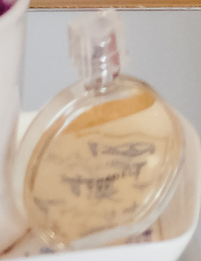
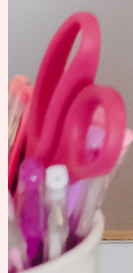




Bloom Into Spring
TDJ LIVE

with Kimberly Wilson



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Welcome

"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

I'm excited to be with you to welcome this brand new season. Curl up with a vegan **rose matcha latte** and browse through these pages before Sunday, March 22 at 8pm ET. To join, click the YouTube link **on your private page** shortly before 8pm.

Before we gather, I encourage you to:

1. Print and read through this Guidebook.
2. Complete the Seasonal Life Review (p. 5).
3. Fill out the reflection questions (pp. 6-7).
4. Set up your space and share images using #TDJLive.

Set the stage (candle, aromatherapy, libation, snack, twinkle lights). Gather your tools (your copy of this Guidebook, writing tools, a computer or smartphone with internet accesses). Optional tools: journal, *Year of Tranquility*, *Tranquility du Jour Daybook*, markers, or washi tape. Wear something comfy. Set everything aside and keep the hour sacred.

Throughout the event, you'll have the opportunity to share and ask any burning questions in the chat box. Thank you for joining me!

 Kimberly

*P.S. If you miss us live, the event will be recorded and available for a \$10 download within 48 hours **HERE**. A portion of all Tranquility du Jour proceeds benefits **Pigs & Pugs Project**.*



agenda*

8:00 Welcome

- Centering
- Seated Yoga
- Reflection
- Tranquility Tools
- Savvy Sources
- Takeaways + Next Steps

9:00 Closing

**Subject to change.*



The Swan

by Mary Oliver

Did you too see it, drifting, all night, on the black river?
Did you see it in the morning, rising into the silvery air –

An armful of white blossoms,

A perfect commotion of silk and linen as it leaned
into the bondage of its wings; a snowbank, a bank of lilies,

Biting the air with its black beak?

Did you hear it, fluting and whistling

A shrill dark music – like the rain pelting the trees – like a waterfall

Knifing down the black ledges?

And did you see it, finally, just under the clouds –

A white cross Streaming across the sky, its feet

Like black leaves, its wings Like the stretching light of the river?

And did you feel it, in your heart, how it pertained to everything?

And have you too finally figured out what beauty is for?

And have you changed your life?





1.

5.

2.

