

New Year's TDJ Live



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

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, and 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, unprocessed 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.



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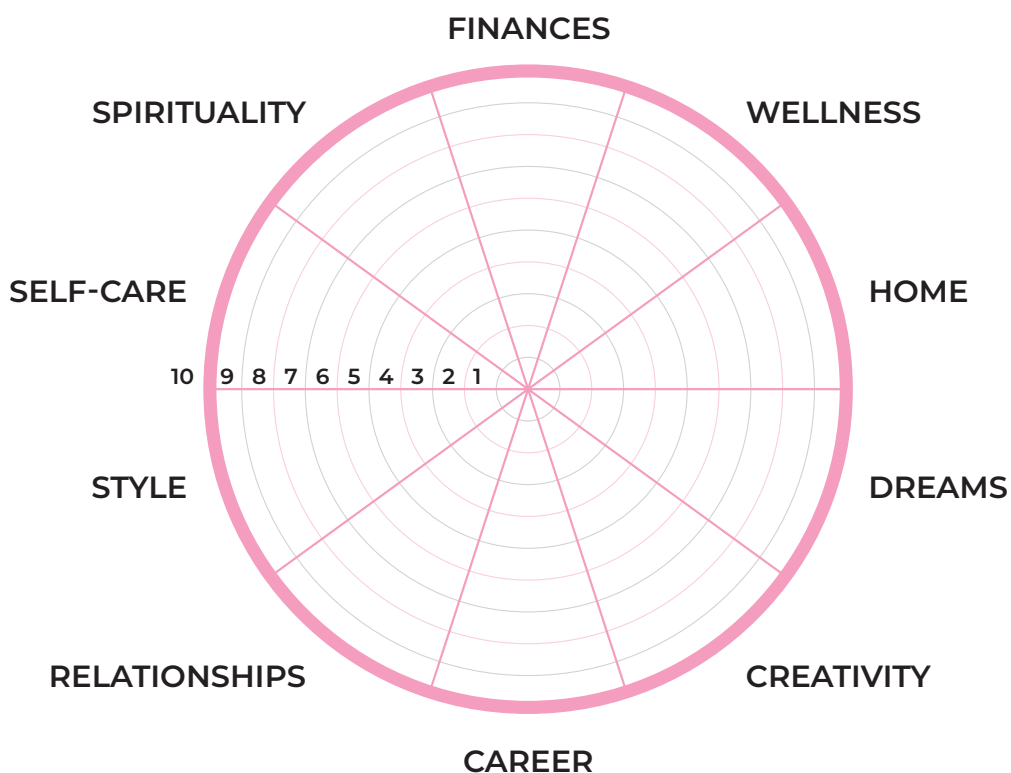
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seasonal life review

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.



ACTION STEPS TO INCREASE AREAS THAT ARE LOWER THAN I'D LIKE:

seasonal checklist

- | | | | |
|--|-------------------------------------|--|--|
| <input type="checkbox"/> WHEEL OF LIFE | <input type="checkbox"/> DEEP CLEAN | <input type="checkbox"/> PRACTICE ESSENTIALISM | <input type="checkbox"/> TRY SOMETHING NEW |
| <input type="checkbox"/> BED DAY | <input type="checkbox"/> REARRANGE | <input type="checkbox"/> GET CULTURED | <input type="checkbox"/> TEND YOUR GARDEN |
| <input type="checkbox"/> _____ | | | |

year's dreams

DOODLE, LIST, COLLAGE, OR WRITE
WHAT YOU'D LIKE TO MANIFEST THIS YEAR.



wellness planning

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
LUNCH							
DINNER							
WATER	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
MINDFUL MOVEMENT							
SLEEP							

