

tranquility du jour

Planning 2020

TDJ Style



KIMBERLYWILSON.COM





Tranquility

is the quality of

calm

within a

full and meaningful

life.



Welcome

*"How we spend our days is,
of course, how we spend our lives."*

—Annie Dillard

I'm delighted to host you for our **Planning 2020 TDJ Style** online event on **Sunday, December 29 from 8-9 pm ET**. To join, click the YouTube link **on your private page** shortly before 8pm.

Inside this workbook, you'll find tips to prepare for our event, journal prompts, a playlist, and more. Curl up with a cuppa tea, click on your **TDJ French Jazz playlist**, grab your *Daybook* and/or *Year of Tranquility*, and enjoy!

Before we gather, I encourage you to:

1. Read through this workbook and complete the Reflection questions.
2. Familiarize yourself with your *Daybook* and/or *Year of Tranquility*. Input your 2020 dates, Year's Dreams, wish lists, and anything else you're drawn to jumping into.
3. Set up your space (candles, aromatherapy, libation, snack, twinkle lights).
4. Gather your tools (*Daybook* and/or *Year of Tranquility*, markers, washi tape, this workbook, smartphone or computer with internet access).
5. Wear something comfy, close your tabs, and clear distractions. Share images using **#tranquilitydujour**.

During our time together, you'll learn my go-to planning process, explore the 32 Tranquility Tools, and find ways to personalize the system for YOUR lifestyle. You'll also have the opportunity to share with like-hearted ladies and ask questions in the chat box.

Thanks for your support of these passion projects. Here's to designing a year with an eye toward tranquility, connection to big dreams, and making meaningful experiences out of everyday moments. You're beautiful! x

*P.S. Remember, if you miss any of the live event, it's being recorded and will be on the **private event page** within 48 hours. Please bookmark this page for easy access again and again.*



agenda

8:00 Welcome

- Centering
- Seated yoga + meditation
- Review of 32 Tranquility Tools
- Set up your tranquility system
- Highlights
- Personalize
- Takeaways + next steps

9:00 Closing

 Kimberly



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 image from the mirror.
Sit. Feast on your life.



TDJ Tenets

Tranquility du Jour offers an online and in-person space to explore living fully and intentionally. Started as a blog in 2004, and then a podcast, we've grown into a sweet global community of like-hearted dreamers on a path to infuse more tranquility into our lives.

Below are the five principles of living the *Tranquility du Jour* lifestyle.



1 COMPASSION: Through our daily choices, we alleviate the suffering of all beings, including furry, scaled, and feathered ones. We treat others as we want to be treated. We honor the environment by reducing what we consume, reusing materials, and recycling.

2 CREATIVITY: We connect with our creative spark and let it shine through art, crafts, writing, brainstorming, or living out loud. We see most activities as a way to express our creativity and refuel our creative well regularly through reading, taking classes, and practicing. Our life is art.

3 STYLE + BEAUTY: We believe that how we present ourselves to and experience the world affects how we feel. We choose a signature style that is personal and reflects who we are. Our homes and offices are designed to nurture our spirits. We are moved by the arts, flowers, and simple pleasures.

4 MINDFULNESS: We bring awareness to our thoughts, feelings, and bodily sensations in a nurturing way. Through practices such as meditation and yoga, we connect with our minds and bodies. We value the present moment and encourage our mind to return to it when we find ourselves ruminating about a past situation or fretting about a future event.

5 SELF-CARE: The act of nourishing ourselves is akin to breathing. Reflecting through journaling, setting morning and evening rituals, eating plants, and moving our bodies help us stay in balance. We are lifelong learners and enjoy designing and following our dreams. We create meaningful community through healthy relationships, clear communication, and good boundaries.

6 WELLNESS: We intentionally choose how to spend our time, energy, and money to reflect our values. Since what we consume affects our mental health, we fuel ourselves with whole foods, inspiring multimedia, and enlightening events. We evaluate and adjust our thoughts and behaviors to align with our version of optimum health through regular Seasonal Life Reviews.



