOURNAL:** Spend a few moments penning your thoughts, noting highlights from your day, recurring dreams, what you consumed, how you're feeling, or anything else on your mind.

**GOAL REVIEW:** Read over your Month's Dreams each day. This helps those everyday decisions stay in alignment with your aspirations.

**GRATITUDE:** At the end of each day, note at least one thing for which you are grateful. It may be as simple as a warm bed or fresh water.

**EVENING RITUAL:** End your day with reflection. Write in your journal, shut down your computer and smartphone, take a warm bath with Epsom salts, or read in bed for 30 minutes before lights out.







## 8 Weekly Tranquility Tools:

**PLAN WEEK'S MITs:** These are your most important tasks. Choose three to five projects to focus on each week and align your daily actions with bringing them to fruition. They are your week's road map.

**SOAK IN THE TUB:** This grounding practice helps clear the mind after a long day. Light candles, play music, or bring in a flute of your favorite libation. Allow yourself to melt into this sensual renewal practice.

**TAKE A DIGITAL DAY OFF:** Grant yourself a sabbatical from being glued to technology. Get your hands dirty in the garden, bake a pie, read a book, connect with a loved one, or collage in your art journal. Our connection to technology needs the off switch from time to time.

**CLEAR CLUTTER:** Piles of paperwork become mountains when not handled regularly. Take time each week to reduce the clutter around you. Watch yourself breathe easier and feel lighter.

**PEN A LOVE NOTE:** Reach out to a friend, family member, pen pal, or even yourself (a letter to your past or future self) with a thoughtful note. Let someone know you're thinking of them and sending good thoughts. Insert a bag of tea, article of interest, or token of love. This sweet gesture goes a long way in our fast-paced society.

**BUY OR PICK FRESH FLOWERS:** Surround yourself with a pop of living color through potted plants, cut flowers, herbs, or bamboo stalks. If you have a garden, pick flowers and bring them into your living space to spruce up a barren bedside table.

**TAKE AN ARTIST DATE:** Julia Cameron, author of *The Artist's Way*, encourages a solo excursion to nurture your inner artist for one hour each week. Try a trip to a flower market, café, museum, bookstore, or art gallery and watch your ideas flourish.

**SAVOR A GREEN JUICE:** Watch your energy and vitality soar as you drench your system with healing nutrients. Greens help alkalize the body, enhance skin glow, and detoxify. Try two kale leaves, a Granny Smith apple, one cucumber, a celery stalk, and a two-inch piece of ginger.

# 8 Monthly Tranquility Tools:

**CRAFT MONTH'S DREAMS:** At the start of each month, write the big dreams you'd like to achieve. At the end of the month, review your list to give yourself a pat on the back for the items you accomplished, and carry over the ones that remain and still feel close to your heart.

**MANI/PEDI:** Nurture your nails by adding color, trimming your cuticles, and savoring an exfoliating footbath. Or, indulge in another form of well-deserved self-care.

**VOLUNTEER:** Give some of your resources—time, money, or energy—to a favorite cause and watch how you can have a ripple effect on others and your own well-being.

**ENTERTAIN:** Invite a friend over for tea or host an intimate dinner fête. Don an apron, set the table, light candles, and channel your inner Martha Stewart.

**REVIEW YOUR BUDGET:** Spend less than you make, save a little, and donate, too. Set up a system for regular review. It doesn't have to be fancy; pen and paper with a pile of receipts will work. Try a monthly budget review or weekly spending chart. Or, go high tech with [mint.com](http://mint.com).

**READ TWO BOOKS:** To continually learn, grow, and expand your horizons, read and finish two books monthly. Watch your awareness grow.

**CREATE:** Bring something new into existence. Think intangible such as an idea or physical such as origami. Knit a scarf, make a banner, craft a meal, write blog posts, sew a dress, or paint a watercolor postcard.

**MASSAGE:** Massage has many benefits and is an antidote to stressed, achy muscles. If a spa isn't in the cards, consider a neck or foot rub at your neighborhood nail salon, or check out the local massage school for good deals from therapists-in-training. Or, ask your beloved for a complimentary rub down.







## 8 Seasonal Tranquility Tools:

**SEASONAL LIFE REVIEW:** Seasonally reflect on areas of your life such as work, style, creativity, dreams, home, self-care, spirituality, health, relationships, finances, etc. Rate each one with your level of satisfaction (10=bliss, 5=so-so, 0=boo). Review the areas that ranked lower than you'd like and pen three action steps to increase your satisfaction in them.

**DEEP CLEAN:** Pull everything out of drawers, cupboards, closets, nooks, and crannies. Donate what no longer serves you, dust off what does, rotate seasonal wear, and put things back in their place with a renewed sense of order.

**PRACTICE ESSENTIALISM:** Review your life, personal and professional. Are you excited by what you see? Do plans make you feel drained? Have you signed up for that one thing too many? What small shifts can you make to bring your day back into balance? Surrender the glorification of busy. Carve out time to savor.

**TAKE A BED DAY:** Create a few hours to an entire day for a rejuvenating day in bed. Gather your tools: candles, eye pillow, tea, water, books, journal, rose water spray, comfy clothes, soft linens, a chunky knit blanket. Anything that soothes. Begin with a luxurious soak in the tub. Add a splash of sweet almond oil and a few drops of lavender oil. Then saunter into your quiet space to rest and reset.

**TRY SOMETHING NEW:** Take up a new hobby, make vegan cheese, study a new language, pick up the guitar, join a writing group, take a modern dance class. Studies show that lifelong learning is directly tied to health and longevity.

**TEND YOUR GARDEN:** Seasonally it's good to pull weeds, repot plants, rake leaves, plant bulbs, and trim trees, even if you don't have a garden. Metaphorically, what would you like to plant, trim, repot, and clean up in your life? Observe what needs tending and do so with care.

**REARRANGE:** An important principle of Feng Shui (a Chinese philosophical system of harmonizing the environment) is that if you're feeling stuck, do some rearranging. Switch furniture, books, lamps, or art to create a fresh feeling in your surroundings.

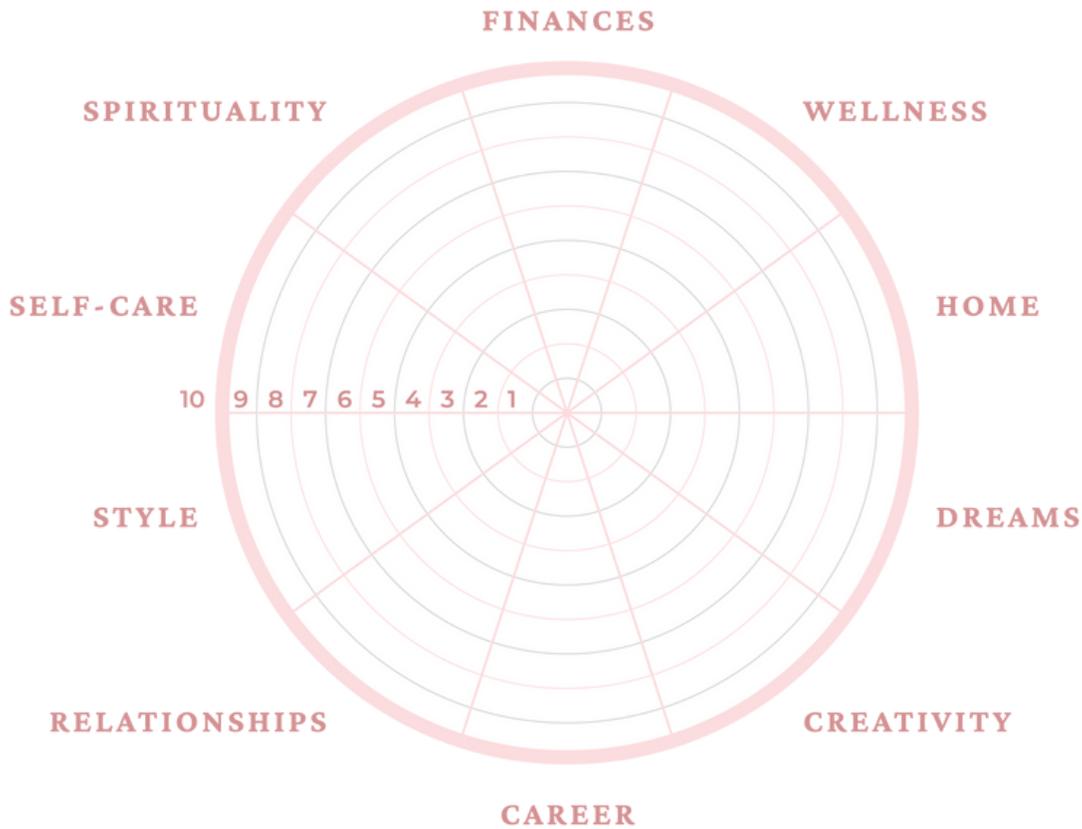
**GET CULTURED:** Travel, head out for live music, watch your nearest ballet ensemble, read the classics (hello, Jane Austen), get to know the Impressionists, try new-to-you cuisine, watch a Broadway musical, check out an exhibit, listen to classical music, or visit a winery or tea salon for a tasting.



# Seasonal Guide

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- |   |                                     |  |                                       |
|---|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Seasonal Life Review | <input type="checkbox"/> Deep Clean | <input type="checkbox"/> Practice Essentialism | <input type="checkbox"/> Bed Day      |
| <input type="checkbox"/> Try Something New    | <input type="checkbox"/> Rearrange  | <input type="checkbox"/> Tend Your Garden      | <input type="checkbox"/> Get Cultured |

# 8 Yearly Tranquility Tools:

**WRITE TO YOUR FUTURE SELF:** Picture yourself a year from today having accomplished your Year's Dreams and pen a letter written in the present tense to open at the end of the year.

**CHOOSE YOUR WORD:** Consider what word (or theme) you want to use as a compass this year. Let this permeate your decisions, days, and dreams.

**NOTE YOUR DREAMS:** List your Year's Dreams using the SMART goals system—specific, measurable, achievable, relevant, time-bound. Get clear on what you want to manifest in the new year and post your dreams where you'll see them daily.

