



*Summertime*  
**TDJ LIVE**

*with Kimberly Wilson*



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





# Welcome

*“Live in the sunshine, swim the sea, drink the wild air.” –  
Ralph Waldo Emerson*

I'm excited to welcome this brand new season with you! Curl up with a cuppa tea and browse through these pages before **Sunday, June 20 at 8pm ET.**

**To join**, click the link on your private page: shortly before 8pm.

Before we gather, I encourage you to:

- Print and read through this Guidebook.
- Complete the Seasonal Life Review (p. 6).
- Set up your space (candle, aromatherapy, snack, twinkle lights) and share images using **#TDJLive**.
- Gather your tools (this Guidebook, markers, a computer or smartphone with internet access). Feel free to bring a journal, *Year of Tranquility* and *Tranquility du Jour Daybook*.
- Wear something comfy, dab parfum, and have a libation within reach.
- Close those tabs and set everything aside to keep this hour sacred.
- Set a reminder for the event and I'll send one two hours before we gather.

Throughout our time together, you'll have the opportunity to connect with our like-hearted community and ask questions and/or share comments in the chat box.

Thank you for sharing your time and heart with me!

  
Kimberly



## agenda\*

### 8:00 ET Welcome

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

### 9:00 ET Closing

*\*Subject to change.*

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



# 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?



1.

5.

2.

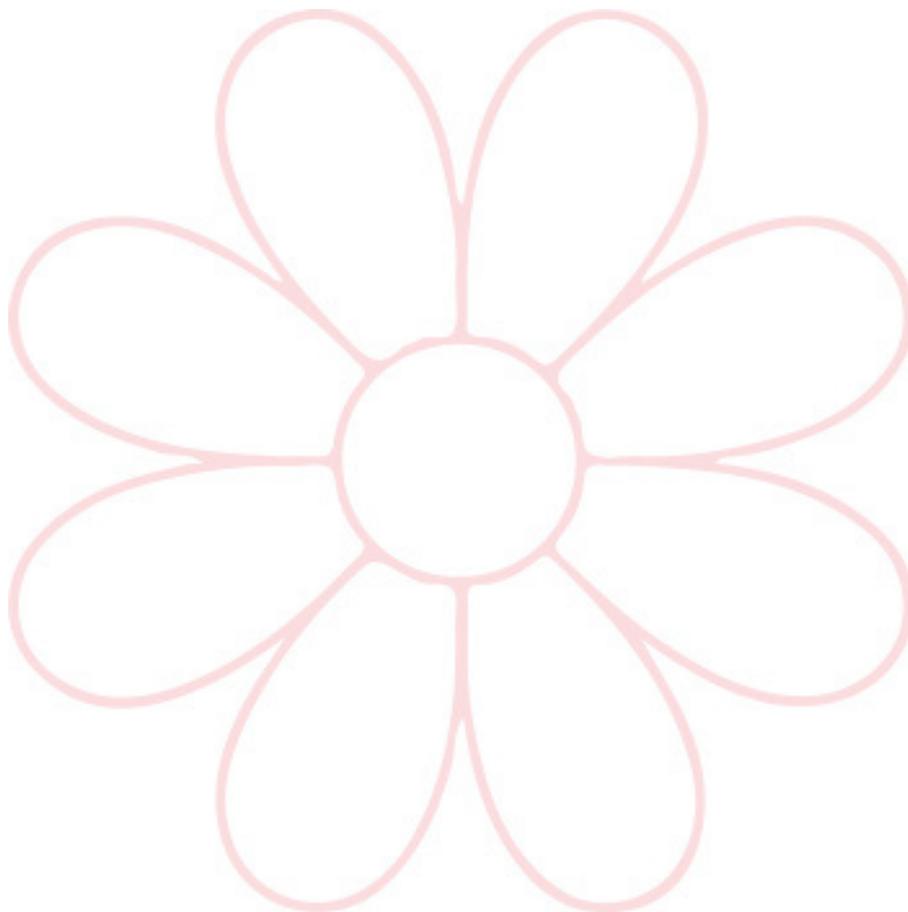
6.

3.

7.

4.

8.

