



# Tranquility Salon Monthly Bonus



[KIMBERLYWILSON.COM](http://KIMBERLYWILSON.COM)





# Welcome

*“The ideal of beauty is simplicity and tranquility.”  
—Johann Wolfgang Von Goethe*

Thanks for supporting Tranquility Salon, I’m so glad you’re here!

As a fellow tranquility seeker, I’ve created an assortment of tools over the past two decades to help add beauty and balance into our days. I find the start of a brand new month to be the perfect opportunity to reflect and reset.

Inside this Monthly Salon Bonus, you’ll find a few favorite tools to start your month intentionally.

Let’s track the moon phases, plan your month, set your month’s dreams, track your habits throughout, and then review your month at the end.

Sip tea, grab your creative tools such as markers, stickers, or washi tape, and enjoy designing your personalized month.

Wishing you a joyful, tranquil, and productive month ahead! Plant seeds, be gentle with yourself, and honor the process.

♡ Kimberly



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*A portion of all proceeds benefit Pigs & Pugs Project, Borneo Orangutan Survival, and 1% for the Planet. Thank you for making a difference.*



# 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.

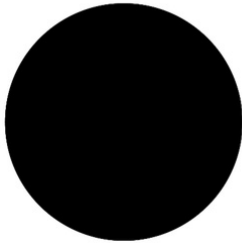




# Moon Phases

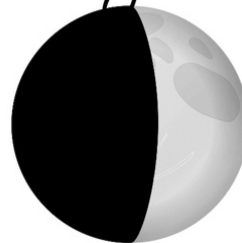
Notice your connection to the moon's cycles in these four phases: new, waxing, full, waning. Consider the prompts below as a way to tie into your Month's Dreams and provide space for monthly reflection. Tune into *Tranquility du Jour* podcast #424 Moon Wisdom.

*new moon*



A time for setting intentions.  
I want ...

*waxing moon*



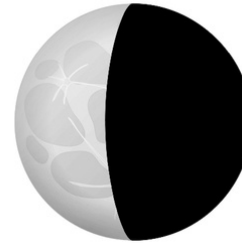
A time for action.  
I will ...

*full moon*



A time for harvest and closure.  
I release ...

*waning moon*



A time for softening.  
I feel ...

# Monthly Planner

MONTH: \_\_\_\_\_

INTENTION: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## *Monthly Tranquility Tools & Practices:*

- ☐ craft month's dreams
- ☐ create something
- ☐ volunteer
- ☐ entertain
- ☐ review budget
- ☐ read two books
- ☐ mani/pedi
- ☐ massage

# Month's Dreams

*Doodle, list, collage, or write  
what you'd like to manifest this month.*

# Month's Review

*Revisit your month's dreams  
and note how they unfolded for you.*



# 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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## 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

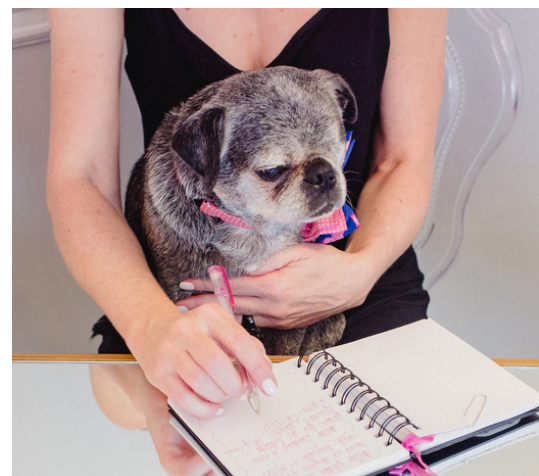
#181 Living The Not So Big Life  
#240 Main Street Vegan  
#335 Walk On the Healthy Side  
#348 Mindful Self-care  
#370 Sipping Tea  
#397 Nourish 360  
#398 Make Peace with Your Mind  
#421 From Anxiety to Love  
#426 Breaking Up with Busy  
#484 Money Management  
#486 Stop Checking Your Likes  
#506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

## Mindfulness

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#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





For more tranquility, join [Love Notes](#) to get weekly inbox inspiration and access [Tranquil Treasures](#), browse Kimberly's [books](#), study with her in [person and/or online](#), and tune into the Tranquility du Jour [blog and podcast](#).

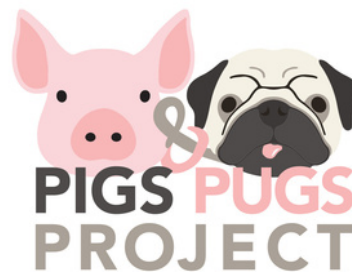
Kimberly is the author of seven books, a [psychotherapist](#) in private practice, and designs the eco-friendly [TDJ clothing line](#). She also hosts the [Tranquility du Jour podcast](#) and serves as the president of [Pigs & Pugs Project](#). Kimberly has master's degrees in social work and women's studies, and her work has been featured in *US News & World Report*, *The Washington Post*, *Fast Company*, *Cosmopolitan*, *Bella Grace*, and more. She lives in Washington, DC with rescue pets and one human, dreams of Paris, and is obsessed with matcha lattes and ballet.



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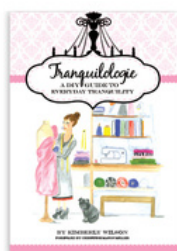
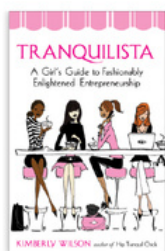


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PLANET™**

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