**MAKE LISTS:** List making helps us organize our minds into a variety of categories. Make a list of books to read, places to visit, thank-you's to write, restaurants to try, volunteer opportunities, charities to support.

**FILL IN DATES:** Highlight those annual events such as birthdays and anniversaries, input travel and tickets to concerts and performing arts, mark off days for rest, carve out vacation time.

**LET GO:** Close the door to what no longer serves you and write what you want to leave behind—a mindset, a personal narrative, a relationship, an overused word, an unproductive habit.

**CREATE A NEW RITUAL:** Incorporate a new way of showing up in the world. Perhaps you start your day by setting an intention, spend Saturday morning going on a long walk, add one vegetable to your evening meal, or host a monthly girls' night.

**CLEANSE:** A new year (and each new day) is a chance to begin again, release the old, and infuse the new. Consider a cleansing ritual to signify a fresh start. Diffuse peppermint essential oil, smudge your space with sage or pinyon pine, write out what's holding you back and release it into the fire.





# Year's Dreams



*My Word/Theme:*



# Declaration

I, \_\_\_\_\_, commit to the following:

*Connect*

*I will show up to as many live gatherings as possible engaged and prepared.*

*Practice*

*I will stay committed to infusing more tranquility into my daily life.*

*Create*

*I will make time for creative pursuits.*

*Grow*

*I will make space for new experiences.*

*Reflect*

*I will spend time weekly reviewing the lessons and my 2022 dreams.*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature



# Welcome Soirée

1.

2.

3.

4.



# Monthly Masterclasses



# Monthly Masterclass Tips

*“Courage starts with showing up and letting ourselves be seen.”  
—Brené Brown.*

**BRING A BEGINNER’S MIND.** There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach these monthly gatherings with a sense of playfulness, openness, and curiosity. There is no one way to participate. Make these gatherings your own and I’ll be your gentle guide.

**SET THE STAGE.** Read the month's *Year of Tranquility* essay. Set aside time to read the weekly lesson and the recommended practices. Make your space conducive for learning. Wear something comfy that stretches and you feel good in. Sip green juice and/or a cuppa tea. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of our gathering.

**SHOW UP.** Put the dates into your planner. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone during this time and our events. Fill out your Monthly Theme Worksheet.

**CONNECT.** Share photos of your experience throughout the year using #tranquilitydujour. Ask questions, share takeaways, and offer support in the event chat box and/or in our Mighty Networks group.



# January: Dreams

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# February: Love

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# March: Style

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# April: Creativity

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# May: Minimalism

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# June: Wellness

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# July: Yoga

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# August: Self-Care

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# September: Mindfulness

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# October: Writing

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



# November: Entrepreneurship

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



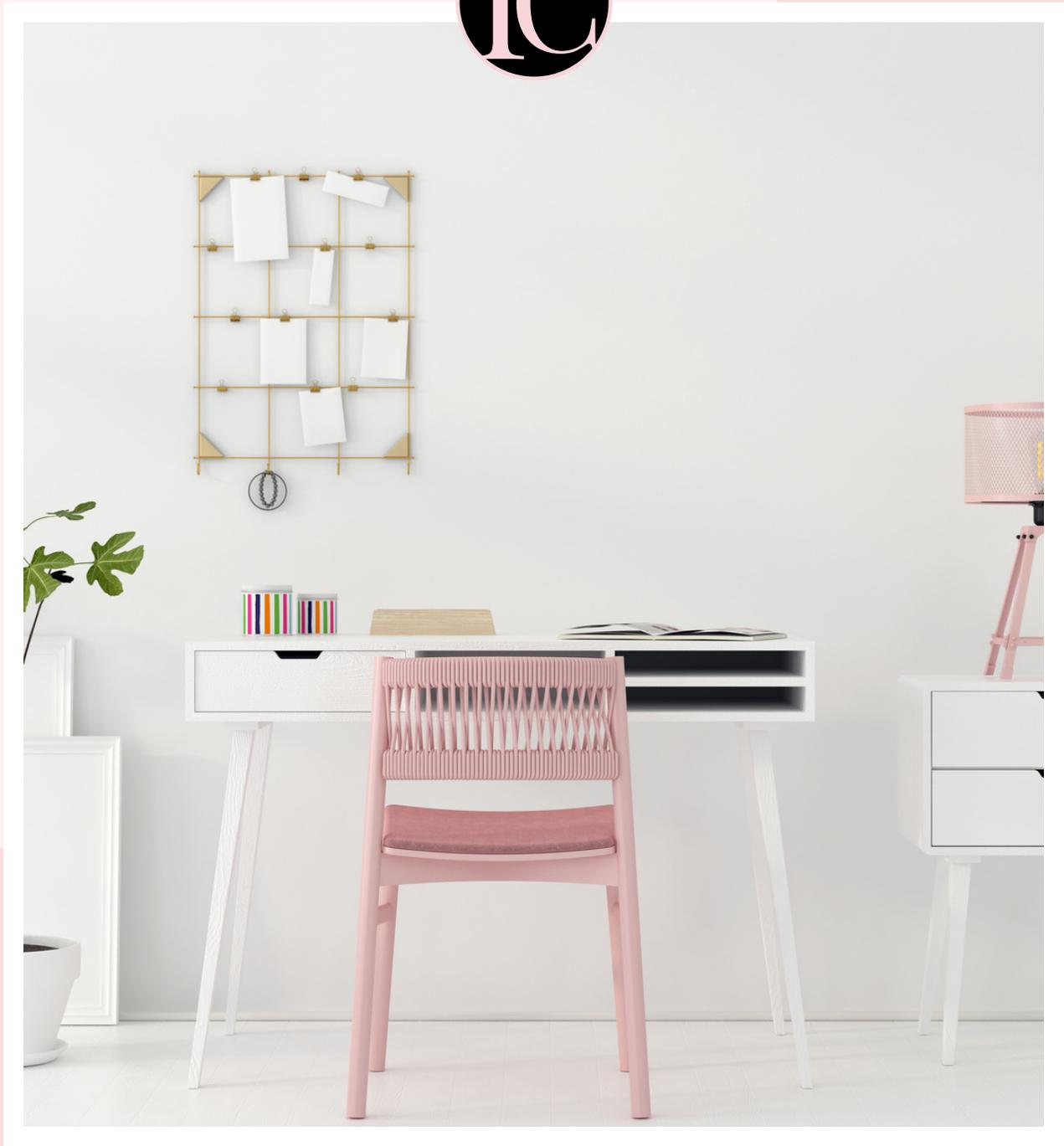
# December: Meaning

1. *What I learned:*

2. *I'm curious about:*

3. *What I need more of:*

4. *What I want to try or  
bring into daily life:*



*Co-Creating Sessions*



# Co-Creating Tips

*“Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun.”*

*—Mary Lou Cook*

**BRING A BEGINNER'S MIND.** There's a Zen saying that “in the beginner's mind there are many possibilities, but in the expert's mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to co-create or to participate. Make these sessions your own and I'll be your gentle guide.

**SHOW UP.** Bring a project that you'd like to focus on. This is your special time to spend two 25-minute chunks immersed in a creative endeavor. Put our co-creating dates into your planner (third Friday of every month at 1 pm ET). Remove distractions, close your tabs, and toggle “Do Not Disturb” on your phone during this time.

**SET THE STAGE FOR CREATIVITY.** Wear something comfy that stretches for our mid-session stretch break. Sip green juice and/or a cuppa tea. Have your tools within reach. Light a candle to signify the start of our gathering. Make your space inviting.

**CONNECT.** Share what you're working on. Fill out the worksheet. Share takeaways and offer support in the event chat box.



# January

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# February

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# March

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# April

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# May

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# June

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# July

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# August

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# September

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# October

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# November

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



# December

1. *Today I worked on . . .*

2. *I noticed . . .*

3. *To continue this  
creative process, I will . . .*

4. *One Artist Date  
I'll take this month is . . .*



Seasonal Retreat Immersions



# What To Expect



2-HOUR RETREAT



ARTIST DATE



SELF-CARE



SPOTIFY PLAYLIST



RETREAT REPLAY



TDJ DISCOUNT CODE



LIKE-HEARTED COMMUNITY



FESTIVE FINALE



INSPIRING RESOURCES



1-HOUR MEDITATION & YOGA

# Seasonal Retreat Immersion Tips



*“Slowing down is sometimes the best way to speed up.” — Mike Vance*

To prepare for our retreat, these tips will help guide your experience.

**BRING A BEGINNER’S MIND.** There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this retreat with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

**GATHER YOUR TOOLS.** **Creature comforts:** cozy clothing, lavender oil, a scarf, rosewater spray, lip balm, flowers, candles, twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines that represent what you’d like to see more of in your life, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

**SHOW UP.** Clear your calendar to join the full experience or to watch the replay. A few minutes before our start time, click the Zoom link located in your weekly email. Complete the Intention Setting and Seasonal Life Review. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat.

**SET THE STAGE.** Wear something comfy that stretches and you feel good in. Spritz perfume. Sip green juice and a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of our retreat. Make your retreat set up inviting.