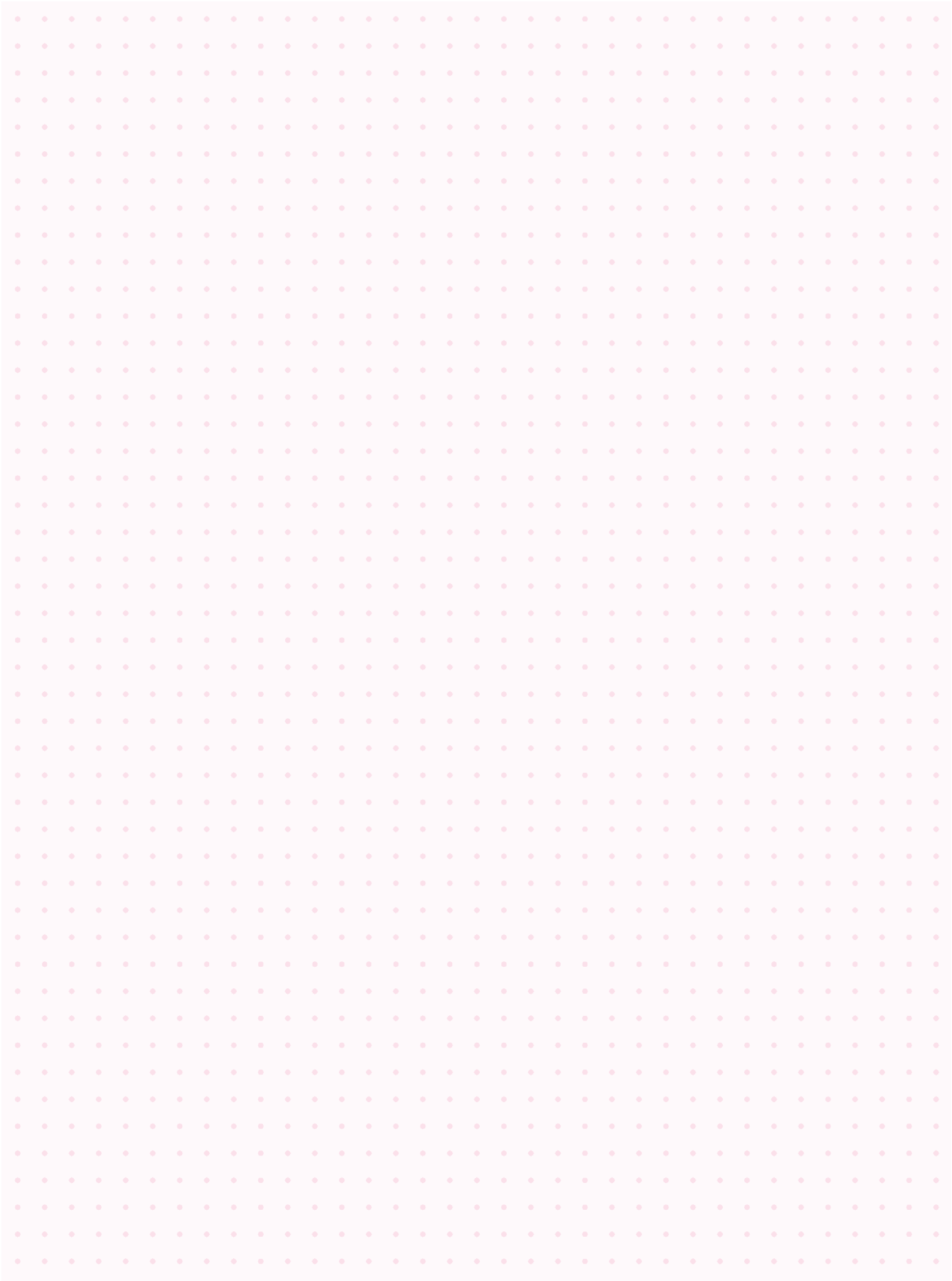
SHOPPING LIST

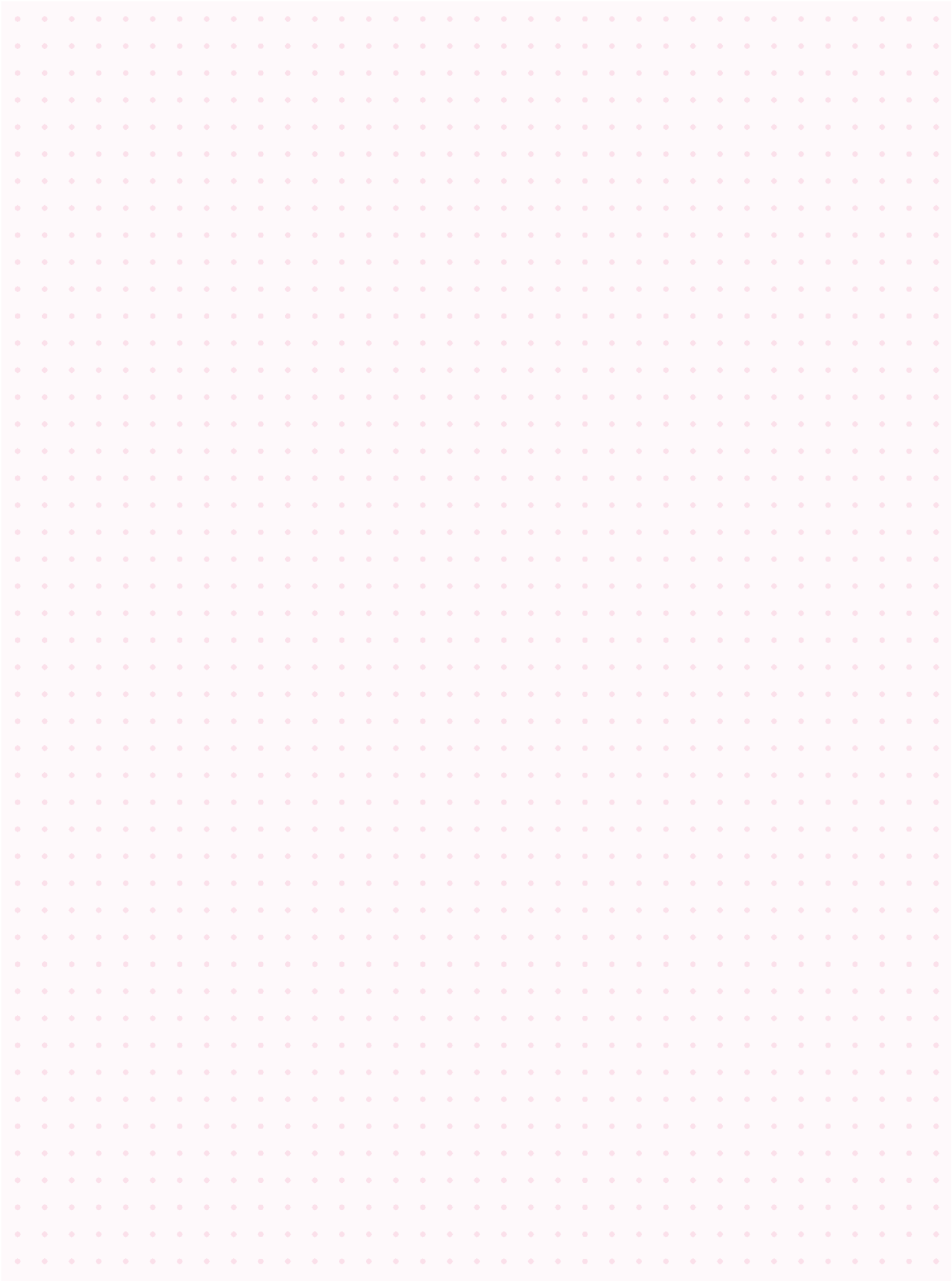
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PLANT-BASED PROTEINS:

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, cauliflower, peas
6. **OTHER:** quinoa, tofu, tempeh, and more!





