



*New Year. Fresh Start*  
**TDJ LIVE**

*with Kimberly Wilson*



**KIMBERLYWILSON.COM**





# Welcome

*"I discovered that a fresh start is a process. A fresh start is a journey—a journey that requires a plan." —Vivian Jokatade*

I'm excited to welcome this brand new season with you! Curl up with a cuppa tea and browse through these pages before **Sunday, January 10 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).
- Fill out your 2021 intentions (p. 7).
- Set up your space (candle, aromatherapy, libation, snack, twinkle lights) and share images using **#TDJLive**.
- Gather your tools (this Guidebook, writing tools, a computer or smartphone with internet access). Feel free to bring a journal, *Year of Tranquility*, *Tranquility du Jour Daybook*, markers, or washi tape, too.
- 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.

Throughout the event, you'll have the opportunity to connect with our like-hearted community and ask questions in the chat box.

Thank you for sharing your time and heart with me!

♡ Kimberly



## agenda\*

**8:00 Welcome**

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

**9:00 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.*



# *I am running into a new year*

by Lucille Clifton

i am running into a new year and the  
old years blow back like a wind that i  
catch in my hair like strong fingers like  
all my old promises and it will be hard  
to let go of what i said to myself about  
myself when i was sixteen and twenty  
six and thirty six even thirty six but i am  
running into a new year and i beg what  
i love and i leave to forgive me



1.

5.

2.