**CONNECT.** Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

# VIRTUAL RETREAT



# New Year's





# New Year's Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

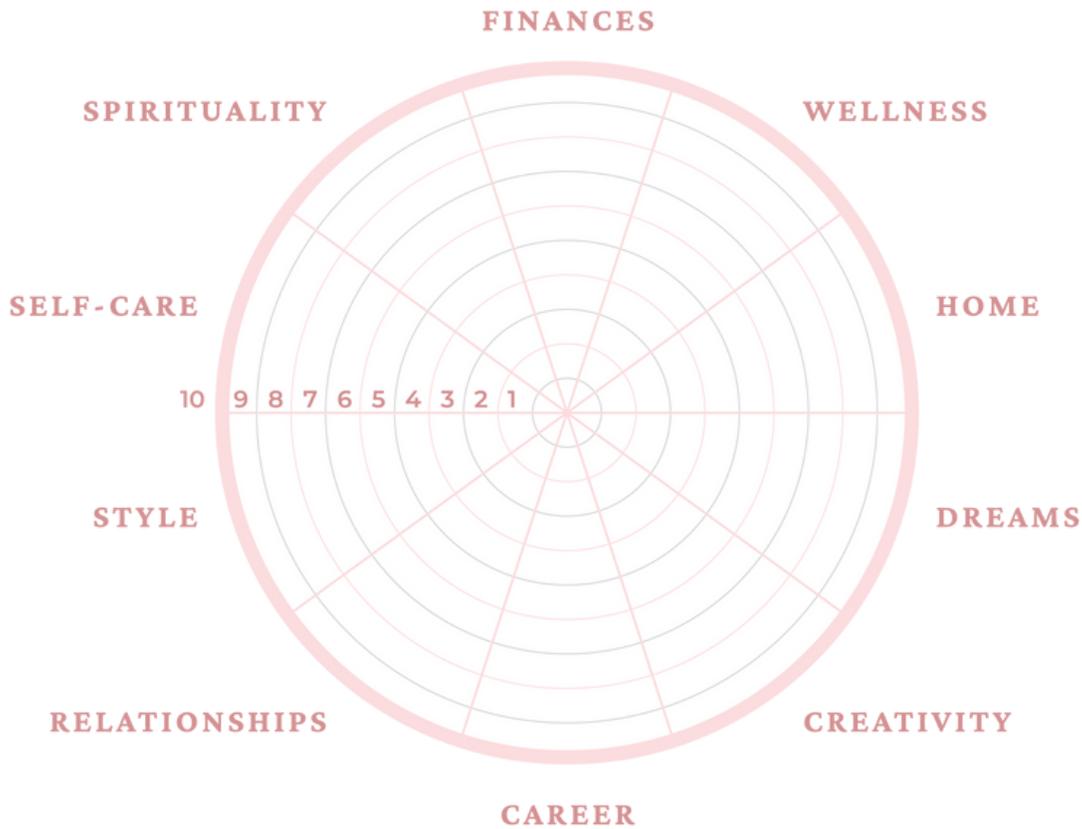
*How do I want to feel by the end of this season?*



# New Year's Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- Seasonal Life Review     Deep Clean     Practice Essentialism     Bed Day
- Try Something New     Rearrange     Tend Your Garden     Get Cultured



# Burning the Old Year

by Naomi Shihab Nye

Letters swallow themselves in seconds.  
Notes friends tied to the doorknob,  
transparent scarlet paper,  
sizzle like moth wings,  
marry the air.

So much of any year is flammable,  
lists of vegetables, partial poems.  
Orange swirling flame of days,  
so little is a stone.

Where there was something and suddenly isn't,  
an absence shouts, celebrates, leaves a space.  
I begin again with the smallest numbers.

Quick dance, shuffle of losses and leaves,  
only the things I didn't do  
crackle after the blazing dies.



# Reflection

1.

2.

3.

4.



# Year's Dreams



*My Word/Theme:*



# Year's Layout

January

February

March

April

May

June

July

August

September

October

November

December



# Seasonal Aspirations

*Add your seasonal wishes inside each box.*

Winter

Spring

Summer

Fall



# Lists

## 10 Books

*to read this year*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 10 Things

*to try this year*

## 10 Artist Dates

*to do this year*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# Affirmative Writing

*Picture yourself on January 1, 2023 having accomplished or having taken steps toward accomplishing your Year's Dreams. How do you feel? Where are you? What are you doing? What are you eating? Who are you with? What are you wearing?*

*Pen yourself a letter to open at the end of the year and write it in the present tense. For example, "I'm so glad you made self-care a priority this year. You are now sleeping through the night, eating more whole foods, and doing yoga three times a week." Keep going. Bring those action steps from the Seasonal Life Review alive here and dream about how life will look once you make yourself and your goals a priority.*



# Closing

1.

2.

3.

4.

# VIRTUAL RETREAT



Spring





# Spring Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

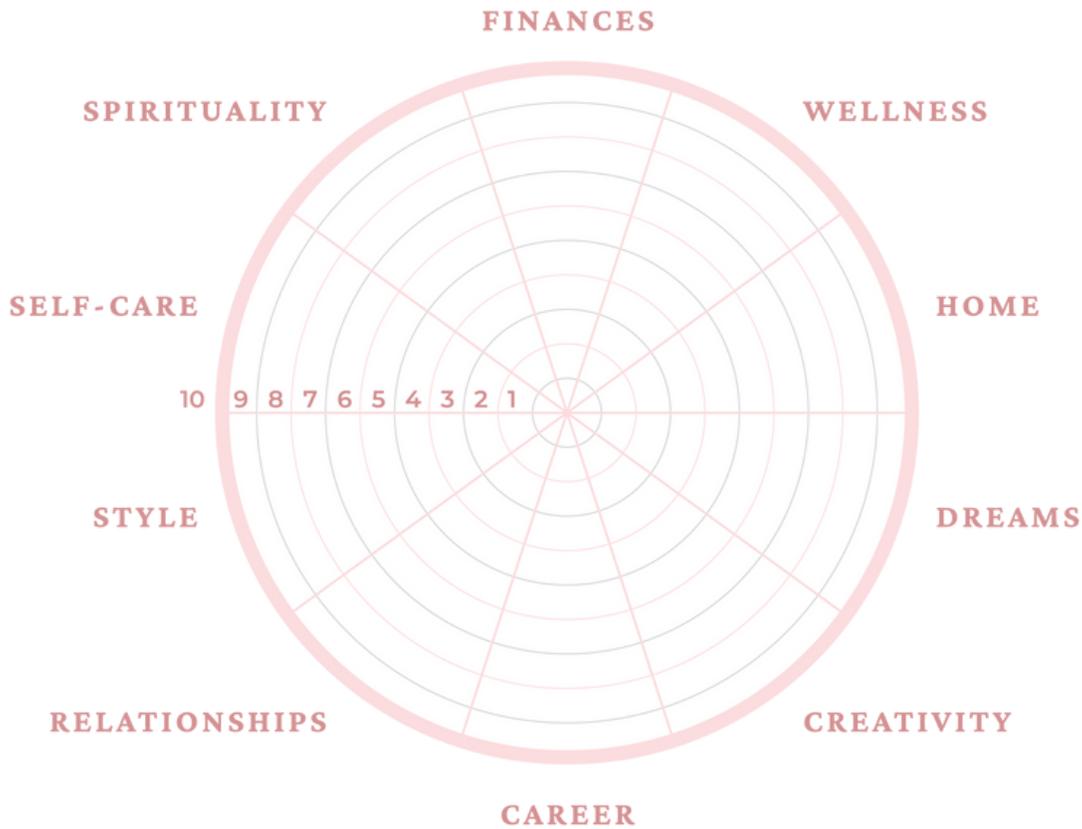
*How do I want to feel by the end of this season?*



# Spring Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- Seasonal Life Review
- Deep Clean
- Practice Essentialism
- Bed Day
- Try Something New
- Rearrange
- Tend Your Garden
- Get Cultured



# *For a New Beginning*

by John O'Donohue

In out-of-the-way places of the heart,  
Where your thoughts never think to wander,  
This beginning has been quietly forming,  
Waiting until you were ready to emerge.

For a long time it has watched your desire,  
Feeling the emptiness growing inside you,  
Noticing how you willed yourself on,  
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety  
And the gray promises that sameness whispered,  
Heard the waves of turmoil rise and relent,  
Wondered would you always live like this.

Then the delight, when your courage kindled,  
And out you stepped onto new ground,  
Your eyes young again with energy and dream,  
A path of plenitude opening before you.

Though your destination is not yet clear  
You can trust the promise of this opening;  
Unfurl yourself into the grace of beginning  
That is at one with your life's desire.

Awaken your spirit to adventure;  
Hold nothing back, learn to find ease in risk;  
Soon you will home in a new rhythm,  
For your soul senses the world that awaits you.



# Reflection

1.

2.

3.

4.



# Spring Wish List

1. Repot any overgrown plants
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Wear open-toed shoes
5. Place yellow daffodils on your bedside table
6. Spring clean your closets, pantry, and beauty products
7. Take in the many blooming trees
8. Pack a picnic and head to a nearby park
9. Visit an animal sanctuary
10. Plant impatiens and sweet potato vines in your garden
11. Pick up succulent fruit at the farmers' market
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Snap photos of blooming bushes
15. Savor the sunshine on your skin (hello, vitamin D)
16. Add pops of colorful tulips to your desk
17. Go camping
18. Cultivate a garden (windowsills count)
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Hit the beach before the crowds arrive
22. Plan a spring break trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Set out a bird feeder
27. Grow fresh mint for your tea
28. Pack up your heavy winter gear
29. Practice yoga outside
30. Host a mini cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

## My Ideas





# 15 Healthy Habits

*“There is a connection between self-nurturing and self-respect.” —Julia Cameron*

Track your daily use of these self-care practices for one week and note how you feel.