LOOK FOR BEAUTY ON YOUR DAILY WALK AND SNAP A PHOTO. TUCK A LOVE NOTE INSIDE YOUR PARTNER OR CHILD'S BAG. TRY A NEW RECIPE. PICK UP AN HERB, FRUIT, OR VEGETABLE THAT'S NEW TO YOU AND CREATE A DISH USING IT. DRIVE A NEW ROUTE TO WORK. START YOUR DAY DIFFERENTLY THAN USUAL—INCORPORATE MOVEMENT OR MEDITATION. WEAR A NEW SHADE OF LIPSTICK. ADD A SCARF IN A VIBRANT COLOR. WANDER DURING YOUR LUNCH BREAK. PICNIC IN THE PARK. TRY A NEW TYPE OF TEA. LISTEN TO A NEW PODCAST. ADD A NEW VOCABULARY WORD TO YOUR MIX. ADD A STRIPED PAPER STRAW TO YOUR FAVORITE LIBATION. TAKE NOTES WITH A CRAYOLA MAKER. TOTE AN ARTSY NOTEBOOK OR PINK LEGAL PAD TO YOUR NEXT MEETING. ADD A FEW DROPS OF LAVENDER OIL TO YOUR BATH. TOTE YOUR MORNING SMOOTHIE TO WORK IN A MASON JAR. BRING FRESH-CUT FLOWERS TO YOUR HOME OR OFFICE. BROWSE A THRIFT STORE OR BOOKSTORE. SEAL YOUR NEXT THANK-YOU NOTE WITH WASHI TAPE AND TUCK A TEA BAG INSIDE. TRY A NEW YOGA, DANCE, OR MEDITATION TEACHER. LIGHT A CANDLE. PLUG IN TWINKLE LIGHTS. LISTEN TO A NEW GENRE OF MUSIC. LOOK FOR WAYS TO ADD MORE WHOLE FOODS. CREATE A MEAL PLAN. ADD A CHUNKY NECKLACE TO YOUR ENSEMBLE. SET YOUR WRITING TOOLS ON YOUR DESK IN A VINTAGE TEA CUP. MOVE YOUR FURNITURE AROUND, ADD A BRIGHTLY-COLORED THROW, AND TOSS YOUR MAGAZINES INTO A WICKER BASKET. TRY A NEW PERFUME. DISPLAY POSTCARDS FROM ART EXHIBITS IN FRAMES. WEED YOUR GARDEN (LITERALLY AND FIGURATIVELY). WEAR A FLOWER IN YOUR HAIR.

everyday
creativity

manifesto

I BELIEVE IN HANDWRITTEN NOTES.
I BELIEVE IN USING CHINA AT EVERY MEAL. I
BELIEVE IN THE HEALING POWER OF BUBBLE
BATHS. I BELIEVE THAT YOU'RE NEVER TOO OLD
TO WEAR A TUTU. I BELIEVE IN EQUALITY
FOR ALL. I BELIEVE PARIS IS A DELIGHT TO
ALL SENSES. I BELIEVE IN STARGAZING AND
OBSERVING THE MOON'S PHASES. I BELIEVE THAT
COMPASSION IS THE NEW BLACK.
I BELIEVE IN LAZY SUNDAY MORNINGS. I BELIEVE THAT
MAGIC HAPPENS ON THE YOGA MAT. I BELIEVE
IN EATING PLANTS. I BELIEVE IN HIGH TEA
AT ALL TIMES OF THE DAY. I BELIEVE IN LIVING LIFE
FULL OUT. I BELIEVE NATURE HEALS.
I BELIEVE THAT WRITING IS A TOOL FOR DISCOVERY.
I BELIEVE WOMEN CAN CHANGE THE WORLD. I BELIEVE
IN DONNING NOIR AND LIVING PINK. I BELIEVE THAT
GLITTER AND WASHI TAPE SPARK JOY. I BELIEVE
IN THE EASE OF A CAPSULE WARDROBE. I BELIEVE IN
LIGHTING CANDLES EVERY DAY. I BELIEVE USING
PAINT, COLLAGE, AND PENS 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.

about kimberly wilson

I'm a writer, psychotherapist in private practice, and designer of the locally-sewn, eco-friendly TranquiliT clothing line. I also serve as the president of Pigs & Pugs Project with a mission to make the lives of pigs and pugs happier. I dream of Paris and global animal welfare.

You'll often find me sipping fragrant green tea, practicing yoga on a leopard-print mat, or leading retreats around the world. My work has been featured in *US News & World Report*, *Washingtonian*, *Fast Company*, and *Bella Grace*.

I live in the petite pink palace in Washington, DC with a rescue kitty, rescue pugs, and a partner. Indulge in tranquilosophy via my blog and podcast, *Tranquility du Jour*, and online courses.



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