Reflection

1. Where did I spend my time and energy in 2019?

2. What helped keep me on track? What detoured me?

3. Where do I want to spend my time and energy in 2020?

4. Which of the 32 Tranquility Tools will bring me closer to my dreams?

Track your incorporation of the daily Tranquility Tools.

- Morning Routine
- Daily Dress-up
- Mindful Movement
- Eat Your Veggies
- Journal
- Goal Review
- Gratitude
- Evening Routine

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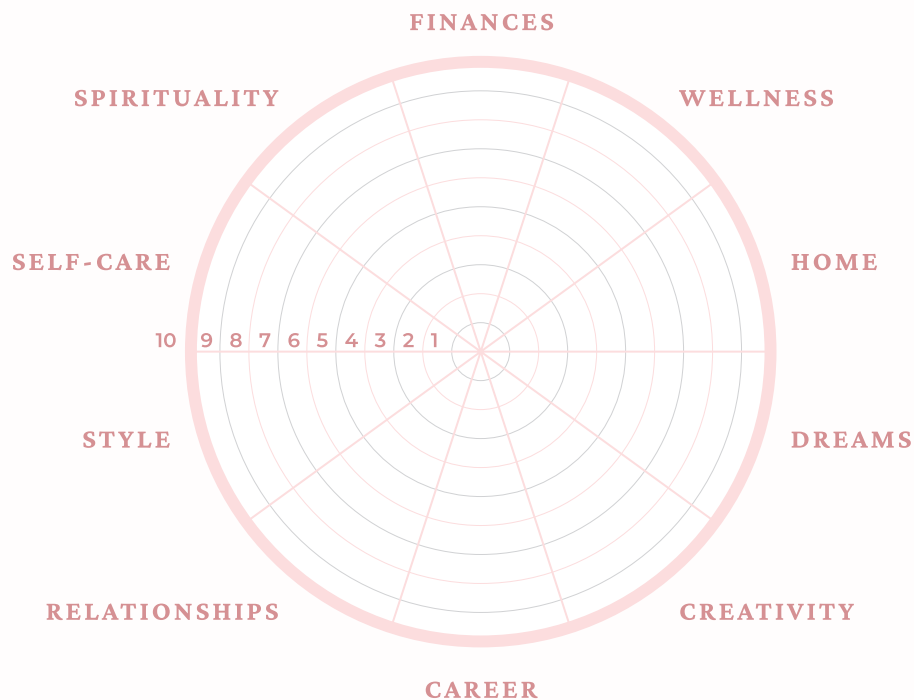
Monthly Guide



Seasonal Guide

*Seasonally reflect on areas of your life.
Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*

Here are some additional areas to consider: social life, romance, family, education, health, fitness, meaning, activism. Next, take a moment to note the areas that ranked low and create three action steps to increase your tranquility in these areas. Be gentle. Plant seeds. Watch dreams take root.



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

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



Productivity

When asked how I juggle various projects, my answer is always that I write everything down—getting it out of my head and onto paper. I carry my planner, an ideas book, and a journal with me at all times.

My most helpful tool is clarifying weekly, and sometimes daily, MITs (Most Important Tasks). Noting what must be accomplished that day/week helps put the rest of the to-dos in perspective. This is my Sunday night exercise.

I also try to break projects into smaller tasks (remember those micromovements), so instead of “launch fall collection,” I write, “choose colors” and “order lab dips.”

We all wear so many hats. To avoid switching them multiple times throughout the day, I set times for handling email, writing, projects, home stuff, clients, exercise, and family. That way I can be fully present with the person or task at hand.

Productivity also needs rest. One of the biggest lessons I’ve learned during the past 20 years of entrepreneurship is to step away from the computer, breathe, and say “yes!” to fun, even if I have more to-dos (there always are). There are few things that a hot bath, walk, or good sleep can’t fix or at least offer a fresh perspective on.

