



VIRTUAL RETREAT

Spring



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 delighted that you're joining me for the **Virtual Retreat on Saturday, April 3 at 1-4 pm ET!**

Our day includes: savoring an all-level yoga and meditation practice, spending time in contemplation and community, reflecting on what matters most, designing spring dreams, and writing an action plan.

To prepare, please:

1. **Print and read** through this workbook.
2. **Familiarize yourself** with [Zoom](#) and our [private page](#).
3. **Complete** pp. 7 and 8 in advance.
4. **Set your intention** and share it in our [private Facebook group](#).
5. **Gather your tools** and set the stage (see p. 4)
6. **Pull images and words** that resonate from magazines.

Throughout our gathering, you'll have the chance to share and ask questions in the chat box.

I can't wait to celebrate spring with you!



P.S. If you miss any of the live event, it's being recorded and will be available on your private page within 48 hours.



agenda*

1 pm Welcome

Module 1: Reflect

Module 2: Flow

Brief Break

Module 3: Create

Takeaways + Next Steps

4 pm Closing

**Subject to change.*



Retreat Tips

“I’ve been absolutely terrified every moment of my life—and I’ve never let it keep me from doing a single thing I wanted to do.” —Georgia O’Keefe

To prepare for our retreat, these tips help guide your experience.

BRING A BEGINNER’S MIND. There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

GATHER YOUR TOOLS. **Creature comforts:** cozy clothing, lavender oil, a scarf, rosewater spray, lip balm, flowers, candles, twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

SHOW UP. Bookmark [your private page](#). Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat. [Tune into Zoom](#) a few minutes before 1 pm ET.

SET THE STAGE. Wear something comfy that stretches and you feel good in. Spritz perfume. Sip green juice and a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of each session. Make your retreat set up inviting.

CONNECT. Say hello in [our private Facebook group](#). Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

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.



Playlist



PLAYLIST

TDJ Soul Balm

A collection of inspiring tunes to nourish your soul.

Created by Kimberly Wilson • 45 songs, 3 hr 3 min

[PLAY](#)  

FOLLOWERS
38

Filter

	TITLE	ARTIST	ALBUM		
	(You Make Me Feel Like) A Natural Woman	Aretha Franklin	Lady Soul (With B...	6 days ago	2:45
	In a Different Time	Jesse Marchant	Not Even In July	6 days ago	6:09
	Life Is Jazz	Christopher Loza, ...	Life Is Jazz	6 days ago	5:10
	Preacherman	Melody Gardot	Currency Of Man	6 days ago	4:30
	Young And Beautiful	Lana Del Rey	Young And Beauti...	6 days ago	3:56
	A Quiet Place In The Country	Jazz Lounge Bar	Just The Way It Is	6 days ago	2:42
	(Sittin' On) the Dock of the Bay	Otis Redding	The Dock of the B...	6 days ago	2:44
	Wild Horses	Karen Souza	Bossa n' Stones (L...	6 days ago	4:50
	Landslide	Stacey Kent, Art ...	Landslide	6 days ago	3:54
	Dance Me to the End of Love	Bria Skonberg	With a Twist	6 days ago	5:36
	Don't Tear Me Up	Mick Jagger	Wandering Spirit	6 days ago	4:13
	Baker Baker	Tori Amos	Under the Pink	6 days ago	3:19
	Bolero	Pink Martini	Bolero	6 days ago	6:08
	Brand New Set Of Rules	Mick Jagger	Goddess In The D...	6 days ago	3:44
	All of Me	Billie Holiday	Lady Day: The Co...	6 days ago	3:01
	Enjoy the Silence	Tori Amos	Strange Little Girls	6 days ago	4:10
	Here Comes the Sun	Nina Simone	Here Comes The ...	6 days ago	3:34
	Turn Me On	Norah Jones	Come Away With ...	6 days ago	2:35
	Silent All These Years	Tori Amos	Little Earthquakes	6 days ago	4:11
	Your Heart Is As Black As Night	Melody Gardot	My One And Only...	6 days ago	2:43



Intention Setting

What is my intention for spring?

How will I know if I've met this intention?

How do I most want to grow this season?

