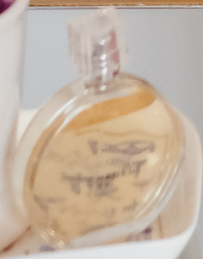
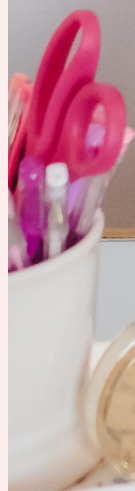




Summertime
TDJ LIVE

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 an iced vegan **rose matcha latte** and browse through these pages before Sunday, June 21 at 8pm ET.

To join, click the 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 (candle, aromatherapy, libation, snack, twinkle lights) and share images using #TDJLive.

Gather your tools (your copy of this Guidebook, writing tools, a computer or smartphone with internet access). Feel free to bring journal, *Year of Tranquility*, *Tranquility du Jour Daybook*, markers, or washi tape, too. Wear something comfy. Close those tabs and set everything aside to keep this hour sacred.

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 joining 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 proceeds benefits **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.

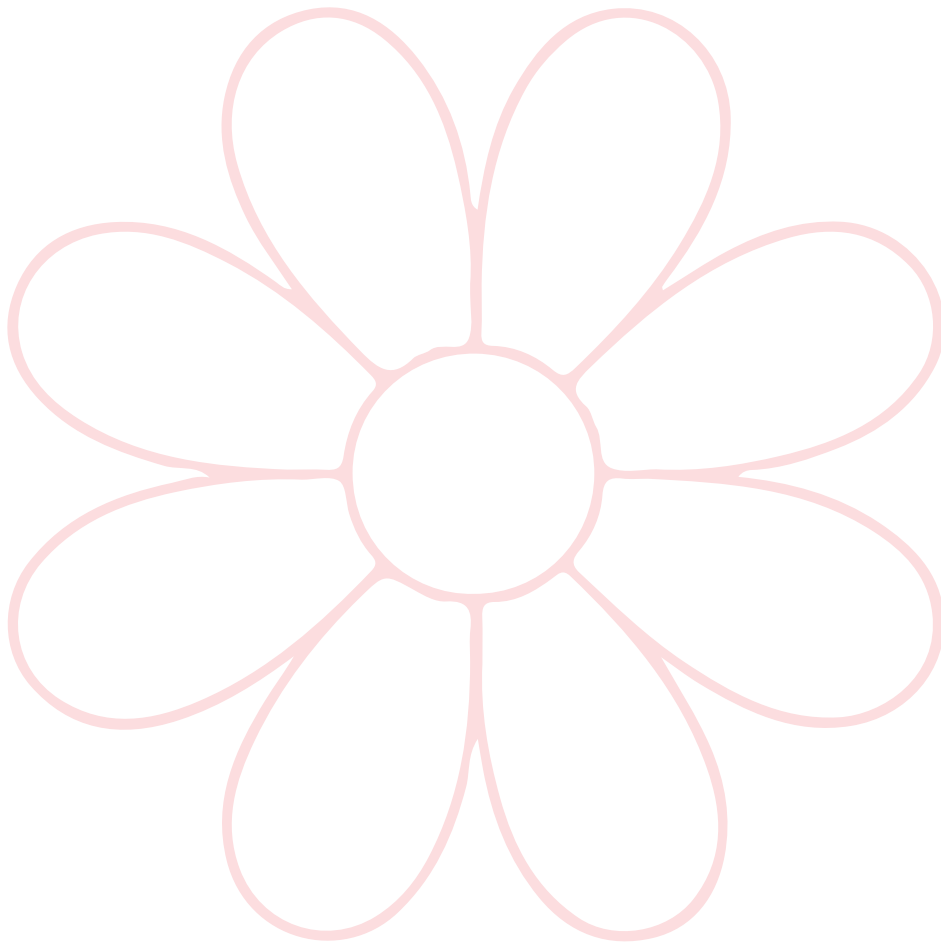
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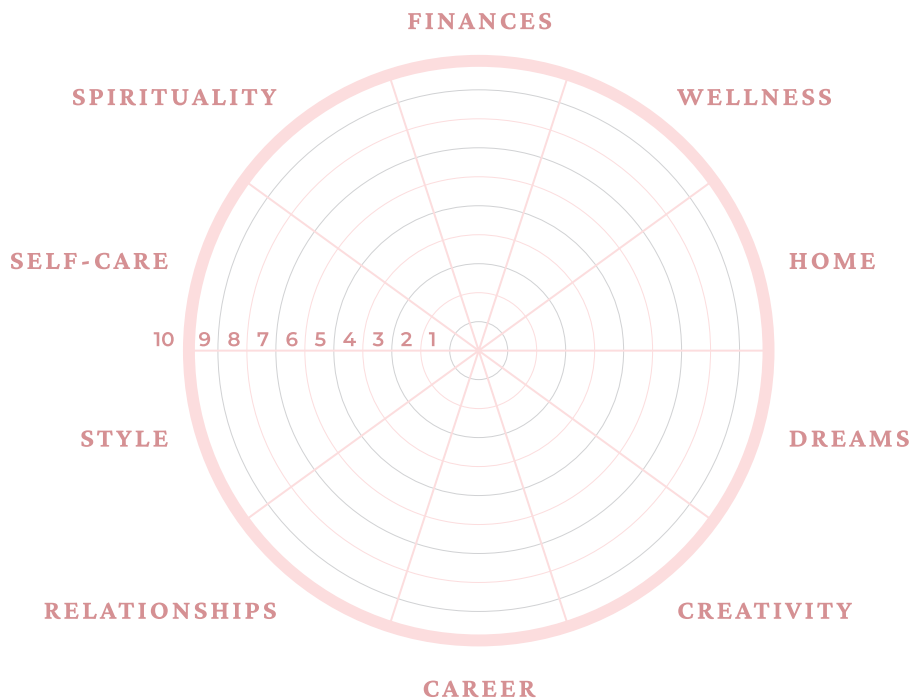