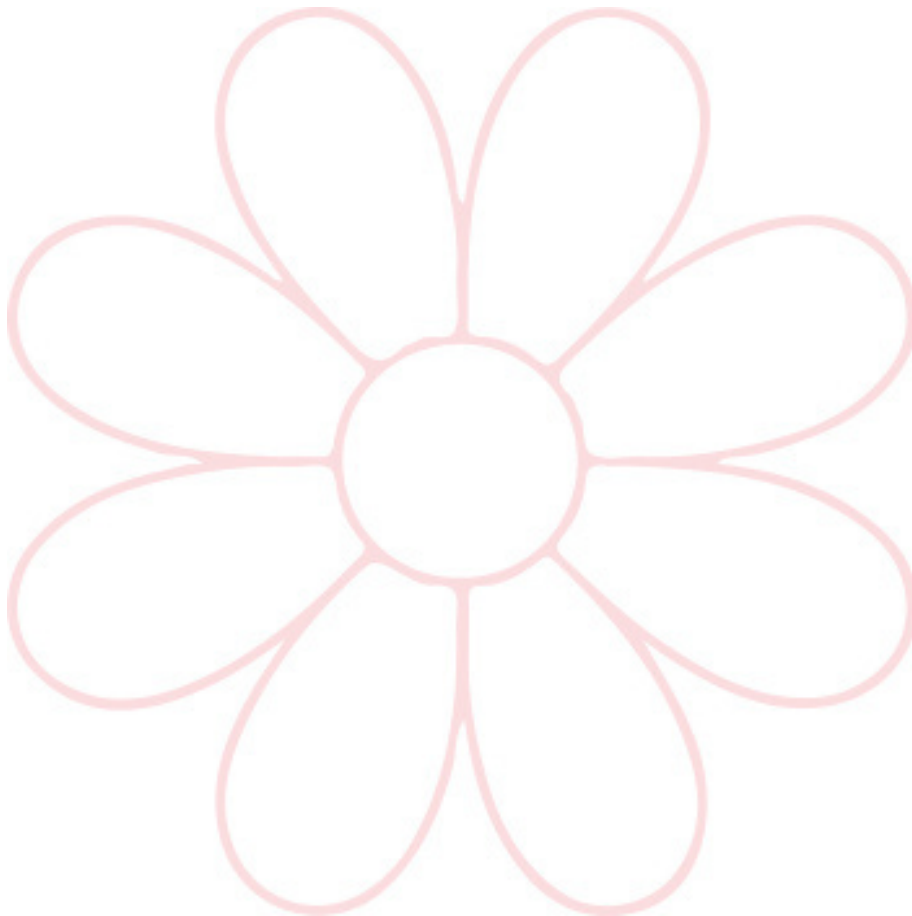
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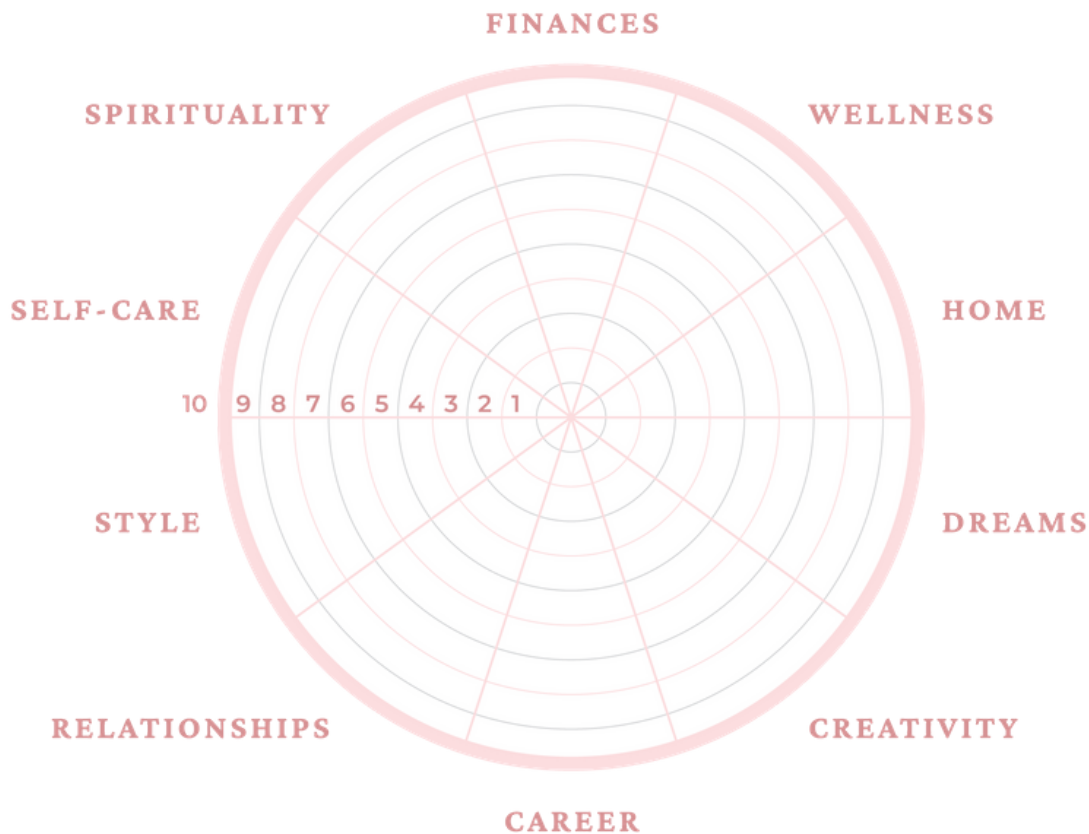




# Seasonal Guide

*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 |



# 2021 Intentions



*My Word/Theme:*



# Reflection

1.

2.

3.

4.





# Weekly Guide

*Bring productivity and tranquility into your days  
by incorporating these 10 suggested ingredients.*

*Mix together with awareness and self-compassion for a nourishing week.*

- 1 INSERT DATE
- 2 SET YOUR WEEK'S INTENTION
- 3 WEEKLY TRANQUILITY TOOLS
- 4 LIST WEEK'S MOST IMPORTANT TASKS
- 5 TRACK EATING HABITS, PLAN MEALS, SCHEDULE EXERCISE
- 6 PEN YOUR GRATITUDE LIST
- 7 LIST YOUR DAY'S APPOINTMENTS
- 8 LIST YOUR DAY'S TO-DOS
- 9 LIST YOUR WEEK'S PROJECTS
- 10 DAILY TRANQUILITY TOOLS

2

INTENTION:

3

**weekly checklist**

- ☐ PLAN WEEK'S MITS
- ☐ SOAK IN THE TUB
- ☐ TAKE A DIGITAL DAY OFF
- ☐ CLEAR CLUTTER
- ☐ PEN A LOVE NOTE
- ☐ BUY/PICK FRESH FLOWERS
- ☐ TAKE AN ARTIST DATE
- ☐ SAVOR A GREEN JUICE

4

**MITS**

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- ☐
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- ☐
- ☐

5

**wellness planning**

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S ☐

6

GRATITUDE:

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10

**daily checklist**

- ☐ MORNING RITUAL
- ☐ DAILY DRESS-UP
- ☐ MINDFUL MOVEMENT
- ☐ EAT YOUR VEGGIES
- ☐ JOURNAL
- ☐ GOAL REVIEW
- ☐ GRATITUDE
- ☐ EVENING RITUAL

10

**daily checklist**

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10

**daily checklist**

- ☐ MORNING RITUAL
- ☐ DAILY DRESS-UP
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- ☐ EAT YOUR VEGGIES
- ☐ JOURNAL
- ☐ GOAL REVIEW
- ☐ GRATITUDE
- ☐ EVENING RITUAL





# Everyday Tranquility

*Tranquility is the quality of calm within a full and meaningful life.*

**SIP** hot water with lemon.

Spend a few minutes in **MEDITATION**.

**MOVE YOUR BODY** through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

**REVIEW YOUR DAYBOOK** and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

**SPRITZ PERFUME** and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

**PRACTICE GRATITUDE**.

**MAKE SOMEONE'S DAY** with a simple "I appreciate you" text or smile.

**TRACK** your energy, time, and money habits.

**DECLUTTER** your mind, home, and digital environments.

**BATCH TASKS** by categories and hats you wear.

**ESTABLISH ROUTINES** and healthy habits.

**MAKE A DIFFERENCE** as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

**FOREST BATHE** and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

**PRACTICE STOP**: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.

# 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.







# Love Note

*"Be the change that you wish to see in the world."*  
—Gandhi

Thank you for joining me to welcome 2021, 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](#).



@TRANQUILITYDUJOUR



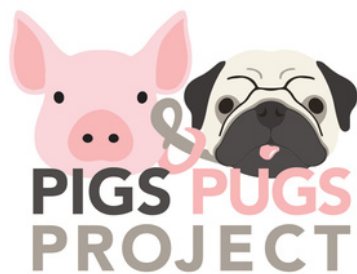
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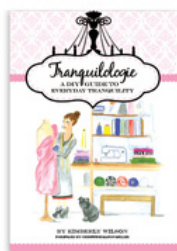
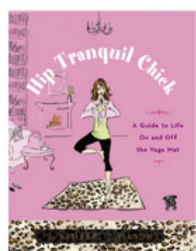
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As you transition back into your day or evening (depending on your time zone), move gently and keep this experience close to your heart. Make a nutritious meal. Keep exploring the reflection questions. Read poetry. Spend more time with one of these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



Kimberly





## TDJ Annual Pass

*All of 2021*

Spend 2021 basking in exclusive access to all things tranquility in your every day. A TDJ Annual Pass gives you access to over 17 offerings including four TDJ Live Masterclasses and four Virtual Retreats.

In addition, enjoy a private Planning Your Year session, seasonal Pop-Up events (journaling, planning, yoga, mindfulness), quarterly private virtual co-creating sessions to work quietly together on projects or read (hello, book club).

Plus weekly prompts from *Year of Tranquility* straight to your inbox, exclusive shopping day discounts, six PDFs of my books, a private community of like-hearted souls, and colorful workbooks to accompany our gatherings.

[kimberlywilson.com/2021](https://kimberlywilson.com/2021)

## Spring Virtual Retreat

*April 3, 2021, 12-3 pm ET*

Bloom into spring with intention and creative play. This seasonal experience is an opportunity to reflect, dream, and design.

Streamed from my home in Washington, DC, a virtual retreat includes inspiration, education, and the practice of journaling, yoga, mindfulness, and creativity tranquility tools.

Together, let's review the past season and plant seeds for this new one.

Take your inner artist on a half-day date and leave with an action plan to take root and grow.

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