



Spring TDJ live

WITH KIMBERLY WILSON



welcome

“MY MISSION IN LIFE IS NOT MERELY TO SURVIVE, BUT TO THRIVE; AND TO DO SO WITH SOME PASSION, SOME COMPASSION, SOME HUMOR, AND SOME STYLE.”

—MAYA ANGELOU

I'm excited to be with you to welcome this brand new season. Curl up with a cuppa tea and browse through these pages before Sunday, March 24 at 8pm ET.

Before we gather, I encourage you to:

1. Print and read through this Guidebook.
2. Complete a Seasonal Life Review (p. 7).
3. Fill out the reflection questions (pp. 8-9).
4. Set up your space and share images using **#TDJLive**.

Set the stage (candle, aromatherapy, libation, snack, twinkle lights), gather your tools (your copy of *Year of Tranquility* or a journal, markers, washi tape, a computer or smartphone with internet access), wear something comfy, keep the time sacred, and get ready for one tranquility-filled hour. You are beautiful.

Throughout the event, you'll have the opportunity to share and ask any burning questions in the chat box. Thank you for joining me!

with much gratitude,
Kimberly

P.S. Remember, if you miss any of the live event, it's being recorded and will be available for download within 24 hours.

AGENDA*

8:00 Welcome

- Centering
- Seated Yoga
- Reflection
- Spring Tranquility Tools
- Savvy Sources
- Takeaways + Next Steps

9:00 Closing

*Subject to change.

