



# Pink Friday



NOVEMBER 24, 2023



KIMBERLYWILSON.COM



# Welcome

*"What we call the beginning is often the end and to make an end is to make a beginning. The end is where we start from." —T. S. Eliot*

I'm delighted to host you for **Pink Friday** on **November 24 from 12-1:30 pm ET!**

This end-of-year event includes space for deep, compassionate reflection sprinkled with dreaming and planning what's to come.

Click the link on your private page at noon pm ET. **To prepare, please:**

1. **Download and familiarize** yourself this workbook.
2. **Visit** our private page for updates.
3. **Complete** pp. 4-5 in advance.
4. **Gather** your planner, this workbook, a pen, a journal, and a cuppa tea.

Throughout our gathering, you'll have the chance to share and connect in the chat box.

I can't wait to intentionally tie a bow around the year with you while also consciously creating our last month and beyond. There's still time to take steps toward those intentions set at the beginning of 2023. Promise!

PS Use code *PINKFRIDAY23* to save 20% off TDJ Clothing through November 27.

PPS If you miss any of the event, it's being recorded and you'll receive a replay within 48 hours.

Kimberly



agenda\*

noon ET Welcome

Reflection

Dreaming

Planning

1:30 pm ET Closing

\*Subject to change.



# Intention Setting

*What is my intention for Pink Friday?*

*How do I want to show up the rest of 2023?*

*How can I best prepare myself to be fully present during this mini retreat?*

*What most needs attention in my life right now?*

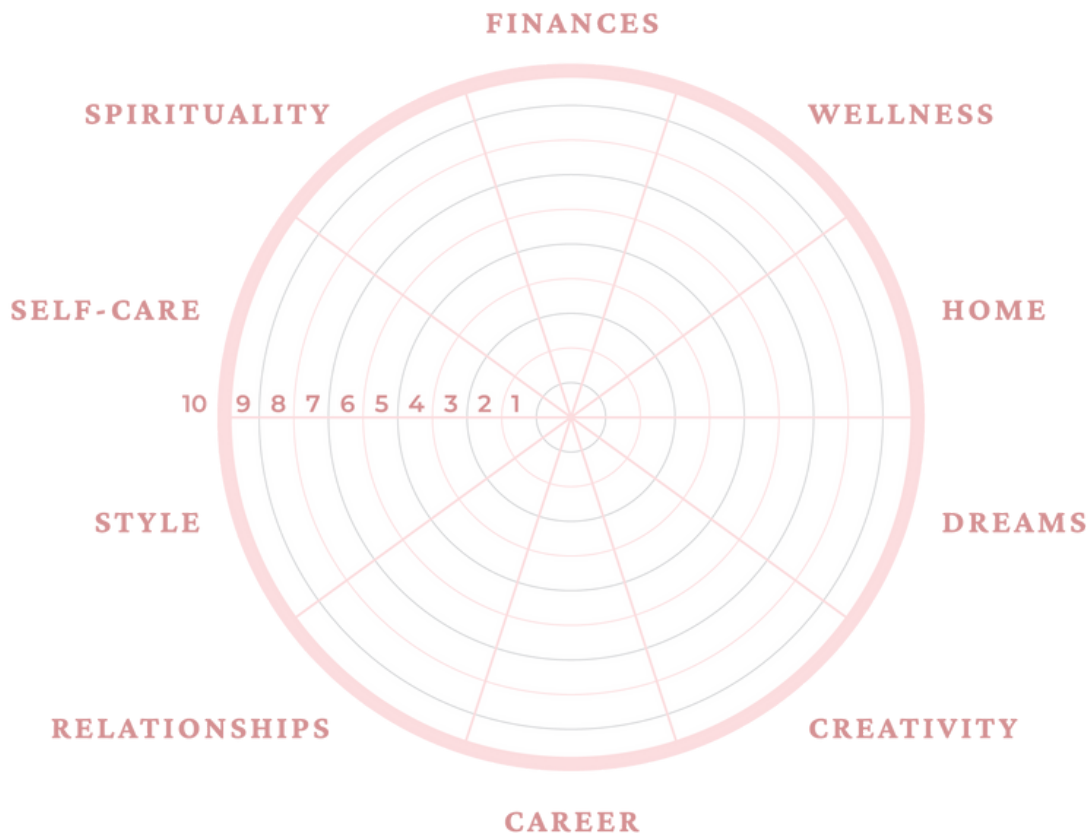
*How do I want to feel by November 24, 2024?*



# 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

- |   |                                     |  |                                       |
|---|-------------------------------------|--|---------------------------------------|
| <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 |



# Reflection

1.

2.

3.

4.