	1	2	3	4	5	6	7
Restful Sleep							
Warm Bath							
Deep Breathing							
Mindful Movement							
Journaling							
Gratitude							
Postive Self-talk							
Mindful Eating							
Goal Review							
AM & PM Rituals							
Digital Down Time							
Creative Play							
Meditation							
Loving Connection							
Stay Hydrated							



## Ways to Incorporate:

1. Schedule it
2. Reward yourself
3. Call in support
4. Change “I have to” to “I choose to”
5. Habit stack
6. Prepare for obstacles
7. Say “no, thank you”
8. Make it a foundation of your daily routine
9. Track it

# Detox

*Feeling lethargic, overindulgent, or in need of a reset? Try this seven-day cleanse by combining self-care with clean food to release toxins, feel lighter, and rejuvenate.*



## INCLUDE:

Veggies (lots of dark leafy greens)  
 Quinoa, brown rice, millet  
 Beans, legumes, lentils  
 Unsalted/unroasted nuts and seeds  
 Fruits  
 Fresh herbs  
 Water  
 Herbal tea  
 Unsweetened non-dairy milks  
 Extra virgin olive oil

## ELIMINATE:

Gluten (wheat, rye, barley)  
 Animal products (fish, eggs, meat)  
 Caffeine, alcohol, soda  
 Added sugar  
 Dairy  
 Processed or fried foods

## MEAL IDEAS:

mixed greens salad, steamed veggies over brown rice, veggie soup, sweet potato noodles, spicy hummus, stuffed avocado or red pepper, lettuce wrap black bean tacos, or roasted veggies with quinoa

## Basic 7-Day Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	8oz warm water with lemon and 1-2 TBSP ground flaxseed						
	green smoothie or chia seed pudding						
	tongue scrape						
LUNCH	dry skin brush						
	lunch meal*						
	Exercise						
P.M.	dinner meal*						
	journal						
	bath						
	herbal tea						
exercise							

- Remove temptations from your home. Bye, bye sugary cereals.
- Review the basic food plan and pick up these staples: brown rice, fresh and/or frozen veggies (especially kale, spinach, avocados, cauliflower), frozen fruit (for green smoothies or smoothie bowls), chia seeds, ground flaxseed, lemon, herbal tea, raw nuts, veggie stock for soups, apples, nut butters, gluten-free whole grains, hummus.
- Start weaning off the sugar, alcohol, and caffeine. I know, I know, it may sound impossible, but it's worth the effort. Promise!
- Upgrade your eating to include five servings of fruit and veggies each day.
- Gather your tools and schedule your self-care: journal, tongue scraper, bath supplies, dry skin brush, exercise, massage.
- Schedule time for food shopping and prep.
- Include an abundance of healthy fats like nuts, seeds, avocados, and edamame to help curb cravings.
- Drink plenty of water to help release toxins. Add lemon, mint, and cucumber slices to spice it up.
- Believe you can do this and enlist the support of others. Better yet, have them join you!
- Track your journey and strive for progress, not perfection. You've got this!



# Wellness Planning

## SHOPPING LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PLANT-BASED PROTEINS

1. **NUTS:** walnuts, almonds, cashews, peanuts
2. **SEEDS:** flax, chia, pumpkin
3. **BEANS:** black, lima, kidney, chickpeas, lentils, edamame
4. **LEAFY GREENS:** spinach, kale, collards
5. **VEGGIES:** broccoli, peas, cauliflower, asparagus, corn
6. **OTHER:** quinoa, tofu, tempeh, and more!

Use this to plan or track your weekly wellness practices.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Water	○ ○ ○ ○ ○ ○ ○ ○						
Exercise							
Sleep							
Mood							

# Plant-Based Snacks

## PROTEIN BALLS

These no-bake balls offer a protein punch and are great on-the-go. Enjoy as a snack, dessert, or breakfast.

### Ingredients:

1 cup dates, pitted  
½ cup rolled oats  
¼ cup chia seeds  
⅓ cup vegan chocolate chips  
¼ cup vegan protein powder  
¼ cup unsweetened shredded coconut  
3 tablespoons almond butter

### Directions:

Place all ingredients in a food processor or blender. Mix until it forms a dough. Roll into balls. Store in the fridge or freezer.

## AVOCADO TOAST

Avocado has protein and healthy fat plus is high in fiber, potassium, vitamins B, C, E, and K.

### Ingredients:

bread  
avocado  
extra virgin olive oil

### Directions:

Slice and toast bread, drizzle with olive oil, and mash half an avocado on top with a fork. Top with Montreal steak seasoning, arugula, peaches, tomatoes, pine nuts, chili flakes, or chia seeds.

## CHIA SEED PUDDING

Chia seeds are a source of antioxidants and rich in fiber, omega-3 fats, protein, vitamins, minerals, and essential fatty acids.

### Ingredients:

3 cups unsweetened almond milk  
½ cup chia seeds

### Directions:

Whisk the almond milk and chia seeds. Let sit for 5–10 minutes and then whisk again. Cover and chill in the fridge for 2.5–3 hours, or overnight. Stir well before serving. Add toppings such as granola, diced fruit, nuts, or seeds.

## KALE CHIPS

Kale is nutrient dense with protein and iron, a great source of fiber, and full of vitamins A, C, and K.

### Ingredients:

a large bag of kale  
extra virgin olive oil  
nutritional yeast

### Directions:

Preheat the oven to 350 degrees. Remove leaves from the stalks, wash and dry in a salad spinner, and massage ½ tablespoon of extra virgin olive oil into the leaves. Spread them out on a baking sheet. Add Montreal steak seasoning or nutritional yeast. Bake 15 minutes or until crisp.

## CRISPY CAULIFLOWER

Cauliflower is full of nutrients, high in fiber, and has anti-inflammatory benefits.

### Ingredients:

1 head of cauliflower cut into florets  
1 tablespoon of extra virgin olive oil  
¼ teaspoon black pepper  
¼ teaspoon paprika  
¼ teaspoon turmeric



### Directions:

Preheat the oven to 450 degrees. Toss cauliflower in oil and other ingredients. Spread the florets out evenly on a metal baking sheet. Bake for 20–30 minutes until a crispy golden brown. Enjoy with buffalo wing sauce.

## GREEN SMOOTHIE

This smoothie is high in fiber, low in sugar, and rich in vitamins and healthy fats.

### Ingredients:

½ cup vegan protein powder  
2 handfuls spinach  
1 tablespoon chia seeds  
1 cup almond milk or water  
½ avocado  
1 tablespoon coconut oil  
assorted frozen fruit  
1 tablespoon ground flaxseed  
½ banana

### Directions:

Combine all ingredients in a blender.



# Closing

1.

2.

3.

4.

# VIRTUAL RETREAT



# Mid-Year





# Summer Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

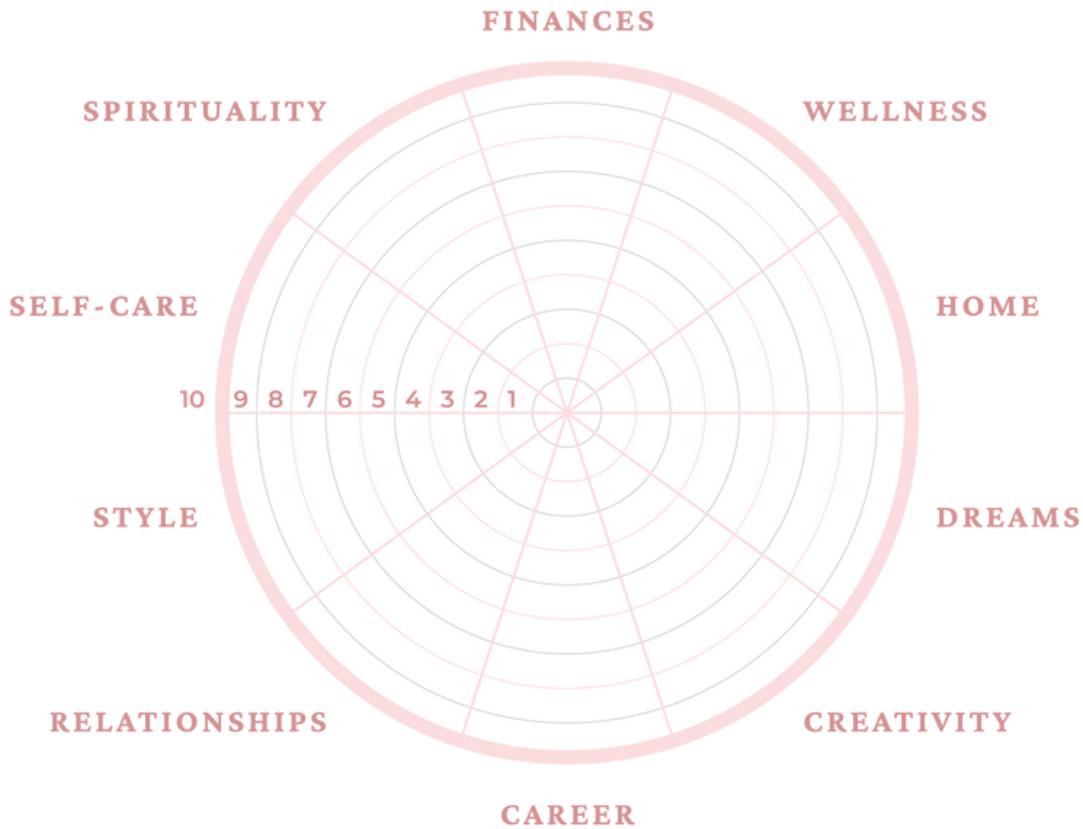
*How do I want to feel by the end of this season?*



# Summer Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- Seasonal Life Review
- Deep Clean
- Practice Essentialism
- Bed Day
- Try Something New
- Rearrange
- Tend Your Garden
- Get Cultured



# The Summer Day

by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?



# Reflection

1.

2.

3.

4.



# Summer Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Watch fireflies
5. Sit around a campfire
6. Take a dip in cool water
7. Lie in the grass
8. Repot an overgrown plant
9. Visit an animal sanctuary
10. Don a sun hat
11. Stargaze
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Attend an outdoor concert
15. Savor the sunshine on your skin (hello, vitamin D)
16. Play tourist in your town
17. Go camping
18. Walk barefoot in the sand
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Watch a movie outdoors
22. Plan a road trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Look for adult summer camp options
27. Grow fresh mint for your tea
28. Stroll along a boardwalk
29. Practice yoga outside
30. Host an outdoor cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

## My Ideas



# 2023 Experiences & Wishes

January

February

March

April

May

June

July

August

September

October

November

December



# Lists

Stop

Start

Continue



# Dream & Review

One year from today I want to . . .

In the past year I have . . .



# Wellness In Action

Physical

Environmental

Nutritional

Emotional

Medical

Occupational

Spiritual

Financial

Social

Behavioral



# Closing

1.

2.

3.

4.