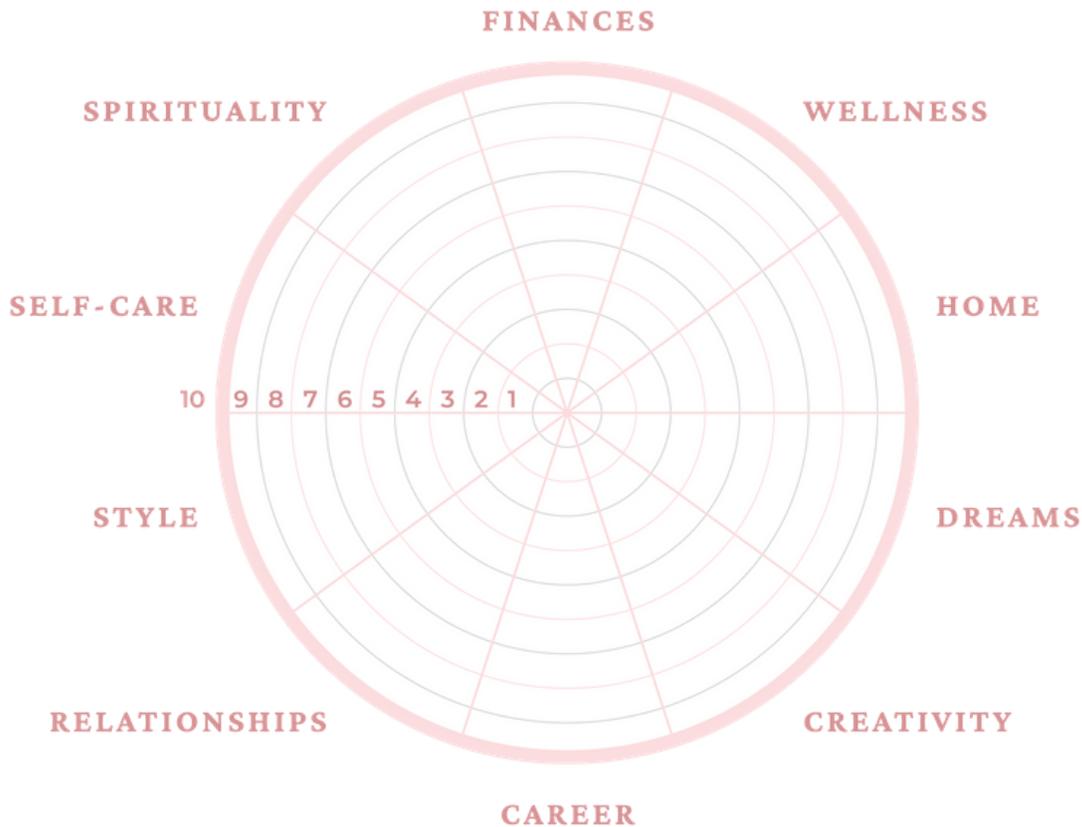




# Seasonal Life Review

*Seasonally reflect on areas of your life.*

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



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.



# Summer Wish List



# 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*



# TDJ 8-Piece Capsule

*Create multiple looks from these eight essentials*



2in1 fitted



capri legging



palazzo pant



long sleeve  
wrap tunic



3/4 wrap dress



boyfriend tank



maxi skirt dress



savasana throw



# Notes:

# 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 personal 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, meaningful 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.



# 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**.



# Love Note

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” —Margaret Mead*

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

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

As you transition back into your day or evening (depending on your time zone), move gently and keep this experience close to your heart. Make a nutritious meal. Keep exploring the reflection questions. Read poetry. Spend more time with one of these 8 petals. Cuddle a furbaby. Water a plant. Write a letter of gratitude. Go for a stroll. Stay connected to what matters most.

A portion of all proceeds from my work supports [Pigs & Pugs Project’s](#) mission to make the lives of pigs and pugs happier. Thank you for making a difference!



@TRANQUILITYDUJOUR



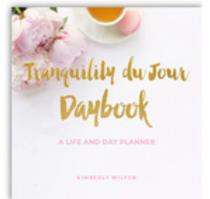
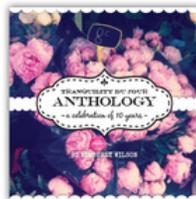
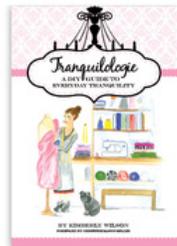
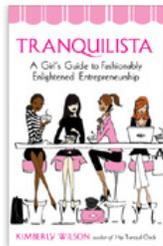
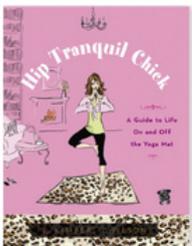
@TRANQUILITYDUJOUR



@TRANQUILITYDUJOUR



Kimberly





## Mid-Year Virtual Retreat

*Saturday, July 10 • \$99*

Spend a half day hitting the reset button, connecting with creativity, nourishing your soul, and moving your body as we contemplate the year so far and dream up what's ahead. Come away refreshed and with a plan for moving forward as you navigate your own unique version of the new normal. Event includes a beautiful workbook, three hours of live programming, art journaling, yoga, meditation, reflection, and a replay.

[kimberlywilson.com/virtualretreat](https://kimberlywilson.com/virtualretreat)

## TDJ Lifestyle Ecourse

*Starts this fall • Join the waitlist*

This specialty course is offered annually and includes five weekly video modules on the TDJ Tenets (style, mindfulness, creativity, wellness, compassion), email encouragement, a private Facebook group, and an exclusive TDJ Lifestyle workbook PDF.

Learn to express your signature style, design a wellness plan that works for you, manage stress with mindfulness practices, make creativity a habit, be an everyday activist, and more!

[kimberlywilson.com/tdjlifestyle](https://kimberlywilson.com/tdjlifestyle)