What needs to change to make that happen?

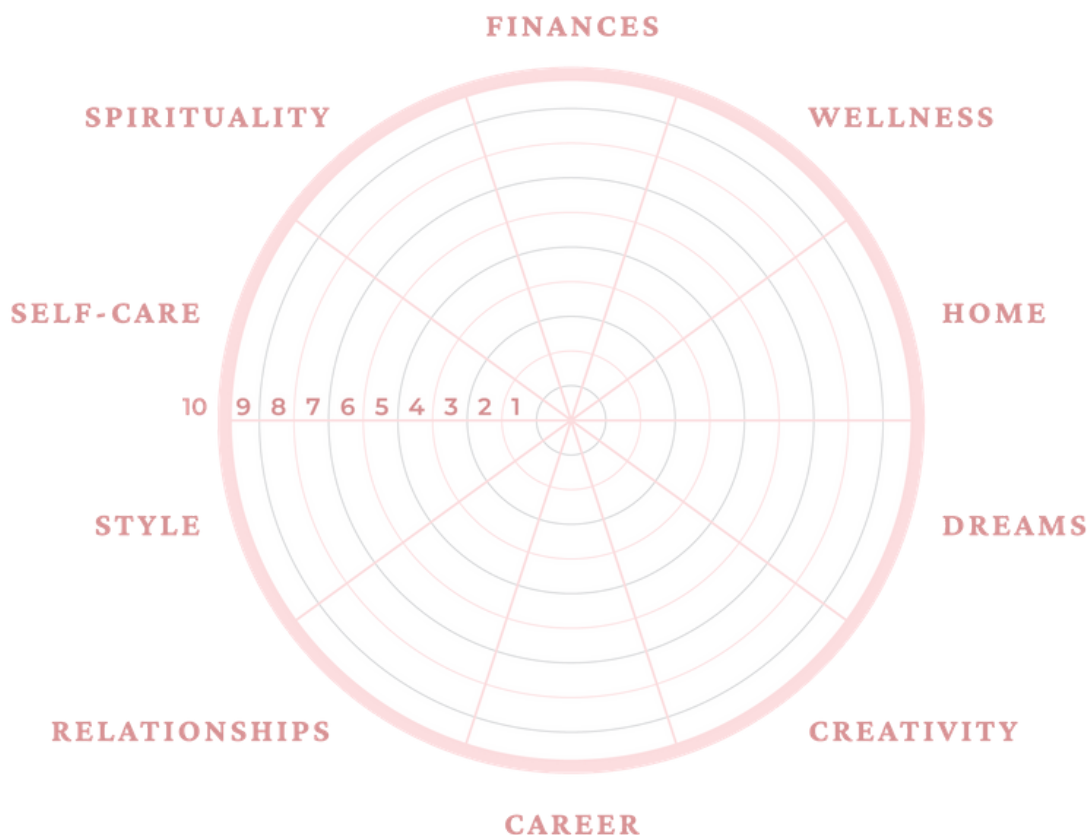
How do I want to feel by summer?



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

- | | | | |
|---|-------------------------------------|--|---------------------------------------|
| ☐ Seasonal Life Review | ☐ Deep Clean | ☐ Practice Essentialism | ☐ Bed Day |
| ☐ Try Something New | ☐ Rearrange | ☐ Tend Your Garden | ☐ Get Cultured |



For a New Beginning

by John O'Donohue

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the gray promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will home in a new rhythm,
For your soul senses the world that awaits you.



Journaling

*“There is no greater agony than bearing an untold story inside you.”
—Maya Angelou*

This may be a practice that you’ve done since grade school where you wrote about your crush of the day, a practice you pick up when you’re upset and need a space to process, or something you’ve never done or understood. No matter how much journal writing you’ve done, my hope is that this will be a helpful gateway to engage with the experience.

Journal writing is the process of putting pen to paper (or fingers to keyboard) and, for many, it can be a therapeutic brain dump to bring light to dark, uncharted territory. As Joyce Chapman says in *Journaling for Joy*, “Through the act of writing things down, you allow yourself to wake up, be aware, and pay attention to what your life has to teach you.”