# 2023 Experiences

January

February

March

April

May

June

July

August

September

October

November

December



# Values



*Notes:*





# Reflection

1.

2.

3.

4.



# 2024 Dreams

January

February

March

April

May

June

July

August

September

October

November

December



# 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							
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12:00 AM							



# Habit Tracker

*Note habits you're trying to add or subtract and track them daily to help with accountability. Celebrate your successes and observe areas for growth.*

HABIT	CHECKLIST
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# Affirmative Writing

*Visualize a change you wish to see in your life that is within your control, and write it down in the present tense. "I am now . . ." Name the change and describe a good day as a result of the change. For example, describe your face and how it reflects your state of mind, your prevailing mood, home environment, self-talk, diet, sleep, habits, relationships, and work.*

*Source: Dr. John Evans "Transform Your Health: Write to Heal" workshop*



# 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.*



# 30-Day Self-Care Challenge

- |  |  |   |                                 |                                     |
|--|--|---|---------------------------------|-------------------------------------|
| 1<br>TAKE 10 DEEP BREATHS              | 2<br>DO SIX SUN SALUTATIONS                    | 3<br>WRITE A LETTER TO YOUR FUTURE SELF | 4<br>DO LEGS UP THE WALL        | 5<br>SOAK IN EPSOM SALTS            |
| 6<br>LISTEN TO A CALMING PLAYLIST      | 7<br>FEEL SUNSHINE ON YOUR SKIN                | 8<br>WRITE WHAT WENT WELL TODAY         | 9<br>GET CRAFTY AND CREATIVE    | 10<br>ENGAGE IN DEEP CONVERSATION   |
| 11<br>SET UP A SOOTHING SLEEP RITUAL   | 12<br>NAME 5 THINGS YOU'RE GRATEFUL FOR        | 13<br>MOVE YOUR BODY FOR 10 MINUTES     | 14<br>TAKE A NATURE BREAK       | 15<br>LISTEN TO A GUIDED MEDITATION |
| 16<br>REACH OUT TO A LOVED ONE         | 17<br>MAKE A COLORFUL MEAL                     | 18<br>DRINK WATER THROUGHOUT THE DAY    | 19<br>BUY YOURSELF A TINY TREAT | 20<br>TAKE A BREAK FROM TECHNOLOGY  |
| 21<br>CLOSE YOUR EYES FOR FIVE MINUTES | 22<br>GET OR GIVE A CONSENSUAL HUG             | 23<br>SIMPLIFY YOUR CHOICES             | 24<br>PET A FUR BABY            | 25<br>READ FOR PLEASURE             |
| 26<br>CREATE FROM A NEW LOCATION       | 27<br>GIVE BACK: VOLUNTEER, DONATE, COMPLIMENT | 28<br>NOTICE YOUR FIVE SENSES           | 29<br>SAVOR A HEALTHY SNACK     | 30<br>NAME YOUR FEELINGS            |





# Everyday Compassion

FOLLOW ISSUES YOU'RE **PASSIONATE** ABOUT. REDUCE.REUSE.**RECYCLE**.SIGNPETITIONS.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.



# Love Note

*"The future belongs to those who believe in the beauty of their dreams." –Eleanor Roosevelt*

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously reflect.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A gentle process to find more balance and beauty. And to elevate your everyday experience into something meaningful. One baby step at a time.

As you transition back into your day, go gently and stay connected to this experience. Make a nutritious snack. Dive deeper into the reflection questions. Read poetry. Spend more time in your art journal. Go for a long stroll. Reach out to a loved one. Share your dreams. Be the change.

Let's stay in touch via regular Love Notes and the Tranquility du Jour podcast.

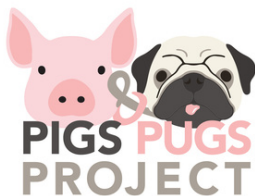
May this season of your life be filled with intentional choices, self-compassion, and connection to what matters most.



@TRANQUILITYDUJOUR

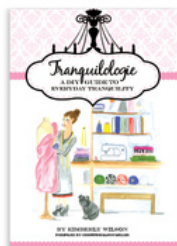
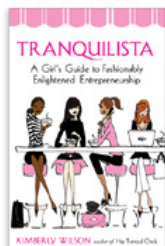
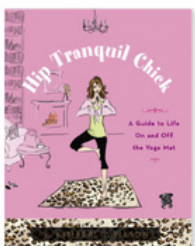


@TRANQUILITYDUJOUR



Kimberly

*A portion of all Tranquility du Jour proceeds benefits  
Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival,  
so thank you for making a difference.*







## 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

## 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

## 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

## 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.

## Compassion

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