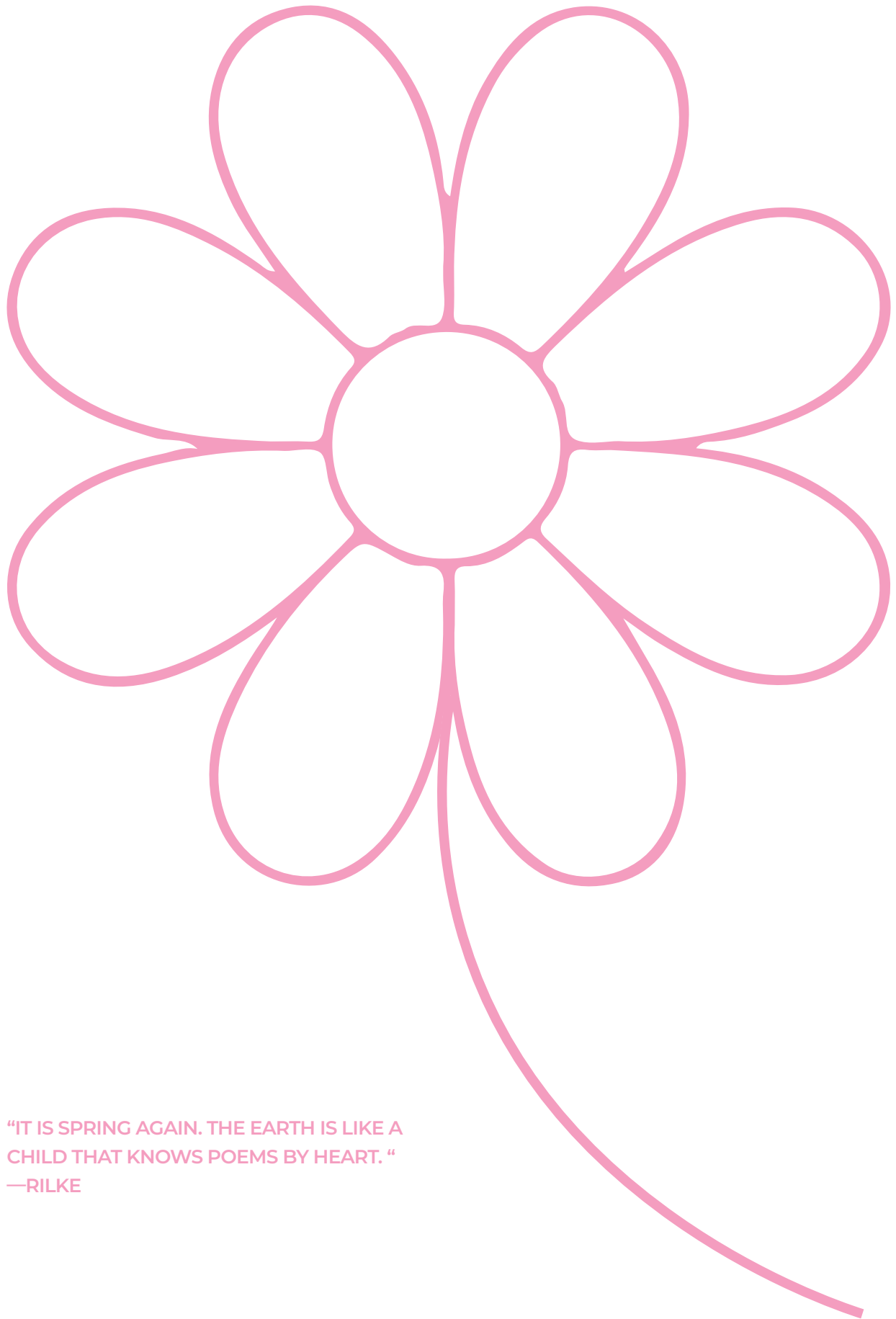
manifesto

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**.

THE GUEST HOUSE

BY RUMI

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who violently sweep your house
Empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out
For some new delight.
The dark thought, the shame, the malice,
Meet them at the door laughing,
And invite them in.
Be grateful for whoever comes,
Because each has been sent,
As a guide from beyond.*



“IT IS SPRING AGAIN. THE EARTH IS LIKE A
CHILD THAT KNOWS POEMS BY HEART. “
—RILKE

1.

2.

3.

4.

5.

6.

7.

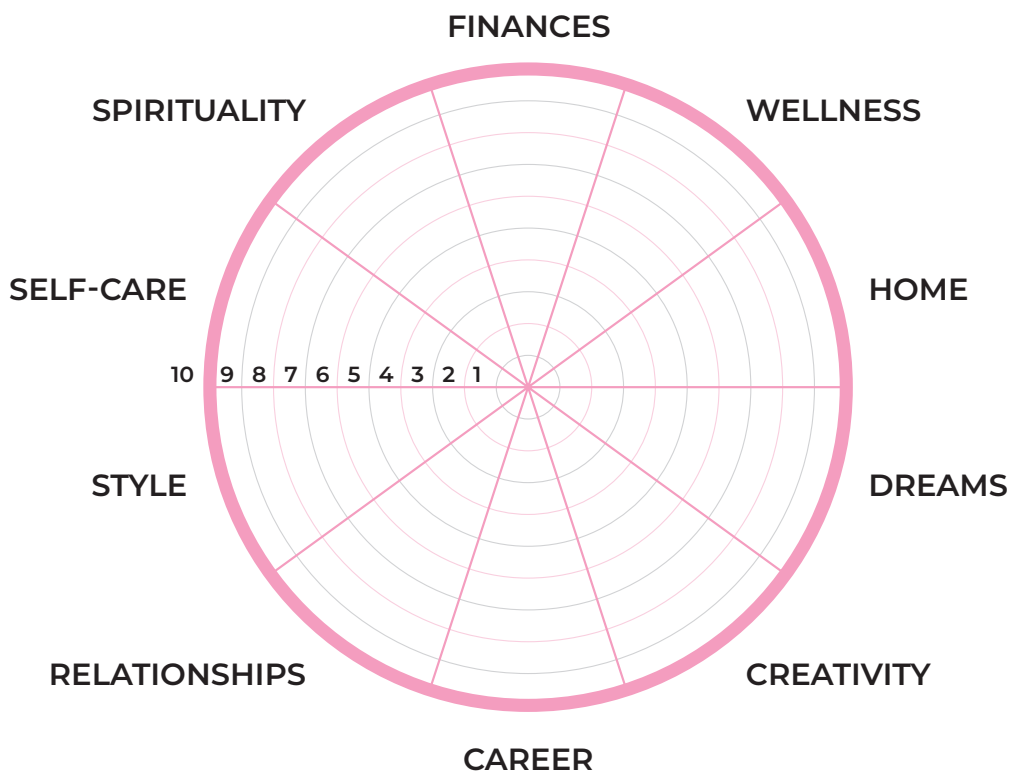
8.