JOURNAL PROMPTS:

1. Barn’s burnt down — now I can see the moon. What does this haiku written by 17th century poet Masahide mean to me as we move through the pandemic?
2. What am I noticing in my body right now?
3. As I look at the results of my Seasonal Wheel of Life, what needs attention?
4. Where am I in my life right now and where do I want to be?
5. What have I learned about myself during the pandemic?
6. As I contemplate life post-pandemic, what do I want to be different?

Journaling is a tool to help explore and better understand patterns, motivations, fears, and struggles. It’s also a safe space to capture dreams, to celebrate, and to grow. Let’s get started!



Spring Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Wear open-toed shoes
5. Place yellow daffodils on your bedside table
6. Spring clean your closets, pantry, and beauty products
7. Take in the many blooming trees
8. Repot any overgrown plants
9. Visit an animal sanctuary
10. Plant impatiens and sweet potato vines in your garden
11. Pick up succulent fruit at the farmers' market
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Snap photos of blooming bushes
15. Savor the sunshine on your skin (hello, vitamin D)
16. Add pops of colorful tulips to your desk
17. Go camping
18. Cultivate a garden (windowsills count)
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Hit the beach before the crowds arrive
22. Plan a spring break trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Set out a bird feeder
27. Grow fresh mint for your tea
28. Pack up your heavy winter gear
29. Practice yoga outside
30. Host a mini cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

My Ideas



Reflection

1.

2.

3.

4.



"With every breath, the old moment is lost; a new moment arrives. We exhale and we let go of the old moment. It is lost to us. In doing so, we let go of the person we used to be. We inhale and breathe in the moment that is becoming. In doing so, we welcome the person we are becoming. We repeat the process. This is meditation. This is renewal. This is life."

—Lama Surya

Without getting all fancy on you, I'm encouraging the exploration of a basic three-part breath (dirgha pranayama). Our breath serves as a tool for coming into the present moment and eases stress, calms the nervous system, increases focus, and increases oxygen to the blood.

And the best part, we always have it with us. No need to roll out a yoga mat or put on stretchy clothing.

Begin by finding a comfortable seat and breathe naturally for a few moments.

Next, draw the breath in through your nose and fill your belly, ribs, and chest with air. Then exhale and release your chest, ribs, and belly.

If you can't quite feel one of these parts (often the belly), place your hand there and try to move it with your breath. That's the best way to find those tricky parts.

Continue this breath for a few minutes.

No one has to know you're doing this. If you're dealing with a delayed flight, a tough conference call, a crying baby, or barking dog, this is a great go-to. Try this practice (the fourth limb of yoga) throughout the week a few times a day and watch your body and mind soften. Notice your breath.

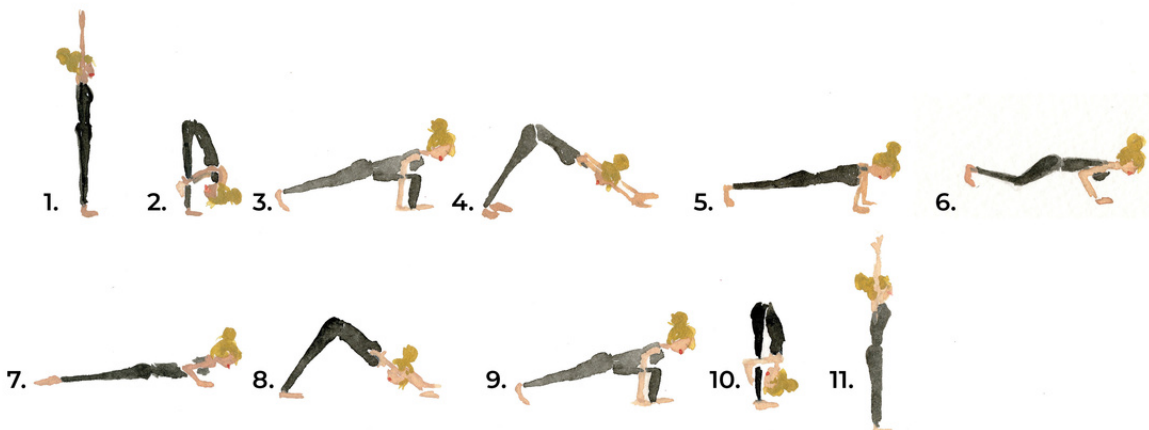
Yoga

WHAT IS YOGA? The word yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word *yuj*, which means to yoke. In contemporary practice, this is often interpreted as union of the mind, body, and spirit.