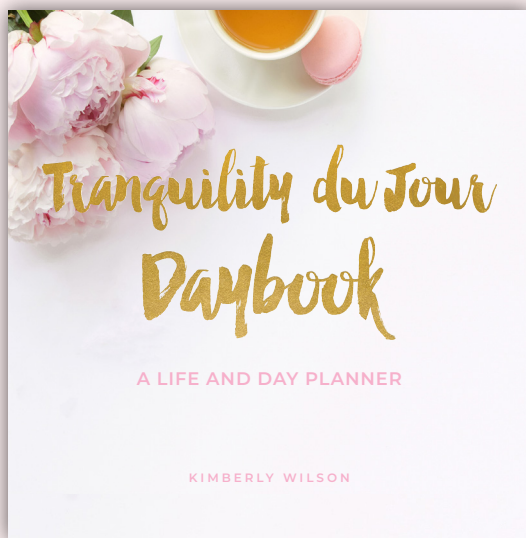
To explore your own productivity, write out everything that’s on your mind. Review it for action steps to add to your to-do lists. Clarify your MITs. Track your time over the next two weeks to get an average of how you’re spending it. Familiar with the 80/20 rule? Also known as the Pareto Principle, it means that 80 percent of our results come from 20 percent of our actions or, another way to look at it is, 20 percent of our work drives 80 percent of our outcomes. This rule serves as a gentle nudge to cut out the non-essentials that generate little value to declutter our time and energy so that we can focus on what matters most.

List your various hats. Explore ways to wear them during time chunks (hello, Pomodoro Technique) that align with your complementary energy level such as early morning exercise or evening writing.

Create your ideal version of the week while keeping your various hats and energy levels in mind.

Be the boss of your time and energy! As Michael Gerber of *E-Myth* fame says, “Work **ON** your business, not just **IN** your business.” That way the day-to-day minutia doesn’t overpower the big picture.

List your projects, clarify your MITs, track your time, and consider your ideal 168 hours (the hours in one week). Note a few ways to bridge any gap between the two keeping energy levels in mind.



Daybook Highlights

PART I: LIFE PLANNING

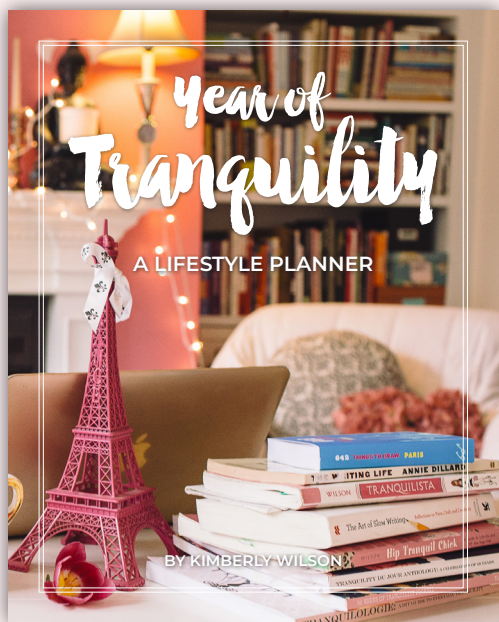
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Year of Tranquility Highlights

PART I: PLAN


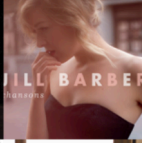

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Playlist



PLAYLIST


















TDJ French Jazz

Created by Kimberly Wilson • 25 songs, 1 hr 34 min

[PLAY](#)  

