



Let's Bloom TDJ LIVE

with Kimberly Wilson



KIMBERLYWILSON.COM



Welcome

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to bloom."

—Anais Nin

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

To join, click the link on your private page a few minutes before we begin.


To prepare for our event, I encourage you to:

- Print and read through this workbook.
- Complete the Seasonal Life Review (p. 6).
- Set up your space (candle, aromatherapy, flowers, twinkle lights) and share images using **#TDJLive**.
- Gather your tools (this workbook, writing tools, a computer or smartphone with WiFi). 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 cuppa tea within reach.
- Close those tabs and keep this hour sacred.
- Set a reminder for the event.

Throughout our time together, 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.



Advice for Former Selves

by Kate Baer

Burn your speeches, your
instructions, your prophecies too. In the
morning when you wake: stretch. Do
not complain. Do not set sail on
someone else's becoming, their voice in
your throat. Do not look down your
nose at a dinner party, laughing: If only
they didn't have so many children.

Revision is necessary. The compulsory
bloom. When you emerge with crystals
in one hand, revenge in the other,
remember the humble barn swallow who
returns in spring. If not for her
markings, another bird entirely.



1.

5.

2.

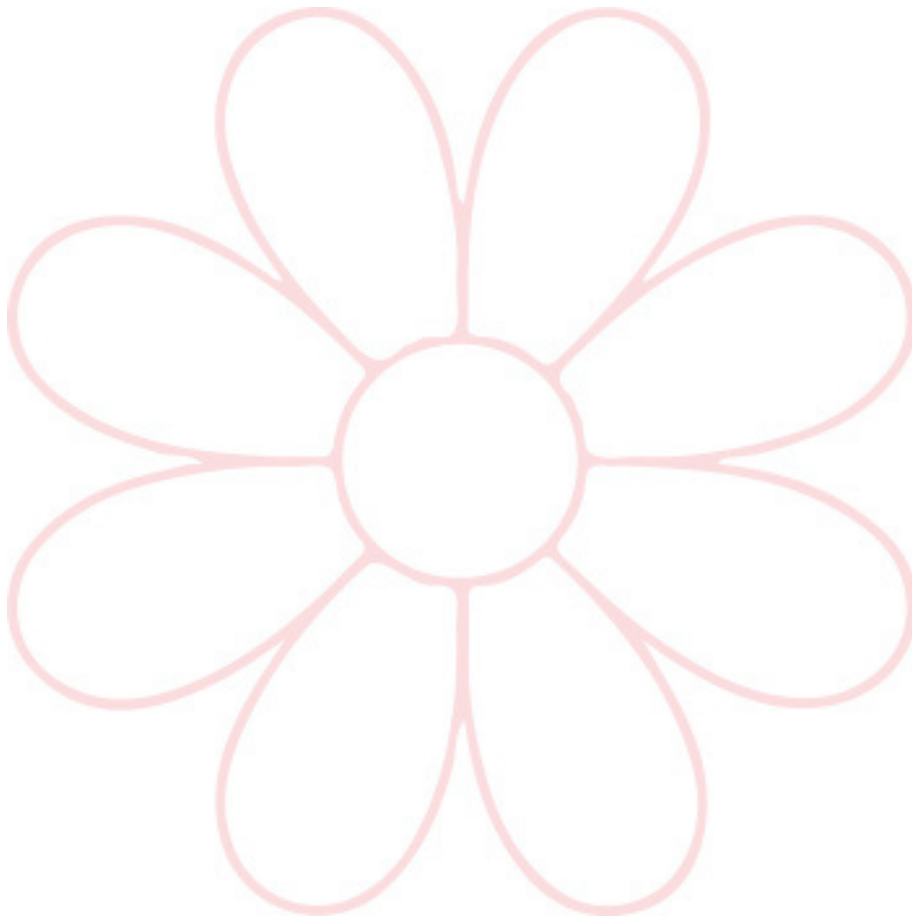
6.

3.

7.

4.

8.