WHY IS IT BENEFICIAL? Yoga is known to improve flexibility, build strength, quiet the mind, increase muscle tone, improve balance, support joint health, teach better breathing, increase self-confidence, and reduce stress.

HOW TO DO IT: Put on comfy clothing that stretches, light a candle, and roll out your yoga mat. Move slowly and intentionally. Listen to your body and avoid stretching beyond its limits. If something doesn't feel good, pause and modify. Try this sun salutation:

1. Come to mountain pose at the top of the mat. Feel your feet grounded firmly. Set an intention. Inhale, reach your arms to the sky.
2. Exhale, trace the midline of your body through prayer position and into a forward fold.
3. Inhale, step back with your right leg to a lunge.
4. Exhale, step back with your left leg to downward-facing dog (an inverted "V").
5. Inhale, float forward to plank pose. Align your shoulders over your wrists and wiggle your feet back so your heels are over the balls of your feet. If this is too much on your wrists, drop your knees.
6. Exhale, drop your knees, bend your arms to a 90-degree angle, hug your elbows into your body, and lower down so that your shoulders and hips are in a straight line for half-chaturanga.
7. Inhale, uncurl your toes, drop your belly, lift your heart center, and slide into cobra. Relax your shoulders from your ears.
8. Exhale, curl your toes under, and lift your hips up and back into downward-facing dog.
9. Inhale, step forward with your right foot.
10. Exhale, step your left foot between both hands to a forward fold.
11. Inhale, trace your midline to the sky. Exhale, place your hands to prayer position in front of your heart. Repeat on the opposite side (step back with the left leg).





Mindfulness

"You are the sky. Everything else—it's just weather."

—Pema Chödrön

WHAT IS MINDFULNESS?

Jon Kabat-Zinn defines mindfulness as "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." Instead of going down the rabbit hole with our thoughts (usually about the past or future), we make a conscious effort to catch ourselves and bring awareness back to the present moment. Mindfulness is the process of deep awareness and accepting each experience, sensation, thought, or feeling, just as it is, without trying to change it.

WHY IS IT BENEFICIAL?

Benefits of mindfulness include an increase in acceptance, compassion, concentration, and self-control, along with a decrease in stress (to name a few). Neuroscientists have found that after just 11 hours of meditation, practitioners had structural changes in the part of the brain involved in monitoring focus and self-control.

10-MINUTE SEATED MEDITATION

Come to a comfortable seated position. Close your eyes and pay attention to your breath, body, thoughts, and emotions. As your mind wanders, bring it back to the breath to build concentration, observe your emotions, and notice physical sensations like clenching of the jaw. You will get distracted repeatedly and it doesn't mean you're doing it wrong. The act of noticing you're distracted and returning to your breath IS the practice of meditation.

WALKING MEDITATION

Instead of getting from point A to point B, the point of walking meditation is to arrive in the present moment of each step. Notice the movement of each foot as you lift it, move it forward, and place it back down with each step. Lift, shift, place. Walk back and forth in a line at home or wander on a large lawn. Practice for five to 10 minutes.



Mid-Retreat Reflection

A large, empty rectangular box with a white background, framed by a light pink border, intended for writing a reflection.



15 Healthy Habits

“There is a connection between self-nurturing and self-respect.” —Julia Cameron

Track your daily use of these self-care practices for one week and note how you feel.