# VIRTUAL RETREAT



# Fall





# Fall Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

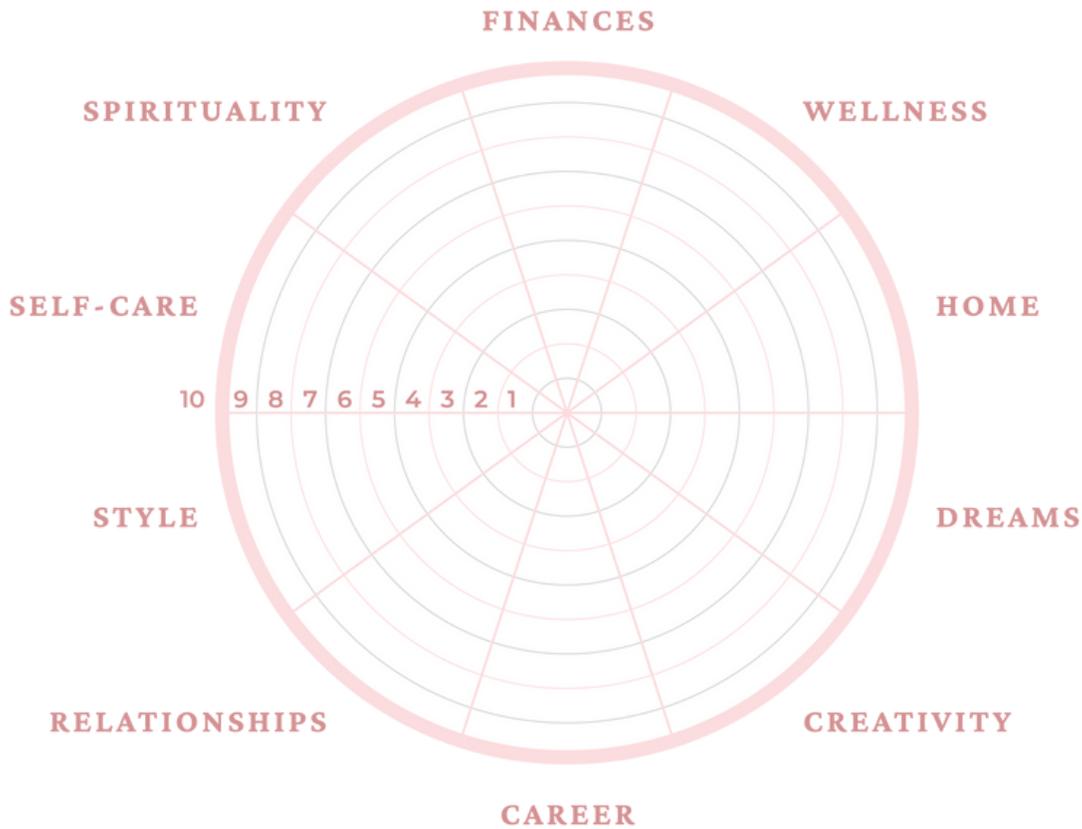
*How do I want to feel by the end of this season?*



# Fall Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- Seasonal Life Review     Deep Clean     Practice Essentialism     Bed Day
- Try Something New     Rearrange     Tend Your Garden     Get Cultured



# *Love After Love*

by Derek Walcott

The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,

and say, sit here. Eat.

You will love again the stranger who was your self.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,

the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.



# Reflection

1.

2.

3.

4.



# Fall Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Wrap yourself in soft blankets
4. Add a chunky sweater to your summer dress
5. Sit around a campfire
6. Visit a corn maze
7. Roast pumpkin seeds
8. Repot an overgrown plant
9. Visit an animal sanctuary
10. Don tights
11. Stargaze
12. Go apple picking
13. Sip hot cocoa with vegan marshmallows
14. Attend an outdoor concert
15. Simmer homemade potpourri on the stove
16. Carve or paint a pumpkin
17. Go camping
18. Make a Halloween costume
19. Go on an evening walk and notice the moon
20. Enjoy a nature drive
21. Visit the farmers' market
22. Watch a Halloween flick
23. Ride a bike
24. Add boots to a summer dress
25. Update your capsule wardrobe
26. Decorate with pine cones, acorns, leaves
27. Live in layers
28. Unplug and go analog for an afternoon
29. Layer a turtleneck over or under a sleeveless dress
30. Visit a pumpkin patch
31. Sign up for a new class—dance, art, yoga, writing, language
32. Sit fireside and read all afternoon

## My Ideas





# Values

Happiness  
Security Harmony Mindfulness  
Contribution Responsibility Service  
Loyalty  
Autonomy Beauty Creativity Spirituality  
Knowledge Honesty Authenticity Adventure  
Wellness Love Tranquility Peace Pleasure  
Style Fun  
Determination Growth Balance Leadership Work  
Community Compassion Freedom  
Openness Curiosity Respect Justice Poise  
Achievement Kindness Wisdom  
Optimism Learning

*Notes:*



# Schedule

*“How we spend our days is, of course, how we spend our lives.” —Annie Dillard*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
5:30							
6:00							
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12:00 AM							



# Slow, Soft, Simplify



*Notes:*



# Closing

1.

2.

3.

4.

# Resources





# Artist Dates

Julia Cameron, author of the life-changing book *The Artist's Way*, coined Artist Dates—a one-hour weekly solo excursion to nurture your creative spark. It's about taking your inner artist out on a date to give the mind an opportunity to rest, play, and uncover ideas that may not show up in daily life.

I've been an avid fan of the idea for nearly two decades and strive to include it in my weekly routine either spontaneously as I pass a bookstore, or planned by signing up for a calligraphy workshop.

Here are some ideas for getting artsy on your own:

- Be an armchair traveler to a new city
- Art journal
- Virtually visit museums and national parks
- Create a vision board (Pinterest or scissors & glue)
- Set up a creative space
- Pull together a creative to-go kit
- Learn origami
- Try a different type of movement class
- Read a classic
- Set up an altar
- Make jewelry
- Virtually visit to the Paris Opera house
- Play in a coloring book
- Knit or crochet a scarf
- Bake a cake
- Go through that pile of magazines (pull images for art journaling)
- Write a poem
- Watch a creative documentary (*Iris*, *Dior & I*, *Bill Cunningham NY*, *A Ballerina's Tale*, *Diana Vreeland*, *The September Issue*, *The Creative Brain*, *The Gospel According to André*)
- Pen snail mail love notes
- Try on your clothing and create new outfits
- Take an online class
- Do a puzzle
- Create DIY bath products
- Try a new recipe
- Write a bucket list
- Make a playlist



More Ideas:



**A**rt journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



### IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.

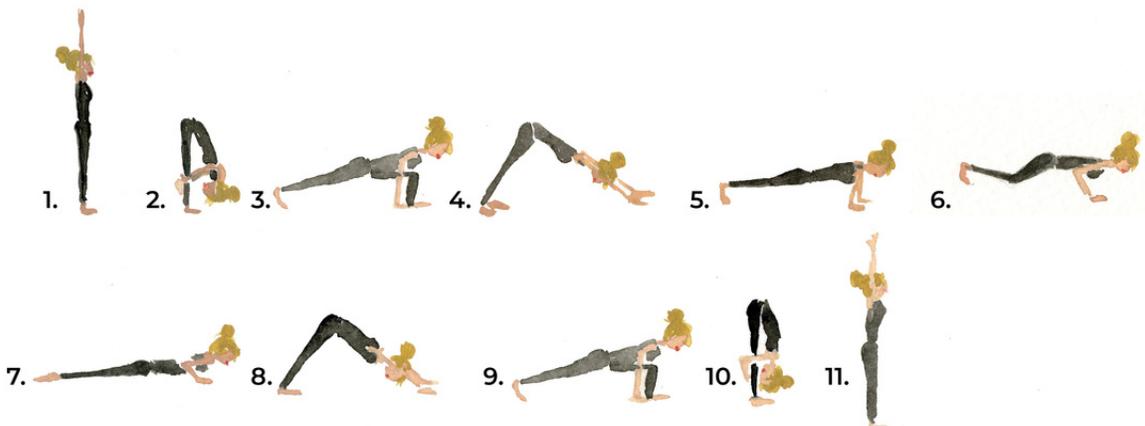
# Yoga

**WHAT IS YOGA?** The word yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word *yuj*, which means to yoke. In contemporary practice, this is often interpreted as union of the mind, body, and spirit.

**WHY IS IT BENEFICIAL?** Yoga is known to improve flexibility, build strength, quiet the mind, increase muscle tone, improve balance, support joint health, teach better breathing, increase self-confidence, and reduce stress.

**HOW TO DO IT:** Put on comfy clothing that stretches, light a candle, and roll out your yoga mat. Move slowly and intentionally. Listen to your body and avoid stretching beyond its limits. If something doesn't feel good, pause and modify. Try this sun salutation:

1. Come to mountain pose at the top of the mat. Feel your feet grounded firmly. Set an intention. Inhale, reach your arms to the sky.
2. Exhale, trace the midline of your body through prayer position and into a forward fold.
3. Inhale, step back with your right leg to a lunge.
4. Exhale, step back with your left leg to downward-facing dog (an inverted "V").
5. Inhale, float forward to plank pose. Align your shoulders over your wrists and wiggle your feet back so your heels are over the balls of your feet. If this is too much on your wrists, drop your knees.
6. Exhale, drop your knees, bend your arms to a 90-degree angle, hug your elbows into your body, and lower down so that your shoulders and hips are in a straight line for half-chaturanga.
7. Inhale, uncurl your toes, drop your belly, lift your heart center, and slide into cobra. Relax your shoulders from your ears.
8. Exhale, curl your toes under, and lift your hips up and back into downward-facing dog.
9. Inhale, step forward with your right foot.
10. Exhale, step your left foot between both hands to a forward fold.
11. Inhale, trace your midline to the sky. Exhale, place your hands to prayer position in front of your heart. Repeat on the opposite side (step back with the left leg).





# Breathe

*“With every breath, the old moment is lost; a new moment arrives. We exhale and we let go of the old moment. It is lost to us. In doing so, we let go of the person we used to be. We inhale and breathe in the moment that is becoming. In doing so, we welcome the person we are becoming. We repeat the process. This is meditation. This is renewal. This is life.”*

—Lama Surya

Without getting all fancy on you, I’m encouraging the exploration of a basic three-part breath (dirgha pranayama). Our breath serves as a tool for coming into the present moment and eases stress, calms the nervous system, increases focus, and increases oxygen to the blood.

And the best part, we always have it with us. No need to roll out a yoga mat or put on stretchy clothing.