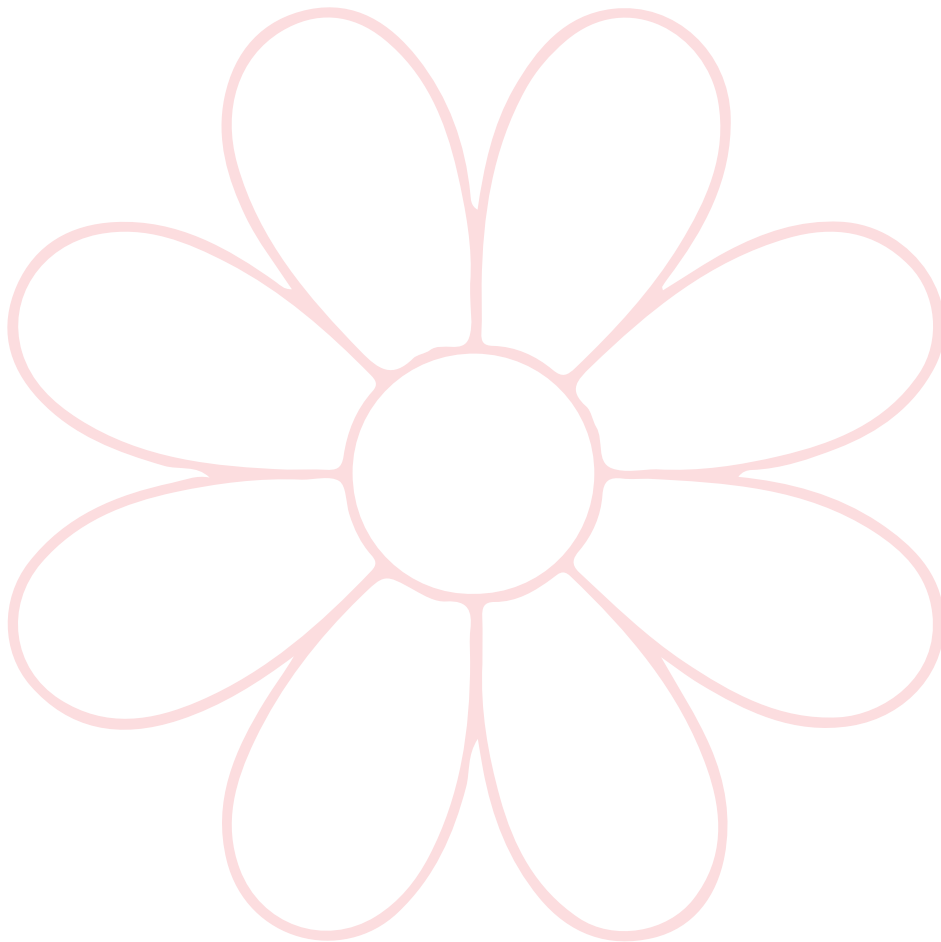
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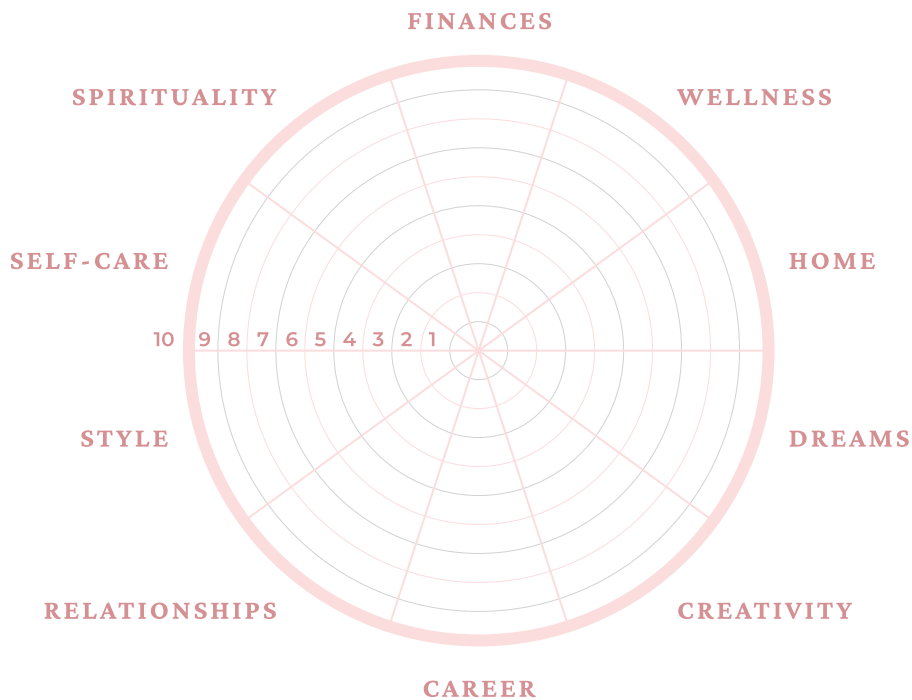


Seasonal Life Review

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.



Reflection

1. List your Q1 highlights:

2. How do you want to bloom in spring?



3. How is your word or theme of the year unfolding?

4. If you could wave a magic wand and change something in your life right now, what would it be?



#TDJLIVE



TDJ Tenets

Tranquility du Jour *offers a space to explore living fully and intentionally. From the humble beginnings of a blog in 2004, 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 six 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.





