



Fall Into Autumn
TDJ LIVE

with Kimberly Wilson



KIMBERLYWILSON.COM



Welcome

"Autumn is a second spring when every leaf is a flower."
—Albert Camus

I'm excited to welcome this brand new season with you. Curl up with vegan hot cocoa and browse through these pages before Sunday, September 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).
- Fill out the reflection questions (pp. 7-8).
- 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* proceeds benefits Pigs & Pugs Project.*



Rebirth

by Alex Elle

There will be moments when
you will bloom fully and then
wilt, only to bloom again.

If we can learn anything from
flowers it is that resilience is born
even when we feel like we are
dying.



1.

5.

2.

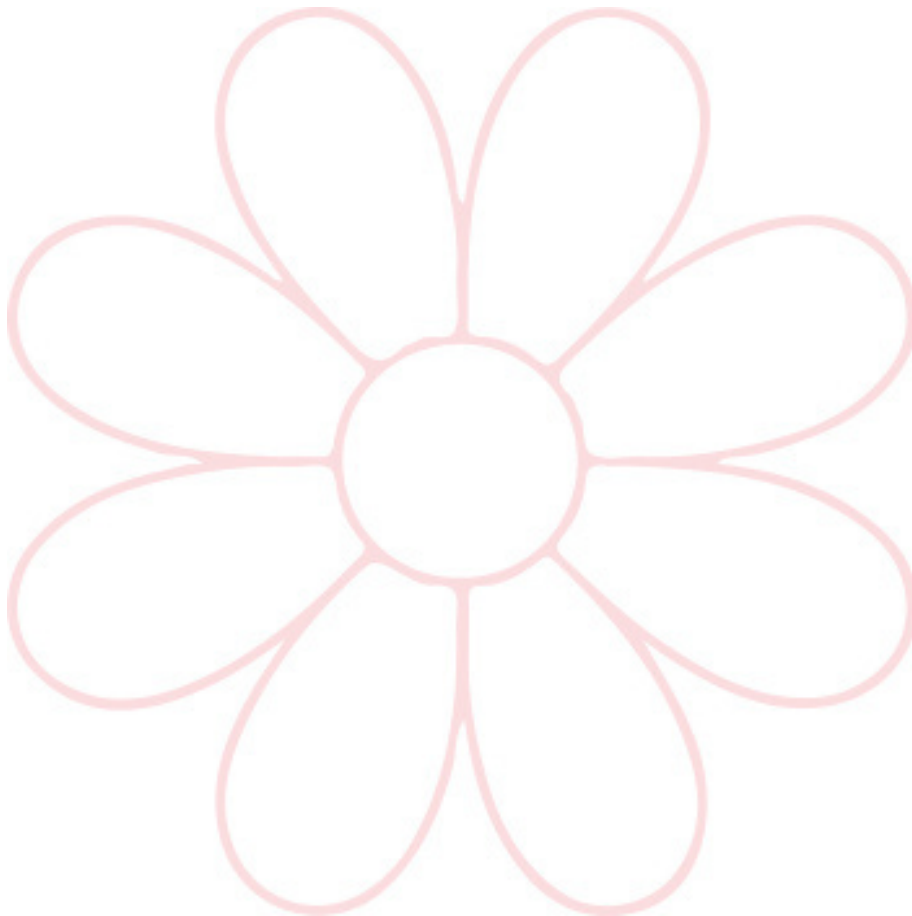
6.

3.

7.

4.

8.