Begin by finding a comfortable seat and breathe naturally for a few moments.

Next, draw the breath in through your nose and fill your belly, ribs, and chest with air. Then exhale and release your chest, ribs, and belly.

If you can’t quite feel one of these parts (often the belly), place your hand there and try to move it with your breath. That’s the best way to find those tricky parts.

Continue this breath for a few minutes.

No one has to know you’re doing this. If you’re dealing with a delayed flight, a tough conference call, a crying baby, or barking dog, this is a great go-to. Try this practice (the fourth limb of yoga) throughout the week a few times a day and watch your body and mind soften. Notice your breath.



# Mindfulness

*“You are the sky. Everything else—it’s just weather.”*

—Pema Chödrön

## WHAT IS MINDFULNESS?

Jon Kabat-Zinn defines mindfulness as “paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” Instead of going down the rabbit hole with our thoughts (usually about the past or future), we make a conscious effort to catch ourselves and bring awareness back to the present moment. Mindfulness is the process of deep awareness and accepting each experience, sensation, thought, or feeling, just as it is, without trying to change it.

## WHY IS IT BENEFICIAL?

Benefits of mindfulness include an increase in acceptance, compassion, concentration, and self-control, along with a decrease in stress (to name a few). Neuroscientists have found that after just 11 hours of meditation, practitioners had structural changes in the part of the brain involved in monitoring focus and self-control.

## 10-MINUTE SEATED MEDITATION

Come to a comfortable seated position. Close your eyes and pay attention to your breath, body, thoughts, and emotions. As your mind wanders, bring it back to the breath to build concentration, observe your emotions, and notice physical sensations like clenching of the jaw. You will get distracted repeatedly and it doesn’t mean you’re doing it wrong. The act of noticing you’re distracted and returning to your breath IS the practice of meditation.

## WALKING MEDITATION

Instead of getting from point A to point B, the point of walking meditation is to arrive in the present moment of each step. Notice the movement of each foot as you lift it, move it forward, and place it back down with each step. Lift, shift, place. Walk back and forth in a line at home or wander on a large lawn. Practice for five to 10 minutes.



# Mindful Self-Compassion

*“Self-compassion involves wanting health and well-being for oneself and leads to proactive behavior to better one’s situation, rather than passivity.”*  
—Kristin Neff

Self-compassion is treating ourselves with the same love we’d show a friend. It’s also been described as treating ourselves as tenderly as a parent would treat a child with the flu. Can’t you just feel the compassion and tenderness flowing from that image? According to the co-creator of Mindful Self-Compassion, Kristin Neff, the three practices of self-compassion include:

### 1. SELF-KINDNESS VS. SELF-JUDGMENT.

Self-kindness means treating mishaps with tenderness and acknowledging that perfection is unattainable instead of ruminating on past mistakes.

### 2. COMMON HUMANITY VS. ISOLATION.

Common humanity is recognition that all humans suffer and that we’re not alone when we, too, struggle.

### 3. MINDFULNESS VS. OVER-IDENTIFICATION.

Mindfulness is observing our thoughts and feelings without judging them as good or bad. Notice what arises and name the sensation while remembering that thoughts and emotions are like weather patterns, always in flux. For example, instead of labeling ourselves as angry, we acknowledge that we’re experiencing anger in that moment.

If you find yourself frustrated or discouraged, offer yourself a generous dose of self-compassion. Treat yourself with kindness, recognize your common humanity, and/or practice mindfulness with your emotions.



1. May I be safe
2. May I be peaceful
3. May I be kind to myself
4. May I accept myself as I am



*“There is no greater agony than bearing an untold story inside you.”  
—Maya Angelou*

This may be a practice that you’ve done since grade school where you wrote about your crush of the day, a practice you pick up when you’re upset and need a space to process, or something you’ve never done or understood. No matter how much journal writing you’ve done, my hope is that this will be a helpful gateway to engage with the experience.

Journal writing is the process of putting pen to paper (or fingers to keyboard) and, for many, it can be a therapeutic brain dump to bring light to dark, uncharted territory. As Joyce Chapman says in *Journaling for Joy*, “Through the act of writing things down, you allow yourself to wake up, be aware, and pay attention to what your life has to teach you.”

### **JOURNAL PROMPTS:**

1. What do I know to be true that I didn’t one year ago?
2. What feels particularly good in my life right now?
3. As I look at the results of my Seasonal Wheel of Life, what needs attention?
4. How am I feeling about this time of the year?
5. Explore an issue or experience from the third person or another person’s point of view.
6. What distractions are in the way of me living my best life?
7. What actions can I take to strengthen my connection to the TDJ Tenets—compassion, style, wellness, creativity, mindfulness?
8. What do I need to let go of to make space for something new?

Journaling is a tool to help explore and better understand patterns, motivations, fears, and struggles. It’s also a safe space to capture dreams, to celebrate, and to grow. Let’s get started!



# Everyday Wellness

DRINK MORE WATER. **FLOSS** DAILY. MEDITATE. SPEND TIME IN **NATURE**. MOVE YOUR BODY. GET DEEP REST. POLISH YOUR **COPING** SKILLS. EAT MORE **VEGGIES**. VISIT THE **DENTIST** TWICE A YEAR. **TRACK** YOUR STEPS. GET ANNUAL **BLOODWORK**. BE A LIFELONG **LEARNER**. TRACK YOUR HABITS. BUILD AND SUSTAIN HEALTHY RELATIONSHIPS. VOLUNTEER. CONSUME **INSPIRING** MEDIA. GET A MASSAGE. INCORPORATE **RELAXATION** TECHNIQUES. **NAME** YOUR FEELINGS. **EAT** LOTS OF COLOR. EXPRESS **GRATITUDE**. JOIN **LIKE-HEARTED** COMMUNITIES. WRITE IN YOUR JOURNAL. TALK WITH A **THERAPIST**. STOCK YOUR **KITCHEN** WITH HEALTHY SNACKS. TAKE THE STAIRS. INVITE SOMEONE TO **TEA**. READ WHAT **INSPIRES** YOU. PRACTICE **CLEAR** AND **COMPASSIONATE** COMMUNICATION. SET **BOUNDARIES**. FORGO PLASTIC AND TOTE YOUR OWN WATER BOTTLE. KEEP THE **BIG PICTURE** IN MIND. NOTE YOUR **WEEKLY** SPENDING HABITS. CREATE A **BUDGET**. DONATE TO CHARITIES YOU LOVE. IDENTIFY YOUR **TRIGGERS**. FOCUS ON WHAT YOU CAN CONTROL.



# Everyday Mindfulness

TAKE A BATH AND FEEL THE WATER ON YOUR SKIN. LISTEN TO MUSIC AND LET IT WASH OVER YOU (TRY BOLERO). WASH THE DISHES AND NOTICE THE SUDS. SIP YOUR MORNING TEA AND NOTICE THE SENSATION AS IT SLIDES DOWN YOUR THROAT. LET A PIECE OF DARK CHOCOLATE MELT IN YOUR MOUTH. LISTEN FULLY TO THE PERSON IN FRONT OF YOU. LAUGH AND FEEL YOUR BELLY MOVE. GO TO A MOVEMENT CLASS AND PAY ATTENTION TO THE SENSATIONS IN YOUR BODY. SLIP INTO YOUR CLOTHING AND NOTICE HOW IT FEELS AGAINST YOUR SKIN. EAT A MEAL IN SILENCE. CREATE A TO-DO LIST USING HAND LETTERING AND NOTICE THE MOVEMENTS OF THE PEN. VISIT A MUSEUM AND OBSERVE THE BRUSH STROKES IN A PAINTING. GO ON A WALK AND NOTICE THE FLORA AND FAUNA. BAKE SCONES AND FEEL YOUR HANDS KNEADING THE DOUGH. SAVOR THE SMELL OF FRESHLY-BAKED COOKIES STRAIGHT FROM THE OVEN. TEND TO YOUR PLANTS AND REMOVE DEAD LEAVES. WRITE IN YOUR JOURNAL AND FEEL THE PEN MOVE ACROSS THE PAGE AND THE EMOTIONS THAT ARISE. NOTICE AND NAME YOUR FEELINGS. SPEND TIME IN NATURE AND NOTICE THE SMELLS AND SOUNDS.



## WAYS TO INCORPORATE

1. Slow down
2. Incorporate it into everyday activities
3. Do one thing at a time
4. Schedule it
5. Attend a regular class
6. Surf the urge
7. Connect to your senses
8. Make it a habit



# Everyday Creativity

**LOOK FOR BEAUTY** ON YOUR **DAILY** WALK AND **SNAP** A PHOTO. **TUCK A LOVE NOTE** INSIDE YOUR **PARTNER** OR **CHILD'S** BAG. **TRY A NEW RECIPE**. **PICK UP AN HERB, FRUIT, OR VEGETABLE** THAT'S **NEW** TO YOU AND **CREATE A DISH** USING IT. **DRIVE A NEW ROUTE TO WORK**. **START YOUR DAY DIFFERENTLY** THAN **USUAL**—INCORPORATE **MOVEMENT** OR **MEDITATION**. **WEAR A NEW SHADE OF LIPSTICK**. **ADD A SCARF IN A VIBRANT** COLOR. **WANDER DURING YOUR LUNCH BREAK**. **PICNIC IN THE PARK**. **TRY A NEW TYPE OF TEA**. **LISTEN** TO A **NEW PODCAST**. **ADD A NEW VOCABULARY WORD** TO YOUR MIX. **ADD A STRIPED PAPER STRAW** TO YOUR FAVORITE **LIBATION**. **TAKE NOTES WITH A CRAYOLA MARKER**. **BRING AN ARTSY NOTEBOOK OR PINK LEGAL PAD** TO YOUR NEXT MEETING. **ADD A FEW DROPS OF LAVENDER OIL** TO YOUR BATH. **TOTE YOUR MORNING SMOOTHIE** TO WORK IN A **MASON JAR**. **BRING FRESH-CUT FLOWERS** TO YOUR HOME OR OFFICE. **BROWSE A THRIFT STORE** OR **BOOKSTORE**. **TUCK A TEA BAG** INSIDE AND **SEAL YOUR NEXT THANK-YOU NOTE** WITH **WASHI TAPE**. **TRY A NEW YOGA, DANCE, OR MEDITATION TEACHER**. **LIGHT A CANDLE**. **PLUG IN TWINKLE LIGHTS**. **LISTEN TO A NEW GENRE** OF MUSIC. **LOOK FOR WAYS TO ADD MORE WHOLE FOODS**. **CREATE A MEAL PLAN**. **ADD A CHUNKY NECKLACE** TO YOUR ENSEMBLE. **SET YOUR WRITING TOOLS** ON YOUR DESK IN A **VINTAGE** TEA CUP. **MOVE YOUR FURNITURE AROUND**, **ADD A BRIGHTLY-COLORED THROW**, AND **TOSS YOUR MAGAZINES INTO A WICKER BASKET**. **TRY A NEW PERFUME**. **DISPLAY POSTCARDS** FROM ART EXHIBITS IN FRAMES. **WEED YOUR GARDEN** (LITERALLY AND FIGURATIVELY). **WEAR A FLOWER** IN YOUR HAIR.



