

tranquility du jour 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 strive to alleviate the suffering of all beings, including furry, scaled, and feathered ones. We treat others as we'd like to be treated. We honor the environment and do all we can to protect it through recycling and using only what we need. We help speak for those who don't have a voice.

2 CREATIVITY: We connect with our creative spark and let it shine through art, crafts, writing, setting a table with flair, or living out loud. Our surroundings reflect our creative style. 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: How we present ourselves to the world and how we experience the world affect how we feel. We choose a signature style that is personal and reflects who we are. Our homes and offices are set up in a way that nurtures our spirits. Since what we put inside our bodies shows on the outside, we fuel ourselves with whole foods and occasional indulgences. We are moved by the arts, flowers, and simple pleasures.

4 MINDFULNESS: We bring awareness to how we spend our days. Through practices such as meditation and yoga, we connect with our minds and bodies. We intentionally choose how to spend our time, energy, and money to reflect our values. Practicing simplicity and seeking meaning guides us toward what matters most.

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 helps 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.