FOLLOWERS
29

Filter

	TITLE	ARTIST	ALBUM		
	All of Me	Manu Dibango	Midnight in Paris ...	2019-08-01	3:24
	Summertime	Manu Dibango	Midnight in Paris ...	2019-08-01	4:15
	My Baby Just Cares for Me	Sister Kat	Midnight in Paris ...	2019-08-01	3:57
	Besame Mucho	Sébastien El Chato	Midnight in Paris ...	2019-08-01	4:00
	Atmosphere	Manu Dibango	Midnight in Paris ...	2019-08-01	3:28
	Can't Take My Eyes off You	Mondo Wells	Midnight in Paris ...	2019-08-01	3:55
	Blue Moon	Manu Dibango	Midnight in Paris ...	2019-08-01	3:53
	Fever	Terry Dexter	Midnight in Paris ...	2019-08-01	4:00
	Fly Me to the Moon	Manu Dibango	Midnight in Paris ...	2019-08-01	4:06
	Just an Illusion	Mondo Wells	Midnight in Paris ...	2019-08-01	5:11
	Misty	Manu Dibango	Midnight in Paris ...	2019-08-01	4:50
	Orfeo Negro (Manha De Carnaval)	Sébastien El Chato	Midnight in Paris ...	2019-08-01	3:34
	Over the Rainbow	Manu Dibango	Midnight in Paris ...	2019-08-01	3:51
	Smooth Operator	Mondo Wells	Midnight in Paris ...	2019-08-01	3:44
	Satin Doll	Manu Dibango	Midnight in Paris ...	2019-08-01	3:07
	Stormy Weather	Manu Dibango	Midnight in Paris ...	2019-08-01	3:23
	What a Difference a Day Makes	Mondo Wells	Midnight in Paris ...	2019-08-01	5:04
	What a Wonderful World	Manu Dibango	Midnight in Paris ...	2019-08-01	2:45



Love Note

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

—Anais Nin

Thank you for taking time out of your busy holiday schedule to reflect and dream with me. I hope you learned new ways to personalize your *Daybook* and/or *Year of Tranquility*.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our [Facebook page](#), in [our private Facebook group](#), regular [Love Notes](#), [blog](#), and [podcast](#).

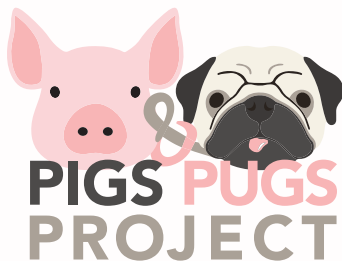
As you transition back into your day or evening (depending on your time zone), move gently. Make a nutritious meal. Read poetry. Spend more time with one of these tools. Curl up with a good book. Write a letter of gratitude to yourself for taking this time. Go for a walk. Stay connected to what matters most. Cuddle with someone you love (hello, four-legged friends). Dream big and set your year up for success.

Thanks for your support of this passion project! A portion of all proceeds benefit Pigs & Pugs Project's mission to make the lives of pigs and pugs happier.

 Kimberly

#TRANQUILITYDUJOUR

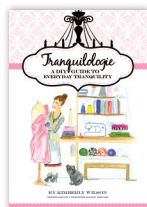
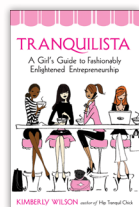
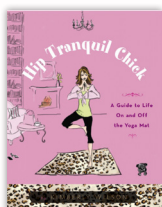
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TDJ Provence

May 30-June 5

Picture yourself enveloped in a charming, luxurious Provençal demeure dating back to the 17th century. Surrounded by vineyards, olive trees, and lavender, the villa is nestled in the South of France between Nice and Marseille. Savor the perfect mix of practice, play, and relaxation with space to lounge about the pool, wander in the countryside, and enjoy excursions to breathtaking vistas. kimberlywilson.com/provence.

Tranquility Salon Online

Winter/Spring 2020

Spend six weeks within a like-hearted community studying the SIX Tranquility du Jour Tenets—compassion, self-care, mindfulness, creativity, style + beauty, wellness. Be inspired live sessions, six weekly modules, practical tools, poetry, how-tos, guided meditations, and encouragement. Learn to live with intention (and fun!) while exploring the Tranquility du Jour lifestyle. Join the waitlist at kimberlywilson.com/salons.