Manifesto

I BELIEVE IN HANDWRITTEN NOTES. I BELIEVE IN EQUALITY FOR ALL. I BELIEVE IN USING CHINA AT EVERY MEAL. I BELIEVE ANIMALS ARE TO BE LOVED AND PROTECTED. I BELIEVE IN THE HEALING POWER OF BUBBLE BATHS, GREEN TEA, AND FRESH FLOWERS. 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 WRITING ARE TOOLS FOR DISCOVERY. I BELIEVE WOMEN CAN CHANGE THE WORLD. I BELIEVE IN DONNING NOIR AND LIVING PINK. 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 USING PAINT, COLLAGE, AND WASHI TAPE TO AWAKEN OUR INNER ARTIST. 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.



Love Note

"Transformation doesn't ask that you stop being you. It demands that you find a way back to the authenticity and strength that's already inside of you. You only have to bloom." —Cheryl Strayed

Thank you for joining me to welcome spring, connect, and dream! I hope I've offered you the opportunity to explore new tools that will help facilitate more tranquility in the every day.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our **Facebook page**, **Facebook group**, **Love Notes**, **blog**, and **podcast**.



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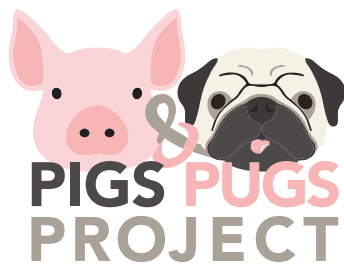
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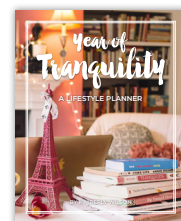
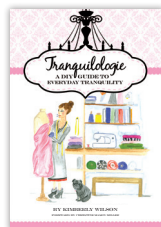
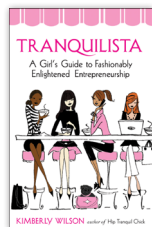
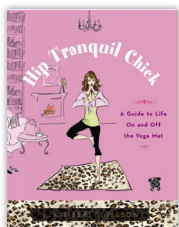


TRANQUILITY DU JOUR IS YOUR GUIDE
TO INFUSING TRANQUILITY, MINDFULNESS,
AND BEAUTY INTO YOUR EVERY DAY.

A portion of all proceeds from my work supports **Pigs & Pugs Project's** mission to make the lives of pigs and pugs happier. You are making a difference!



Kimberly



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You're Invited



TDJ Virtual Retreat

Saturday, April 4, 12-3pm • \$49

Indulge in three hours devoted to self-care and personal growth. This half-day virtual retreat is carefully crafted to help you reflect, set intentions, and plant seeds among the company of like-hearted women. Be inspired by live sessions, meaningful modules, practical tools, poetry, how-tos, and guided meditations.

[Learn more during TDJ Live.](#)



Pigs, Pugs & Pinot

Sunday, April 19, 4-6pm • \$25

Tyber Creek Wine Bar, 84 T Street NW, Washington, D.C.

Join Pigs & Pugs Project for an afternoon in celebration of pigs, pugs, and pinot on the patio. Bring your furry friend (all pug-loving pups welcome) to this festive event and don't miss special guest Charlotte the potbelly pig. A portion of all ticket sales will benefit Life with Pigs Animal Sanctuary and a pug rescue.

pigsandpugs.org/events



Yoga & the Animals

Saturday, May 9, 10am-2pm • \$75

Burleigh Manor Animal Sanctuary, Ellicott City, MD

Join Pigs & Pugs Project for a half-day with rescued farm animal friends (including pigs!). Enjoy a private sanctuary tour, a vegan lunch, and a yoga class. A portion of all ticket sales will benefit Burleigh Manor Animal Sanctuary and a pug rescue.

pigsandpugs.org/events



TDJ Provence

May 30-June 5 • Starting at \$2995

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