## WAYS TO INCORPORATE

1. Block out time
2. Weave it into your routine
3. Say “no, thank you”
4. Try something new
5. Go on an Artist Date
6. Spend time in nature
7. Set up a creative nook
8. Try a 30-day practice
9. Carve out a corner on the internet
10. Shift perspective by doing things differently



# Everyday Activism

FOLLOW ISSUES YOU'RE **PASSIONATE** ABOUT. **REDUCE**. **REUSE**. **RECYCLE**. **SIGN PETITIONS**. **ADOPT, DON'T SHOP**. TREAT OTHERS WITH **KINDNESS**. SUPPORT **SMALL BUSINESS** AND **SLOW FASHION**. VISIT AN ANIMAL SANCTUARY OR **SHELTER** TO SPREAD LOVE. VOLUNTEER. **DONATE**. START A WOMEN'S GROUP. **MARCH**. BUY **CRUELTY-FREE** PRODUCTS. REACH OUT TO YOUR REPRESENTATIVES. BE AN **ETHICAL CONSUMER** AND **BOYCOTT** COMPANIES WHOSE PRACTICES DON'T ALIGN WITH YOUR VALUES. **VOTE**. **SPONSOR** AN ORANGUTAN, FARMED ANIMAL, COMPANION ANIMAL, OR OTHER **VULNERABLE BEING** THROUGH A SANCTUARY, SHELTER, OR RESCUE. SUPPORT **NON-PROFITS** DOING WORK YOU LOVE. BE AN **ENGAGED** COMMUNITY MEMBER. **REFLECT** ON YOUR ACTIONS. MAKE **SMALL CHANGES**. VISIT THE **FARMERS' MARKET**. TOTE YOUR REUSABLE BAG, FORK, TEA THERMOS, AND WATER BOTTLE. **SKIP** PLASTIC STRAWS. STAY **INFORMED**. SHOP **SECONDHAND** AND VINTAGE. HOST A CHARITEA EVENT. **CONSUME LESS** ANIMAL PRODUCTS. **SMILE** AT STRANGERS.



# Everyday Style

EMBRACE A **COLLECTION** OF **SCARVES**—WRAP THEM INTO YOUR HAIR, AROUND YOUR **NECK OR WRIST**, TIE ONTO A **BAG**, OVER YOUR HEAD **À LA AUDREY**. DRESS FOR THE **WOMAN** YOU WANT TO **BECOME** — CLASSIC, **URBAN**, BOHO, SPORTY, **VINTAGE**, ARTSY. ADD A **POP OF COLOR** TO YOUR BASIC **BLACKS**. WEAR BRIGHT **PINK GOULASHES** TO BRIGHTEN UP **RAINY DAYS**. DESIGN A **SIGNATURE STYLE** THAT **ALIGNS** WITH YOUR **LIFESTYLE**. DRINK **OODLES** OF WATER (ADD **SLICES OF LEMON** OR CUCUMBER). CREATE A **CAPSULE** WARDROBE. **INFUSE** YOUR HOME WITH **PLANTS AND FLOWERS**. SHOP A **VINTAGE**, **THRIFT**, OR **RESALE** STORE FOR **UNIQUE FINDS**. ACCESSORIZE WITH **LEOPARD-PRINT EVERYTHING**. DECLUTTER AND PARE DOWN TO **ESSENTIALS**. MAKE **SELF-CARE** A PRIORITY—GOOD SLEEP, **MOISTURIZE**, MANI/PEDI, **BED DAYS**, **VEGGIES**, **JOURNALING**, **MEDITATION**. WEAR **LAYERS** OF LONG **FAUX PEARLS** OVER YOUR BASIC TEE AND DARK **DENIM**. FIND THE PERFECT SHADE OF **RED LIPSTICK**. ADD SPARKLY **BARRETTES**. INVEST IN **SKIN CARE PRODUCTS** THAT HELP YOU **GLOW**. SKIP THE TRENDS AND **CREATE YOUR OWN SIGNATURE** STYLE. **MIX AND MATCH** PATTERNS. WEAR **BLACK, LIVE PINK**.



# Everyday Tranquility

*Tranquility is the quality of calm within a full and meaningful life.*

**SIP** hot water with lemon.

Spend a few minutes in **MEDITATION**.

**MOVE YOUR BODY** through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

**REVIEW YOUR DAYBOOK** and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

**SPRITZ PERFUME** and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

**PRACTICE GRATITUDE**.

**MAKE SOMEONE'S DAY** with a simple "I appreciate you" text or smile.

**TRACK** your energy, time, and money habits.

**DECLUTTER** your mind, home, and digital environments.

**BATCH TASKS** by categories and hats you wear.

**ESTABLISH ROUTINES** and healthy habits.

**MAKE A DIFFERENCE** as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

**FOREST BATHE** and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

**PRACTICE STOP**: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.



# Everyday Retreat

*“The world needs people who retreat from the world in order to see it more clearly.”  
—Patrick Shen*

- 1. SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Maintain the slower pace of the retreat. Remember to breathe and observe what is happening within you.
- 2. NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
- 3. HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
- 4. SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
- 5. EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?



# Tranquil Travel

*“Travel brings power and love back into your life.”*

—Rumi

## Tips:

- Wear your bulkiest items when you travel.
- Roll your clothing.
- Pack products that serve multiple purposes such as Dr. Bronner’s, shampoo/soap, and body/face moisturizer.
- Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress.

## Two-Week Packing List:

- Swimsuit
- Five pairs undies
- Two bras
- Three pairs of versatile shoes
- Five neutral-colored pants and/or shorts
- Three neutral-colored dresses and/or skirts
- Five neutral-colored tops
- Sun hat or beanie
- One–two colorful scarves
- One coat/jacket
- Socks and/or tights

## Tools:

- Travel yoga mat
- Scented candle and lighter
- Earplugs and eye mask
- Lavender oil and parfum
- Assortment of teas and treats
- Reusable water bottle
- Medication
- Journal and pens
- Camera and/or smartphone
- Chargers
- Travel-size toiletries: soap, shampoo, conditioner, deodorant, moisturizer
- Razor and tweezers
- Band-aids
- Face oil, mascara, lipstick
- Slippers
- Travel-size detergent
- Headphones
- Passport
- Books/e-reader
- Travel guides



*my travel ideas*



# Create A Capsule

*A capsule wardrobe is a collection of essential and versatile pieces. The benefits of having a uniform (an outfit you wear regularly) or capsule wardrobe include: creating your unique signature look, a solution to the “I have nothing to wear” dilemma, reducing decision fatigue, not buying frivolously, and having more time.*

## How to Create Your Own:

- After a closet clean out, count and assess your favorite 10–40 pieces. There’s no magic number, choose what fits for you and your lifestyle. Extras such as workout wear, intimates, sleepwear, coats/jackets, accessories, shoes, and special occasion pieces don’t have to count in your total.
- Create an inventory list of your chosen pieces and assign a number to each one. Set the other articles of clothing aside for now (or donate them).
- Play dress up and snap photos of different ways to mix and match plus layer the items on your list. Print and post the photos inside your closet door or upload on an app.
- Note the combinations on your inventory sheet. Record the numbers and looks, such as two, six, and eight create a festive date night look.

## Ideas on Wardrobe Staples:

- little black dress
- black pants
- black tank top
- black wrap dress
- white button down
- black blazer
- black cardigan
- black maxi skirt
- black pencil skirt
- black scarf wrap
- black fitted top



# My Own Capsule Wardrobe

Favorite Pieces Inventory

Mix & Match Outfit Ideas

My Accessories

**Accessories can turn your average black dress into a cocktail-worthy ensemble** when paired with heels, a faux fur shrug, and sparkly earrings. Or a fancy black dress into a more casual chic look when paired with a denim shirt and sneakers.

**Accessories to play with:** warm smile, brooches, sunnies, scarves tied in the hair/around neck/around wrist/around your handbag, necklaces (long faux pearls fancy up a basic black tee), earrings, hats, bags, arm/legwarmers, rings, umbrellas, belts, positive attitude, outerwear (hello, faux fur), footwear such as pink clogs.