WAYS TO INCORPORATE:

1. Schedule it
2. Reward yourself
3. Call in support
4. Change “I have to” to “I choose to”
5. Habit stack
6. Prepare for obstacles
7. Say “no, thank you”
8. Make it a foundation of your daily routine
9. Track it

	1	2	3	4	5	6	7
Restful Sleep							
Warm Bath							
Deep Breathing							
Mindful Movement							
Journaling							
Gratitude							
Postive Self-talk							
Mindful Eating							
Goal Review							
AM & PM Rituals							
Digital Down Time							
Creative Play							
Meditation							
Loving Connection							
Stay Hydrated							



Productivity

When asked how I juggle various projects, my answer is always that I write everything down—getting it out of my head and onto paper. I carry my planner, an ideas book, and a journal with me at all times.

My most helpful tool is clarifying weekly, and sometimes daily, MITs (Most Important Tasks). Noting what must be accomplished that day/week helps put the rest of the to-dos in perspective. This is my Sunday night exercise.

I also try to break projects into smaller tasks (think micromovements), so instead of “launch fall collection,” I write, “choose colors” and “order lab dips.”

We all wear so many hats. To avoid switching them multiple times throughout the day, I set times for handling email, writing, projects, home stuff, clients, exercise, and family. That way I can be fully present with the person or task at hand.

Productivity also needs rest. One of the biggest lessons I've learned during the past 20 years of entrepreneurship is to step away from the computer, breathe, and say “yes!” to fun, even if I have more to-dos (there always are). There are few things that a hot bath, walk, or good sleep can't fix or at least offer a fresh perspective on.

To explore your productivity, write out everything that's on your mind. Review it for action steps to add to your to-do lists. Clarify your MITs. Track your time over the next two weeks to get an average of how you're spending it. Familiar with the 80/20 rule? Also known as the Pareto Principle, it means that 80 percent of our results come from 20 percent of our actions or, another way to look at it is, 20 percent of our work drives 80 percent of our outcomes. This rule serves as a gentle nudge to cut out the non-essentials that generate little value to declutter our time and energy so that we can focus on what matters most.

List your various hats. Explore ways to wear them during time chunks (hello, Pomodoro Technique) that align with your complementary energy level such as early morning exercise or evening writing. Create your ideal version of the week while keeping your various hats and energy levels in mind. Be the boss of your time and energy! That way the day-to-day minutia doesn't overpower the big picture.

List your projects, clarify your MITs, track your time for a week, and consider your ideal 168 hours (the hours in one week). Note a few ways to bridge any gap between the two keeping energy levels in mind. You've got this!



Schedule

“How we spend our days is, of course, how we spend our lives.” —Annie Dillard

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00 PM							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00 AM							



INCLUDE:

Veggies (lots of dark leafy greens)
Quinoa, brown rice, millet
Beans, legumes, lentils
Unsalted/unroasted nuts and seeds
Fruits
Fresh herbs
Water
Herbal tea
Unsweetened non-dairy milks
Extra virgin olive oil

ELIMINATE:

Gluten (wheat, rye, barley)
Animal products (fish, eggs, meat)
Caffeine, alcohol, soda
Added sugar
Dairy
Processed or fried foods

MEAL IDEAS:

mixed greens salad, steamed
veggies over brown rice, veggie
soup, sweet potato noodles, spicy
hummus, stuffed avocado or red
pepper, lettuce wrap black bean
tacos, or roasted veggies with
quinoa

Detox

*Feeling lethargic, overindulgent, or in need of a reset?
Try this seven-day cleanse by combining self-care with
clean food to release toxins, feel lighter, and rejuvenate.*

Basic 7-Day Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	8oz warm water with lemon and 1-2 TBSP ground flaxseed						
	green smoothie or chia seed pudding						
	tongue scrape						
LUNCH	dry skin brush						
	lunch meal*						
	Exercise						
P.M.	dinner meal*						
	journal						
	bath						
	herbal tea						
	exercise						

- Remove temptations from your home. Bye, bye sugary cereals.
- Review the basic food plan and pick up these staples: brown rice, fresh and/or frozen veggies (especially kale, spinach, avocados, cauliflower), frozen fruit (for green smoothies or smoothie bowls), chia seeds, ground flaxseed, lemon, herbal tea, raw nuts, veggie stock for soups, apples, nut butters, gluten-free whole grains, hummus.
- Start weaning off the sugar, alcohol, and caffeine. I know, I know, it may sound impossible, but it's worth the effort. Promise!
- Upgrade your eating to include five servings of fruit and veggies each day.
- Gather your tools and schedule your self-care: journal, tongue scraper, bath supplies, dry skin brush, exercise, massage.
- Schedule time for food shopping and prep.
- Include an abundance of healthy fats like nuts, seeds, avocados, and edamame to help curb cravings.
- Drink plenty of water to help release toxins. Add lemon, mint, and cucumber slices to spice it up.
- Believe you can do this and enlist the support of others. Better yet, have them join you!
- Track your journey and strive for progress, not perfection. You've got this!