Seasonal Life Review

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 spring highlights:

2. What are you dreaming about for summer?



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?

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. 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

“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 page**, **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 creativity, yoga, or mindfulness. Cuddle a furbaby. Write a letter of gratitude to yourself for taking this time. 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!

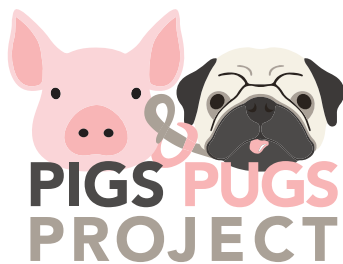
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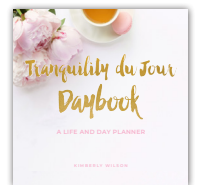
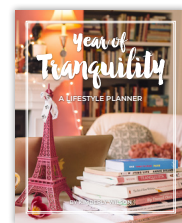
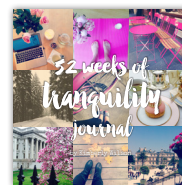
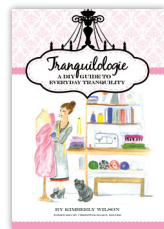
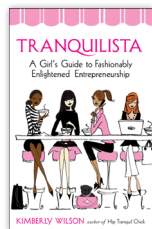
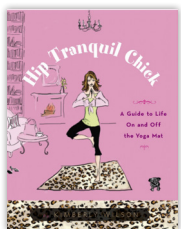
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Mid-Year Musings Salon

Coming In July

Spend time reviewing your year and dreaming up what remains in this virtual event. Through a gently guided process, return to those new year's dreams, reevaluate, and plan for what's to come. Despite the many unknowns of 2020, we'll turn our attention to what we can control with an eye on self-care, personal growth, and making a difference. Learn more and get first access during TDJ Live.

A portion of all proceeds from this event will benefit **Higher Heights for America**. They're building the political power and leadership of Black women from the voting booth to elected office and creating the environment for Black women to run, win and lead.

"The virtual retreat you hosted yesterday was exactly what I needed and WANTED. I felt like a breath of fresh air had been blown my way and cleared the cobwebs of anxiety, inertia, "distractedness" from my mind, body and heart. You provided me with some concrete tools and encouragement to get grounded again—especially in these uncertain times—and to move forward, taking little steps each day so that I can show up again in my life. It was just the perfect "reset" button for me." —Shelly



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TO INFUSING TRANQUILITY, MINDFULNESS,
AND BEAUTY INTO YOUR EVERY DAY.