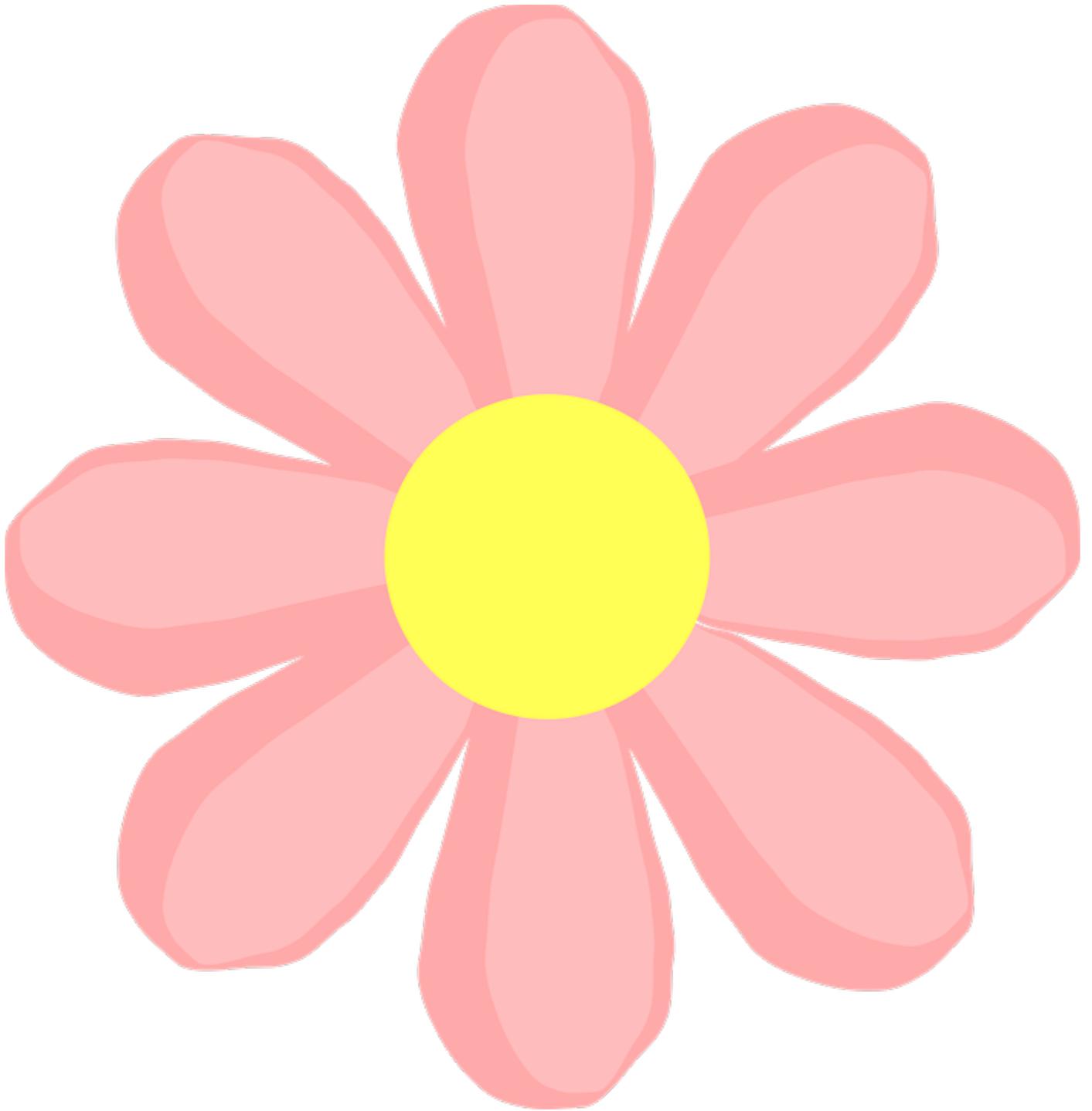


Spring TDJ Live



kimberlywilson.com



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Inspiration Spread

Use these pages to collage inspiration.

Attach images or words that represent how you want to show up this year.



notes:



capsule dressing

Make daily dress-up tranquil with a few timeless essentials that mix and match.

TIPS: Going monochromatic offers a chic look, ensures everything matches, and makes daily dress-up easy. Top with a colorful scarf, strands of faux pearls, vintage earrings, red lips, and a dab of parfum.

Tune into *Tranquility du Jour* podcasts #259 and #310 for more on capsule dressing. Learn more at Tranquility.com/capsule

- 1: boyfriend tank 2: 2in1 fitted 3: blazer 4: long sleeve wrap tunic 5: slip dress 6: shift dress



- 7: long sleeve full skirt wrap dress 8: skirt dress 9: legging 10: skinny pant 11: palazzo pant



Photo Credit: Marie Maroun

My 11 staples are:

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- 2 _____
- 3 _____
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- 11 _____

Ways to mix and match:

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notes:





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notes:



wellness: detox



Feeling lethargic, overindulgent, or in need of a reset? Try this 7-day cleanse by combining self-care with clean food to release toxins, feel lighter, and rejuvenate.

Give your body 12 hours without eating (ex. last meal by 8pm, first meal 8am). For an assortment of plant-based recipes, see p. 31.

BASIC 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 T 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						
	Exercies						

*Meal ideas for lunch and dinner might include mixed greens salad, steamed veggies over brown rice, quinoa salad, or vegetable soup.

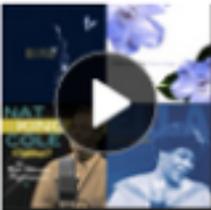
INCLUDE:

- 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
- Sugar
- Dairy
- Processed or fried foods

notes:



April In Paris
Charlie Parker

Slowing Down; Virtual Retreat 3.0 Playlist by Tim Mooney



1	April In Paris Charlie Parker	3:19
2	All of Me Billie Holiday	3:01
3	Dream A Little Dream Of Me Ella Fitzgerald, Louis Armstrong	3:07
4	C'Est Si Bon - Live Nat King Cole	5:42
5	The Way You Look Tonight Tony Bennett	3:23
6	It Had To Be You Billie Holiday	4:00
7	Body and Soul Tony Bennett, Amy Winehouse	3:20
8	C'est si bon Dean Martin	2:52

Click this link and enjoy!

notes:

Dearest You:

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! I hope this hour has been informative and inspiring. Carving out time and space just for you is a necessary treat.



On Saturday, April 14 I'm offering a three-hour virtual retreat devoted to self-care and personal growth without having to leave the comfort of your own home. Join me {psychotherapist, writer, and teacher Kimberly Wilson} for a half-day online retreat carefully crafted to help you reflect, set intentions, and plant seeds. \$49, sign up by March 30 using code **TDJLIVE** and save 25%.

For ongoing doses of tranquility, join my [Love Notes mailing list](#) (gain access an assortment of Tranquil Treasures—videos, mp3s, and PDFs—plus regular love straight to your inbox), tune in to the bi-weekly podcast, [Tranquility du Jour](#), and browse the [shop o' tranquility](#).

I hope our paths will cross again soon. Wishing you a joyful, tranquil, and love-filled spring ahead. Thanks for being part of mine. Cheers to blooming into spring!

Bisous and gratitude,

Kimberly

P.S. Save 20% off eco-friendly, locally-sewn TranquiliT now through March 30 with code **TDJLIVE** at [TranquiliT.com](#).

P.P.S. Ready to connect weekly and dive deeper into topics such as style, creativity, meaning, and mindfulness? Join us for [Year of Tranquility](#).



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