Wellness Planning

SHOPPING LIST

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PLANT-BASED PROTEINS

1. **NUTS:** walnuts, almonds, cashews, peanuts
2. **SEEDS:** flax, chia, pumpkin
3. **BEANS:** black, lima, kidney, chickpeas, lentils, edamame
4. **LEAFY GREENS:** spinach, kale, collards
5. **VEGGIES:** broccoli, peas, cauliflower, asparagus, corn
6. **OTHER:** quinoa, tofu, tempeh, and more!

Use this to plan or track your weekly wellness practices.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Lunch							
Dinner							
Water	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
Exercise							
Sleep							
Mood							



Navigating Uncertainty

What you do makes a difference, and you have to decide what kind of difference you want to make. —Jane Goodall

MENTAL:

Stay informed, not obsessed. Set social media limits. Fill your mind with what feeds you—inspiring podcasts, books, stories. Learn something new. Virtually visit famous museums. Compile a wish list. Do a puzzle. Avoid catastrophizing. Unplug. Virtually visit National Parks. Take up a hobby. Create a page in your art journal. Write a short story. Try a new recipe. Learn a new language. Take an online class. Bake a pie.

PHYSICAL:

Move your body. Get outside. Try online workouts. Fill your body with healthy options. Get ample sleep. Clean your space. Regularly pause and take five deep breaths. Ride a bike. Notice how emotions affect your body. Avoid excess mind-altering substances such as caffeine, drugs, nicotine, and alcohol. Soak in the tub. Clear out your closet, drawers, and cupboards. Repot plants. Go for a long walk and observe your senses. Roll out your yoga mat.

EMOTIONAL:

Write about your feelings. Try teletherapy. Practice the 3 Ns: notice sensations, name emotions, navigate next steps. Establish a nourishing routine. Be gentle with yourself. Engage in self-soothing practices. Make self-care a priority. Meditate. Focus on what you can control (hint: it's our reaction). Show compassion. Track your moods. Stay connected to others. Seek support. Video chat with friends. Reflect. Create a gratitude list. Be still.

SOCIETAL:

Donate to local food banks. Share resources—an article, food, time, a kind word, money. Adopt or foster an animal. Shop small and local when possible. Check in with those who live alone (and those who don't—everyone needs love). Order takeout from local restaurants. Buy a gift card to support a small business. Keep memberships going. Tip generously. Donate to a charity in need. Educate yourself on issues.



Create A Capsule

A capsule wardrobe is a collection of essential and versatile pieces. The benefits of having a uniform (an outfit you wear regularly) or capsule wardrobe include: creating your signature look, no longer experiencing the “I have nothing to wear” dilemma, reducing decision fatigue, not buying frivolously, and having more time.

Create Your Own:

- After your closet clean out, count and assess your favorite 10–40 pieces. There’s no magic number, choose what fits for you. Extras such as workout wear, intimates, sleepwear, coats/jackets, accessories, shoes, and special occasion pieces don’t count in your total.
- Create an inventory list of your chosen pieces and assign a number to each one. Set the other articles of clothing aside for now (or donate them).
- Play dress up and snap photos of different ways to mix and match plus layer the items on your list. Print and post the photos inside your closet door or upload on an app.
- Note the combinations on your inventory sheet. Record the numbers and looks, such as two, six, and eight create a festive date night look. For an example, [check out this layering of my uniform](#): the TDJ 2in1 fitted top and capri leggings.