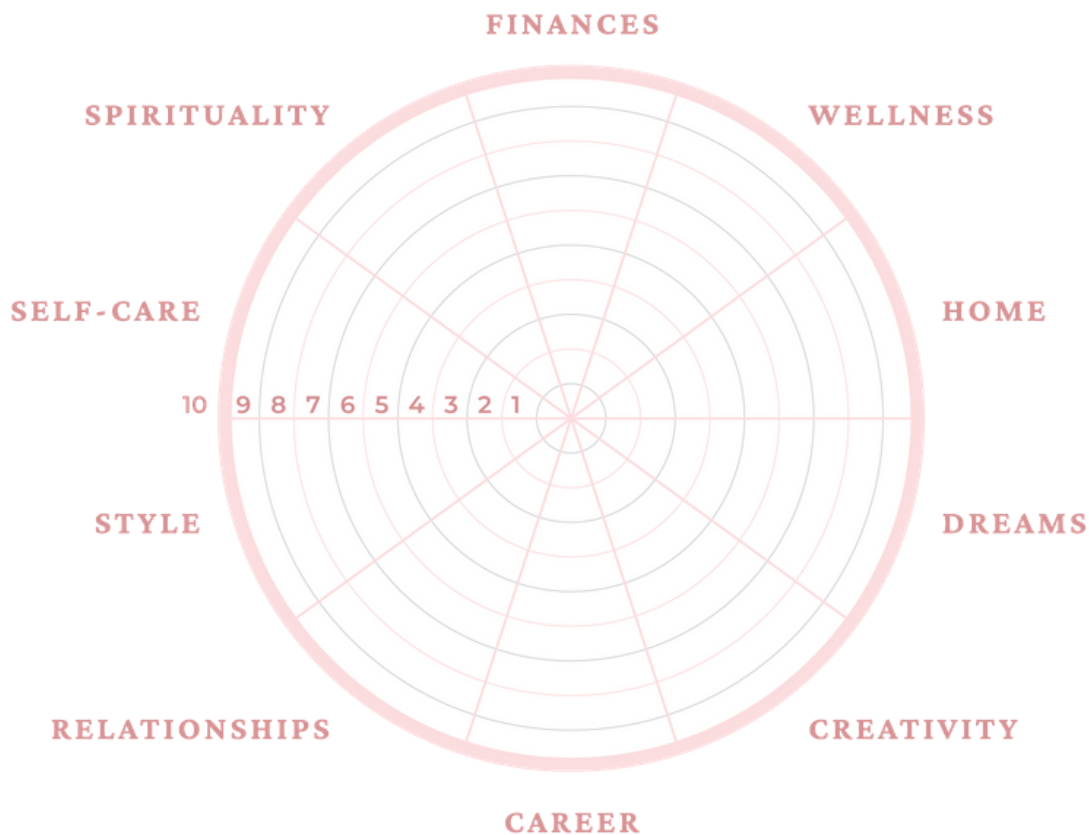


Seasonal Life Review

Seasonally reflect on areas of your life.

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

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. My summer highlights:

2. What am I dreaming about for fall?



3. What do I wish for Q4?

4. What can I start/stop to make these happen?



Notes:



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**.



My Manifesto

Use this page to pen your own.

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 fall, 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



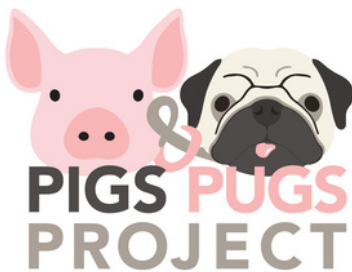
@TRANQUILITYDUJOUR



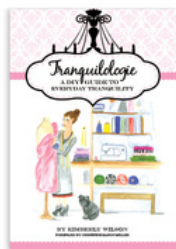
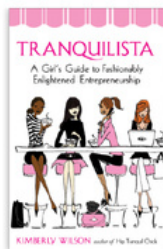
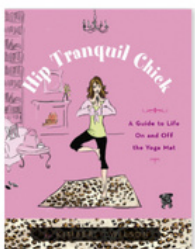
@TRANQUILITYDUJOUR

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. 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 Lifestyle E-course

October 12 - November 9

Reflect, learn, grow, and discuss the five TDJ Tenets—compassion, mindfulness, creativity, wellness, and style—over the course of five weeks.

Filled with practical tools, poetry, how-tos, and encouragement, we'll deep dive into these Tenets to learn ways to live with more intention, style, and ease.

The program includes **five weekly video modules** to watch at your leisure, email encouragement, a private Facebook group, and more.

Registration opens September 20.

kimberlywilson.com/tdjlifestyle

New Year's Virtual Retreat

January 1, 2021, 2-5 pm ET

Start the new year with intention and creative play. This New Year's 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 year and dream up the one to come.

Take your inner artist on a half-day date. Leave with an action plan to manifest your deepest desires on the first day of the new year.

\$99

kimberlywilson.com/virtualretreat