# TDJ 8-Piece Capsule

*Our most versatile, cozy, and creative staples easily dress up or down. Eight pieces and dozens of looks!*

1. **2in1 fitted top:** Our best-selling layer! Reversible to wear as a high neck or low scoop neck. Double layered across the chest on both sides for extra coverage. Long body and sleeves with raw edge hem.
2. **Boyfriend tank:** This loose fitting flattering sleeveless tank hits below the hips, has a lovely scoop neck, and our signature raw edge hem. Beautiful paired with your favorite jeans, over a fitted top, or with any of our cozy bottoms. Knot for a more fitted look.
3. **Capri legging:** This capri legging is a lovely add to our essentials collection. With a comfy elastic waist and fitted leg that hits slightly above the ankle, it's a staple for all closets.
4. **Maxi skirt dress:** This versatile skirt dress has an A-line shape, our signature foldover waist, and flatters curves. Pull the skirt up over the chest and wear it as a dress, too! Great for travel as you'll have three different looks in one piece (you can also pull it over your head and wear it as a cape)!
5. **Palazzo pant:** Our best-selling pant has an elegant, flowy drape. It's a dramatic, yet subdued closet staple. Perfect for layering under your favorite wrap dress or worn with one of our many cozy tops. Signature raw edge hem.
6. **Savasana throw:** This over-sized throw has lovely lettuce edging and many uses: around your hips, torso, or body as a sarong; over your shoulders as a meditation shawl; over your head Jackie O style; around your neck as a scarf; as a lap blanket; or over your body while resting in savasana on your yoga mat.
7. **Wrap dress:** Our beloved wrap dress has 3/4 sleeves to comfortably hug your arms, a full and flowy skirt that hits above the knee, and a soft sash to accentuate your shape. Sweet ruching at the shoulder adds nice detail. Throw it over palazzo pants for a flowy layered look or wear solo. Try it backwards for a high neck and low back. Twist tie in front for a whole different look.
8. **Wrap tunic:** This generously cut wrap tunic has a luxurious, drapy, asymmetrical hang cut in an inverted U with chic, slightly belled sleeves. Tie it in front, pull across your body and tie in back, or twist in front and pull ties around the back. Luxurious long body with our signature raw edge hem.



Dress up your basic 2in1 fitted top and capri leggings with heels (as shown above), long faux pearls, and red lips.

Wear your savasana throw as a top over your flowy palazzo pant for the perfect summer look.

Tie your wrap dress knotted in front for a chic variation on its typical look.

Never leave home without the wrap tunic.

Knot your boyfriend tank over your maxi skirt dress and pair with white tennis shoes for casual chic.

[kimberlywilson.com/tdj](http://kimberlywilson.com/tdj)



# TDJ 8-Piece Capsule

*Create multiple looks from these eight essentials*



1. 2in1 fitted



2. capri legging



3. palazzo pant



4. wrap tunic



5. wrap dress



6. boyfriend tank



7. maxi skirt dress



8. savasana throw



# 30 Days of Tranquility

*Try this 30-day challenge to infuse your month with simple pleasures.*

1

SIT STILL FOR FIVE MINUTES

2

DO SIX SUN SALUTATIONS

3

WRITE A LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR 20 MINUTES

9

DO LEGS UP THE WALL

10

GIVE \$10 TO CHARITY

11

PEN TWO JOURNAL PAGES

12

REVIEW YOUR YEAR'S DREAMS

13

CLEAR CLUTTER

14

GO ON AN ARTIST DATE

15

COLLAGE TWO PAGES

16

TREAT YOURSELF TO TEA

17

READ FOR 20 MINUTES

18

BUY YOURSELF FLOWERS

19

DANCE TO A FAVORITE TUNE

20

EXPRESS GRATITUDE

21

EAT ONLY UNPROCESSED FOODS

22

SOAK IN A BUBBLE BATH

23

MINDFULLY SIP A LIBATION

24

GET OUT IN NATURE

25

FORGO COMPLAINING

26

TAKE A DIGITAL DAY OFF

27

SNAP PHOTOS FROM YOUR DAY

28

MAKE A FAVORITE MEAL

29

HUG

30

BE FULLY PRESENT



# Manifesto

I BELIEVE IN **HANDWRITTEN** NOTES SEALED WITH **WASHI TAPE**. I BELIEVE IN **EQUALITY** FOR ALL. I BELIEVE IN USING OUR **FANCIEST** AT EVERY MEAL. I BELIEVE **ANIMALS** ARE TO BE **LOVED** AND PROTECTED. I BELIEVE IN THE HEALING POWER OF **BUBBLE BATHS**, GREEN TEA, AND **PEONIES**. I BELIEVE WE'RE NEVER TOO **OLD** TO BE BALLERINAS OR WEAR A **TUTU**. I BELIEVE PARIS IS A DELIGHT TO THE SENSES. I BELIEVE IN STARGAZING AND **OBSERVING** THE MOON'S PHASES. I BELIEVE THAT **COMPASSION** IS THE **NEW BLACK**. I BELIEVE IN **EATING PLANTS**. I BELIEVE IN LIVING LIFE **FULL OUT**. I BELIEVE NATURE **HEALS**. I BELIEVE THAT **YOGA** AND **MINDFULNESS** ARE TOOLS FOR **DISCOVERY**. I BELIEVE **WOMEN** CAN CHANGE THE **WORLD**. I BELIEVE **PILES OF BOOKS** SPARK **JOY**. I BELIEVE IN THE **EASE** OF A CAPSULE WARDROBE. I BELIEVE IN **LIGHTING CANDLES** EVERY DAY. I BELIEVE IN **COMBINING WORDS** AND **COLLAGE** TO CAPTURE **DREAMS**. I BELIEVE IN **TWINKLE LIGHTS** YEAR-ROUND. I BELIEVE IN SEEKING **BALANCE** BETWEEN DOING AND BEING. I BELIEVE WE HAVE A **RESPONSIBILITY** TO MAKE A DIFFERENCE. I BELIEVE IN **HAPPINESS** AND FREEDOM FOR **ALL BEINGS**. I BELIEVE IN **SOCIAL JUSTICE** AND MEANINGFUL CHANGE. I BELIEVE **SUSTAINABILITY** IS A PRIORITY. I BELIEVE EACH DAY IS A **FRESH CANVAS**. I BELIEVE IN WEARING **NOIR** AND **LIVING PINK**.



# My Manifesto

*Use this page to pen your own.*

A large, empty white rectangular area intended for writing a personal manifesto.



## Creativity

- #122 Being Succulent with SARK
- #152 Musings on Creativity
- #154 Guide to Creativity
- #184 Creative Awakenings
- #238 Abundant Wild Life
- #242 Brave Intuitive Painting
- #273 Making Your Creative Mark
- #307 Yoga + Creativity
- #373 Creative Practice
- #442 Creativity
- #472 Wild Words
- #495 Free the Creative Within
- #584 Journey to Stage

## Mindfulness

- #267 Mindful Living
- #317 Mindfulness Diaries
- #320 Mindfulness
- #341 Everyday Mindfulness
- #356 Uncovering Happiness
- #357 Mindful Eating
- #416 All Our Waves Are Water
- #470 Love On Every Breath
- #473 Now is the Way
- #545 Pause. Breathe. Choose.

## Style

- #179 Signature Style
- #259 Project 333
- #289 Finding Your Ooh la la
- #310 Style Secrets
- #338 All About the Pretty
- #351 At Home with Madame Chic
- #354 The Good Karma Diet
- #366 Polish Your Poise
- #414 Parisian Charm School
- #438 Simply Luxurious Life
- #464 Summer Style
- #510 Soulful Living
- #528 Creating a Uniform

## Compassion

- #116 Spiritual Activism
- #359 Artistic Activism
- #439 Give A Sh\*t
- #451 Racial Justice
- #452 Reducetarian
- #475 Zero Waste
- #491 Being An Ally
- #508 Sustainable Living
- #572 Sit Down to Rise Up
- #581 For a Good Cause

## Wellness

- #181 Living The Not So Big Life
- #240 Main Street Vegan
- #335 Walk On the Healthy Side
- #348 Mindful Self-care
- #370 Sipping Tea
- #397 Nourish 360
- #398 Make Peace with Your Mind
- #421 From Anxiety to Love
- #426 Breaking Up with Busy
- #484 Money Management
- #486 Stop Checking Your Likes
- #506 Living Ayurveda
- #583 Reclaiming Wellness





# Takeaways & Next Steps

Blank space for notes or takeaways.

Blank space for notes or next steps.

# Love Note

*"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."*

—Margaret Mead



Thank you for joining me for this yearlong journey! I hope this experience allowed you to reset, rejuvenate, and consciously create your year.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.



@TRANQUILITYDUJOUR



@TRANQUILITYDUJOUR

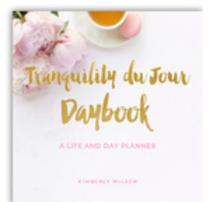
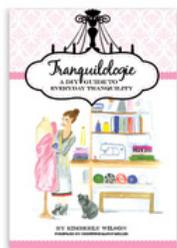
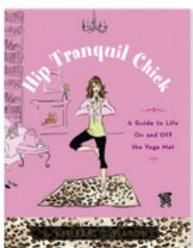
As we tie a bow around our year together, reward your efforts, honor your progress, and make a list of ways to stay connected to living a tranquility-infused lifestyle.

May your days be filled with intentional choices and micro-movements. You're beautiful and I adore you! x



Kimberly

*In alignment with our TDJ Tenets of compassion, a portion of all proceeds benefit Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival.*



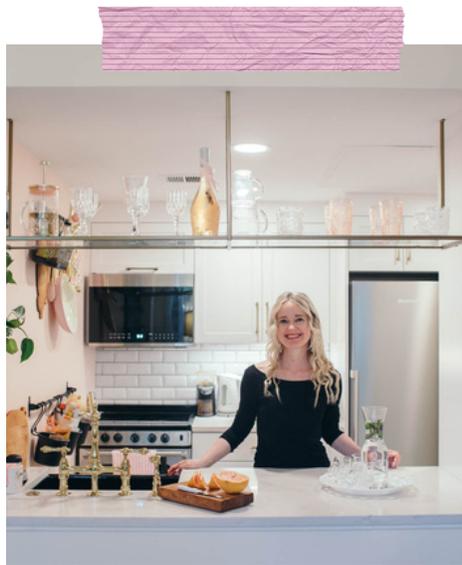


# About Kimberly



*Hello! I'm the author of six books, a psychotherapist in private practice, and designer of the IDJ clothing line.*

I also host the Tranquility du Jour podcast and serve as the president of Pigs & Pugs Project.



My work has been featured in *The Washington Post*, *Huffington Post*, *Bella Grace*, *Cosmopolitan*, and more. I have master's degrees in social work and women's studies and have taught workshops in retreats in over 30 cities across the globe.

I live in Washington, DC with rescue pets and a longtime partner, dream of Paris, love matcha lattes with oat milk, and can often be found doing dégagés at my pink ballet barre.



















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