Wardrobe Staples:

- little black dress
- black pants in a versatile fabric
- black tank top
- dark wash jeans
- black wrap dress
- white tee or button down
- black blazer
- black cardigan
- black midi skirt



My Own Capsule Wardrobe

Favorite Pieces Inventory

Mix & Match Outfit Ideas

My Accessories

Accessories can turn your average black dress into a cocktail-worthy ensemble when paired with heels, a faux fur shrug, and sparkly earrings. Or a fancy black dress into a more casual chic look when paired with a denim shirt and sneakers.

Accessories to play with: warm smile, brooches, sunnies, scarves tied in the hair/around neck/around wrist/around handbag, necklaces (long faux pearls fancy up a black tee and jeans), earrings, hats, bags, arm/legwarmers, rings, umbrellas, belts, positive attitude, outerwear, footwear.

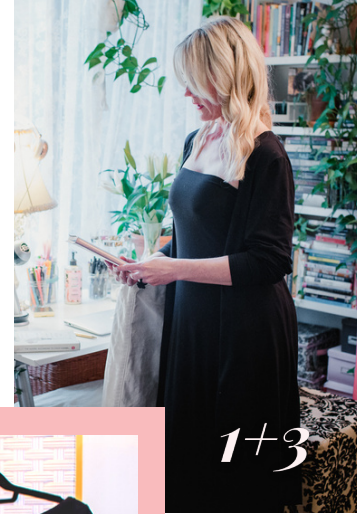
Visit kimberlywilson.com/TDfStyle for a video tutorial.



Mix & Match

5 pieces, 8 looks:

(1) maxi skirt dress, (2) palazzo pant, (3) duster wrap, (4) zini fitted, (5) capri leggings



Artist Dates

Julia Cameron, author of the life-changing book *The Artist's Way*, coined Artist Dates—a one-hour weekly solo excursion to nurture your creative spark. It's about taking your inner artist out on a date to give the mind an opportunity to rest, play, and uncover ideas that may not show up in daily life.

I've been an avid fan of the idea for nearly two decades and strive to include it in my weekly routine either spontaneously as I pass a bookstore, or planned by signing up for a calligraphy workshop.

Here are some ideas on crafting your own:

- Art journal
- Virtually visit museums and national parks
- Create a vision board (Pinterest or scissors & glue)
- Set up a creative space
- Pull together a creative to-go kit
- Learn origami
- Try a different type of movement class
- Read a classic
- Set up an altar
- Make jewelry
- Virtually visit the Paris Opera house
- Play in a coloring book
- Knit or crochet a scarf
- Bake a cake
- Go through that pile of magazines (pull images for art journaling)
- Write a poem
- Watch a creative documentary (*Iris*, *Dior & I*, *Bill Cunningham NY*, *A Ballerina's Tale*, *Diana Vreeland*, *The September Issue*, *The Creative Brain*, *The Gospel According to André*)
- Pen snail mail love notes
- Try on your clothing and create new outfits
- Take an online class
- Do a puzzle
- Create DIY bath products
- Try a new recipe
- Write a bucket list
- Make a playlist



More ideas:



Art journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.



Closing

1.

2.

3.

4.

Love Note

"Above all, be the heroine of your life, not the victim." — Nora Ephron

Thank you for joining me today to contemplate and create. I hope this experience allowed you to reset and rejuvenate.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time in creativity. Go for a long stroll. Stay connected to what matters most.

Let's stay in touch via weekly Love Notes and Tranquility du Jour podcast episodes.

You're beautiful and you've got this. May spring be filled with bloom after bloom! x



@TRANQUILITYDUJOUR



@TRANQUILITYDUJOUR

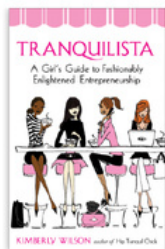
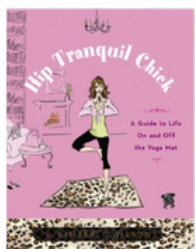


@TRANQUILITYDUJOUR



Kimberly

A portion of all Tranquility du Jour proceeds benefits Pigs & Pugs Project, so thank you for making a difference.





Everyday Retreat

“The world needs people who retreat from the world in order to see it more clearly.”
—Patrick Shen

1. **SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Keep the slower pace of the retreat with you. Remember to breathe and observe what is happening within you.
2. **NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
3. **HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
4. **SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
5. **EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?



