



Fall TDJ Live

WITH KIMBERLY WILSON

TRANQUILITY IS
THE
QUALITY OF
CALM
WITHIN A
FULL AND
MEANINGFUL
LIFE.



Welcome

“AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER.” —ALBERT CAMUS

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, September 15 at 8pm ET.

Before we gather, I encourage you to:

1. Print and read through this Guidebook.
2. Complete a 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!

with much gratitude,
Kimberly

P.S. It's being recorded and will be available for a \$10 download within 24 hours.

P.P.S. Pssst, remember that everything you need to participate, including the link to join the live event, is at kimberlywilson.com/fall19.

AGENDA*

8:00 Welcome

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

9:00 Closing

*Subject to change.

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,*

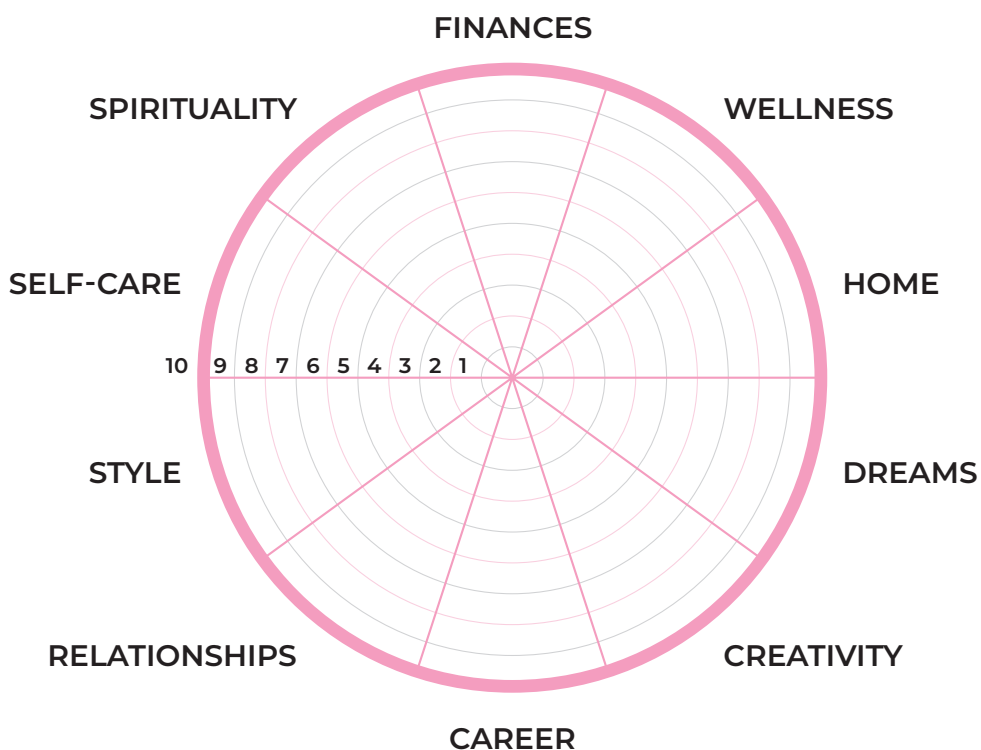
*the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.*

Seasonal Life Review

DATE: _____

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:

seasonal checklist

- WHEEL OF LIFE
- DEEP CLEAN
- PRACTICE ESSENTIALISM
- TRY SOMETHING NEW
- BED DAY
- REARRANGE
- GET CULTURED
- TEND YOUR GARDEN
- _____

Resource: *Year of Tranquility* by Kimberly Wilson

Reflection

“THE THING THAT IS REALLY HARD, AND REALLY AMAZING, IS GIVING UP ON BEING PERFECT AND BEGINNING THE WORK OF BECOMING YOURSELF.” —ANNA QUINDLEN

1

LIST YOUR SUMMER HIGHLIGHTS.



2

MY INTENTION FOR FALL IS:



3

WHAT DO I WISH FOR Q4 OF 2019?



4

WHAT CAN I START/STOP TO MAKE THIS HAPPEN?



#2



NOTES:

#3



NOTES:

#4



NOTES:



NOTES:



NOTES:

A large rectangular area filled with a grid of small, light pink dots, intended for taking notes.



NOTES:



NOTES:



Savvy Sources



Love Note

“IF YOU DON'T LIKE THE ROAD YOU'RE WALKING, START PAVING ANOTHER ONE.” —DOLLY PARTON

Thank you for joining me to welcome fall, 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](#), regular [Love Notes](#), [blog](#), and [podcast](#).

May this experience be the launch of a meaningful fall. I appreciate you taking the time out of your life to share this seasonal experience with me.

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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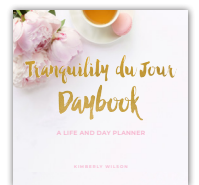
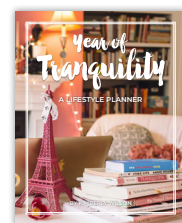
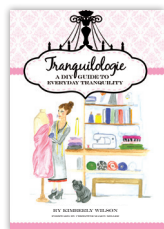
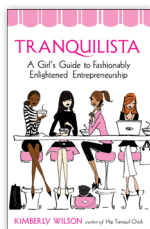
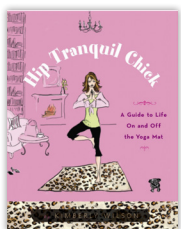
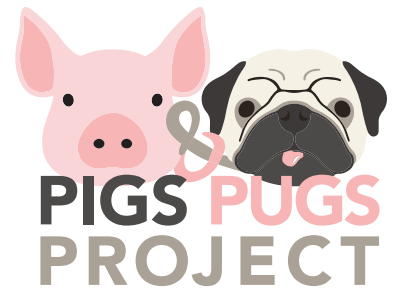


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Kimberly



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16

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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.





Tranquility Salon Online

Picture yourself joining a supportive group of like-hearted women (and those who identify as women) to reflect, learn, grow, and discuss big things . . . welcome to the Tranquility du Jour Salon experience!

Filled with practical tools, poetry, how-tos, and encouragement, we'll explore FOUR Tranquility du Jour topics—dreams/goals, self-care, mindfulness, creativity, and self-care—through two live sessions, four weekly modules, and more.

Learn ways to live with intention and ease as we move into the final months of 2019 and bustling holiday season.

Learn more at
[KIMBERLYWILSON.COM/SALONS](https://www.kimberlywilson.com/salons)