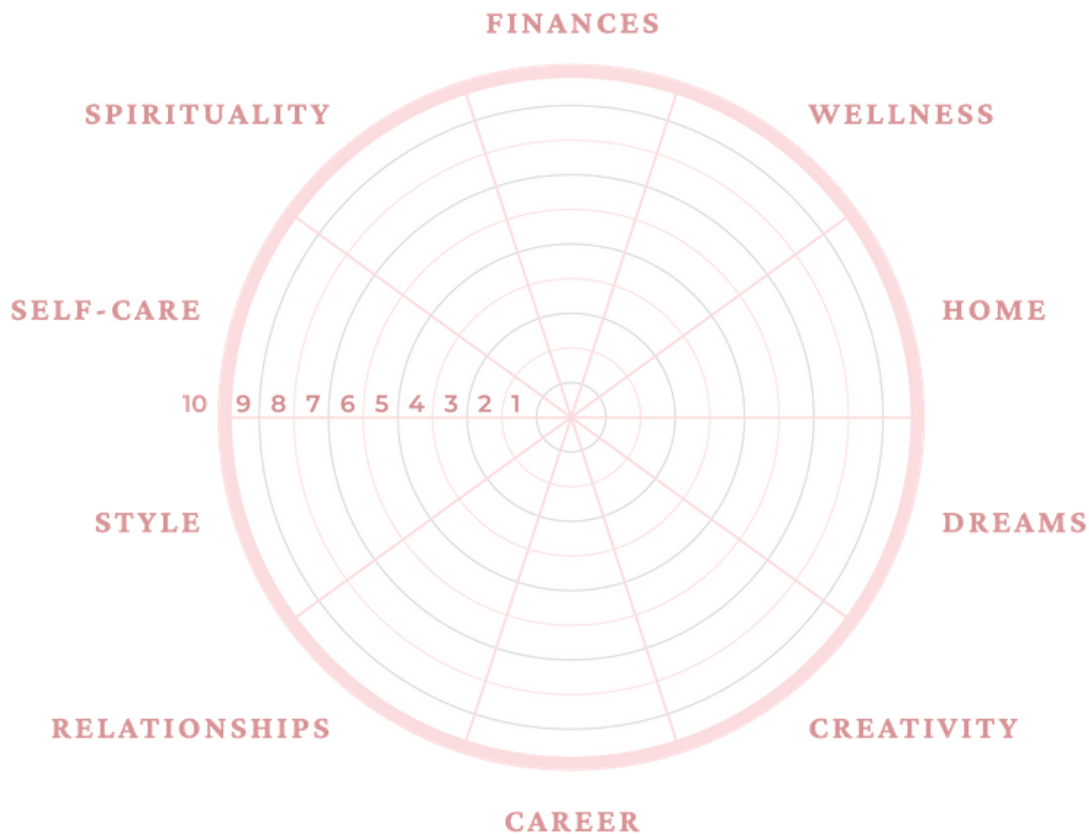




Seasonal Guide

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 |



Reflection

1.

2.

3.

4.

A woman with long, wavy blonde hair is smiling and holding a bouquet of pink peonies. She is wearing a black strapless top. The background is a room with pink walls, a chandelier, a lamp, and a stack of books. The text "Spring Wish List" is overlaid in a white serif font.

Spring Wish List

[illegible]



Notes:



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**.

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 spring, connect, and dream! I hope I've offered you the opportunity to explore new tools that will help facilitate more tranquility in your everyday.

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](#).



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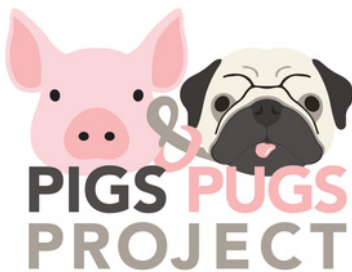


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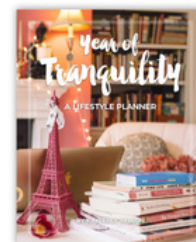
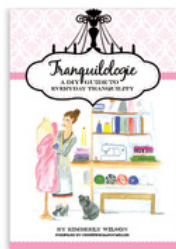
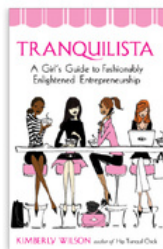
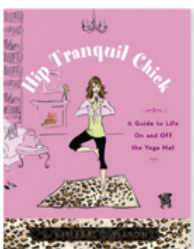
As you transition back into your day or evening (depending on your time zone), move gently and keep this masterclass close to your heart. Make a nutritious meal. Keep exploring the reflection questions. Read poetry. Spend more time with one of these eight petals. Cuddle a furbaby. Make a pot of tea. Write a letter of gratitude. Go for a walk.

Above all, stay connected to what matters most. You're beautiful!

PS A portion of all proceeds from my work supports [Pigs & Pugs Project's](#) mission to make the lives of pigs and pugs happier. Together we can make a difference!



Kimberly





TDJ Style Pop-Up

Saturday, March 27, 1-2 pm ET
Free

Join us for a festive gathering featuring eco-friendly, locally-sewn TDJ's designs.

Learn how to create and style a capsule wardrobe, ways to transition your winter wardrobe into spring, and why we've gone all-noir.

I'll be joined by a few TDJ aficionados to share their favorite pieces and ways to wear!

You'll receive a discount code to shop the collection and be inspired to express your signature style this spring.

kimberlywilson.com/tdjstyle

Virtual Retreat

Saturday, April 3, 1-4 pm ET
\$99

Give yourself the gift of a half-day retreat and hit the reset button. This seasonal experience is an opportunity to reflect, dream, and design.

A virtual retreat includes inspiration, education, and the practice of journal writing, an all-level yoga mindfulness practice, and art journaling.

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

You'll leave refreshed with an action plan to help your spring dreams take root and flourish.

kimberlywilson.com/virtualretreat