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**.



30 Days of Tranquility

Try this 30-day challenge to infuse your month with simple pleasures.

1

SIT STILL FOR
FIVE MINUTES

2

DO SIX SUN
SALUTATIONS

3

WRITE A
LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A
GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR
20 MINUTES

9

DO LEGS
UP THE WALL

10

GIVE \$10 TO
CHARITY

11

PEN TWO
JOURNAL PAGES

12

REVIEW YOUR
YEAR'S DREAMS

13

CLEAR CLUTTER

14

GO ON AN
ARTIST DATE

15

COLLAGE TWO
PAGES

16

TREAT YOURSELF
TO TEA

17

READ FOR
20 MINUTES

18

BUY YOURSELF
FLOWERS

19

DANCE TO A
FAVORITE TUNE

20

EXPRESS
GRATITUDE

21

EAT ONLY
UNPROCESSED
FOODS

22

SOAK IN A
BUBBLE BATH

23

MINDFULLY
SIP A LIBATION

24

GET OUT
IN NATURE

25

FORGO
COMPLAINING

26

TAKE A
DIGITAL DAY OFF

27

SNAP PHOTOS
FROM YOUR DAY

28

MAKE A
FAVORITE MEAL

29

HUG

30

BE FULLY
PRESENT

Savvy Sources



Creativity

#78 Creativity Cravings
#122 Being Succulent with SARK
#152 Musings on Creativity
#154 Guide to Creativity
#184 Creative Awakenings
#238 Abundant Wild Life
#242 Brave Intuitive Painting
#273 Making Your Creative Mark
#307 Yoga + Creativity
#373 Creative Practice
#442 Creativity
#472 Wild Words
#495 Free the Creative Within

Style

#42 Outer Beauty
#179 Signature Style
#259 Project 333
#289 Finding Your Ooh la la
#310 Style Secrets
#338 All About the Pretty
#351 At Home with Madame Chic
#354 The Good Karma Diet
#366 Polish Your Poise
#414 Parisian Charm School
#438 Simply Luxurious Life
#464 Summer Style
#510 Soulful Living

Wellness

#61 Self-Nurturing Survival
#181 Living The Not So Big Life
#240 Main Street Vegan
#335 Walk On the Healthy Side
#348 Mindful Self-care
#370 Sipping Tea
#397 Nourish 360
#398 Make Peace with Your Mind
#421 From Anxiety to Love
#426 Breaking Up with Busy
#484 Money Management
#486 Stop Checking Your Likes
#506 Living Ayurveda

Mindfulness

#171 Musings on Mindfulness
#267 Mindful Living
#317 Mindfulness Diaries
#320 Mindfulness
#341 Everyday Mindfulness
#356 Uncovering Happiness
#357 Mindful Eating
#416 All Our Waves Are Water
#470 Love On Every Breath
#473 Now is the Way

Compassion

#116 Spiritual Activism
#328 Life Purpose Bootcamp
#359 Artistic Activism
#439 Give A Sh*t
#451 Racial Justice
#452 Reducetarian
#475 Zero Waste
#491 Being An Ally
#501 Slow Living
#508 Sustainable Living



You're Invited



TDJ Lifestyle E-course

Opens in May • Join the waitlist

Reflect, learn, and discuss the five TDJ Tenets—mindfulness, creativity, compassion, wellness, style—over the course of five weeks. Weekly modules, videos, and inspiration to live tranquility.

kimberlywilson.com/tdjlifestyle

TDJ Live Masterclass

Sunday, June 20, 8-9 pm ET • Free

Enjoy space for reflection, intention setting, and connection. During the experience I'll share eight tranquility tips to help you find more balance, beauty, and ease as we launch into summer.

[kimberlywilson.com/TDJ Live](https://kimberlywilson.com/TDJLive)

Mid-Year Virtual Retreat

Saturday, July 10 • \$99

Spend three hours hitting the reset button, connecting with creativity, nourishing your soul, and moving your body as we contemplate the year so far and dream up what's to come.

kimberlywilson.com/virtualretreat