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

- WHEEL OF LIFE
- DEEP CLEAN
- PRACTICE ESSENTIALISM
- TRY SOMETHING NEW
- BED DAY
- REARRANGE
- GET CULTURED
- TEND YOUR GARDEN
- _____

reflection

“THE THING THAT IS REALLY HARD, AND REALLY AMAZING, IS GIVING UP ON BEING PERFECT AND BEGINNING THE WORK OF BECOMING YOURSELF.” —ANNA QUINDLEN

1

LIST YOUR HIGHLIGHTS FROM Q1:



2

IN WHAT WAYS DO YOU WANT TO BLOOM THIS SPRING?



3

HOW IS YOUR WORD OR THEME OF THE YEAR UNFOLDING?



4

WHAT MOST WANTS ATTENTION RIGHT NOW?



notes:

notes:



Savvy sources

A large, light pink rectangular area containing a grid of small, evenly spaced pink dots. This is a template for a dot grid notebook page, used for taking notes or organizing information.



love note

“GIVE ME BOOKS, FRENCH WINE, FRUIT, FINE WEATHER AND A LITTLE MUSIC PLAYED OUT OF DOORS BY SOMEBODY I DO NOT KNOW.” —KEATS

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 the every day.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our [Facebook page](#), regular [Love Notes](#), and [podcast](#).

May this experience be the launch of a meaningful springtime. I appreciate you taking the time out of your life to share this seasonal experience with me.

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.

#TDJLIVE

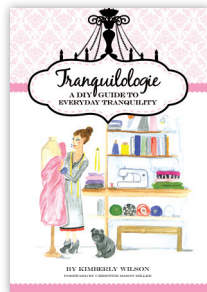
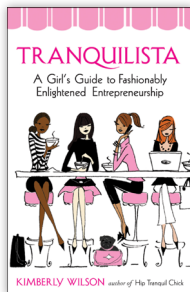
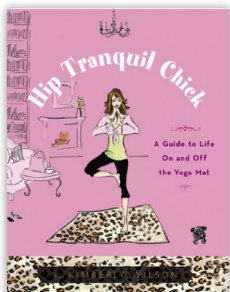
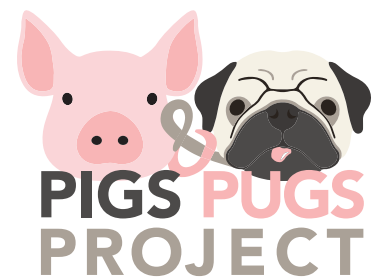
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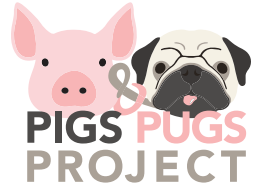


Pigs, Pugs & Pinot

Join Pigs & Pugs Project for an afternoon of wine tasting with your furry friend at Tyber Creek in DC. Meet Charlotte the potbelly pig and Humane Rescue Alliance will bring adorable pups (& cats) available for adoption.

SUNDAY, APRIL 28, 3-5 • [MORE INFO HERE](#)

Tickets include a glass of pinot (or whatever you fancy), vegan nibbles, and goodies for your pup (and of course the doing-good feeling!).



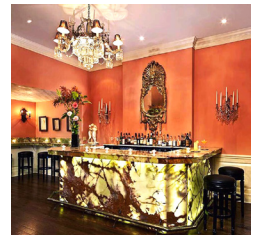
TDJ Soirée

Seeking space to reflect and dream in a swanky setting? Crave connection with a like-hearted community? Ready for a jumpstart toward living your most tranquility-infused life? TDJ Soirée is for you!

SUNDAY, JUNE 9, 10-6 • [MORE INFO HERE](#)

The day will include a **TranquiliT** pop-up, cocktails (or mocktails), a luxe goody bag, a self-care and creativity station for nourishment throughout, a live podcast with me and my partner, Tim, plus five information and inspiration packed modules.

General Admission and VIP tickets available.



Tranquility in Tuscany

Picture yourself in a secluded Italian villa nestled on a hilltop overlooking vineyards and olive groves. You're invited to nourish your spirit in Tuscany while deepening your yoga, creativity, and mindfulness practices.

JULY 13-20 • [MORE INFO HERE](#)

Dine on veg cuisine, sip local wines, and swim in a saltwater pool. Our journey includes a Puccini Opera, a day trip to stunning Cinque Terra, and inspiring programming open to all levels.

Sign up with a friend and you each save an additional \$100 off!

