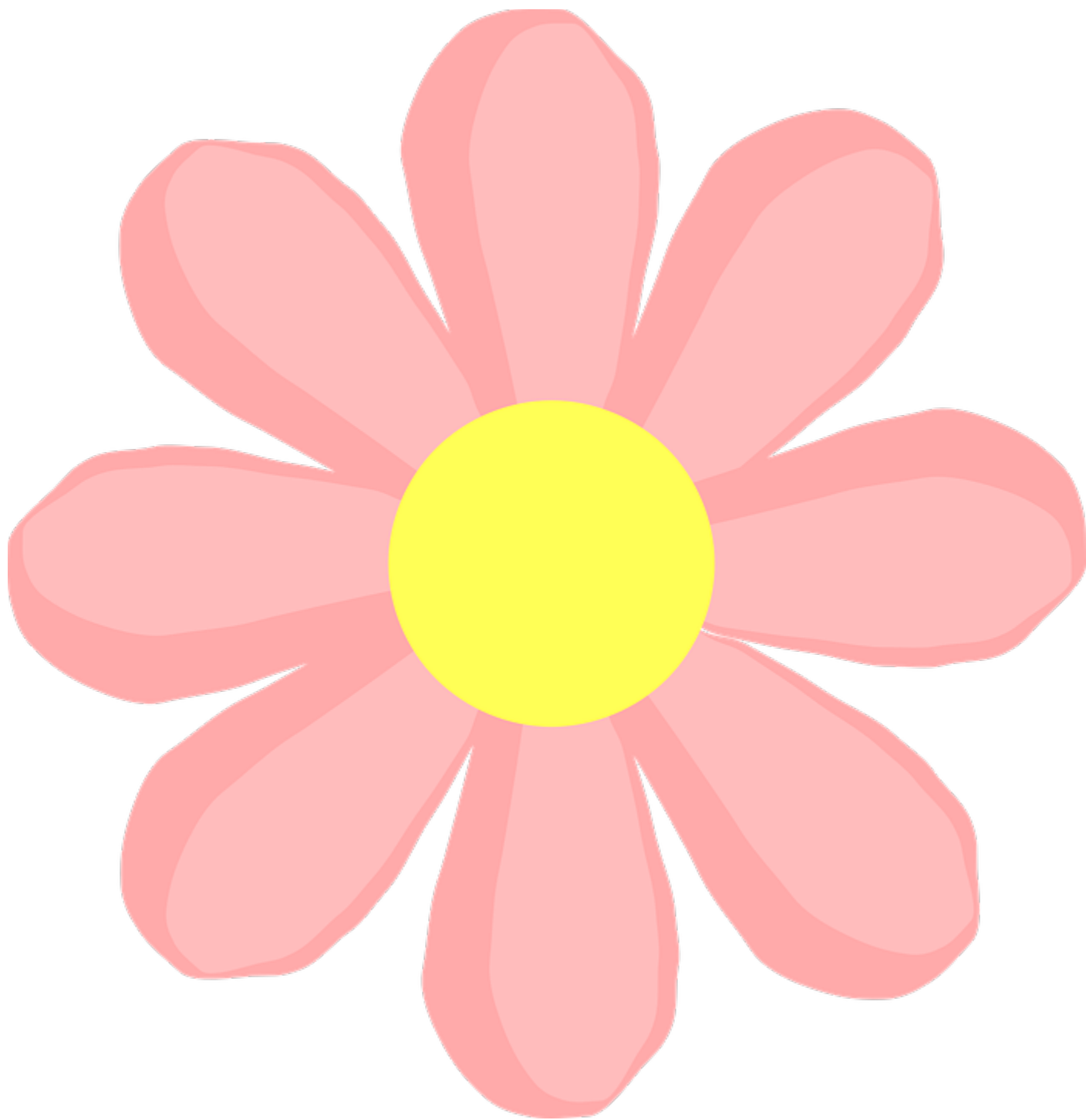


Tranquility du Jour Live





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Fall Pleasures



1. Light a candle.
2. Read poetry.
3. Go to bed early.
4. Sip French wine.
5. Watch leaves fall.
6. Stop by a pumpkin patch.
7. Plant bulbs.
8. Cradle a steaming cuppa tea.
9. Stargaze.
10. Roast marshmallows around a campfire.
11. Bake kale chips.
12. Build a fire and listen to it crackle.
13. Pen your fall wishes.
14. Celebrate a success.
15. Write a love note.
16. Let go of something you're clinging to.
17. Embrace a loved one and hold for ten breaths.
18. Take a stroll under a full moon.
19. Make apple butter (tart apples, cinnamon, lemon juice).
20. Go apple picking.
21. Sip spiced cider with a stick of cinnamon.
22. Simmer fall scents on the stove (cinnamon sticks, orange rinds, whole cloves, a few drops of vanilla).
23. Carve a pumpkin.
24. Wear a chunky sweater, leggings, and tall boots.
25. Lose yourself in a big book.

Transitional Style





Q4 Wish List

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tranquility tools

32 Tranquility Tools to enhance your days, weeks, and months with meaningful tranquility.

Tranquility Tools are your daily, weekly, monthly, and seasonal go-tos to help everyday activities align with your deepest aspirations. I'll define each of them below to serve as anchors for a meaningful day, week, and month sprinkled with tranquility.

8 Daily Tranquility Tools:

1. **MORNING ROUTINE:** Greet your day with a yoga sun salutation, cuppa tea, or brisk walk with your beloved four-legged friend. Begin each morning with an intentional, tranquil tone.
2. **DAILY DRESS-UP:** Let your daily dress reflect your personality, lifestyle, and signature style. Always add a dose of flair and don't forget your smile, good attitude, and vintage accessory.
3. **MINDFUL MOVEMENT:** Take a moment each day to move your body through dance, walking, sun salutations, or any other activity that makes your skin glisten. Bookend the experience with a dose of meditation by sitting still and connecting to your breath. Inhale, exhale, ommm.
4. **EAT YOUR VEGGIES:** Reduce animal products and processed foods. Increase plant-based consumption for a joyful effect on your health, the planet, and animals.
5. **JOURNAL:** Spend a few moments penning your thoughts, noting highlights from your day, recurring dreams, what you consumed, how you're feeling, or anything else on your mind.
6. **GOAL REVIEW:** Read over your month's dreams each day. This will help daily decisions stay in alignment with the direction of your dreams.
7. **GRATITUDE:** According to studies conducted over the past decade, adults who frequently feel grateful have more energy, more optimism, more social connections, and more happiness. At the end of each day, note at least one thing for which you are grateful. It may be as simple as a warm bed or fresh water.
8. **EVENING ROUTINE:** End your day with reflection. Write in your journal, shut down your computer and smartphone, soak in the tub, or read in bed for 30 minutes before lights out.



Week 37: Soak in the Tub

After a full day shuffling from clients to meetings to teaching, nothing heals like a soak in the tub. It's a full body-and-soul balm.

Immersing in water provides mental, physical, and spiritual benefits. When my body aches, my mind is tired, or my heart feels heavy, to the bath I go. And, honestly, many moments in between.

If it's frigid outside, the only way to warm my bones is a hot bath. As temperatures drop in the city, a nightly soak will become my norm. Bring it on, fall!

Many, many years ago (4500 B.C.) baths were touted as a cure for mental illness. While we no longer give bathing that degree of power, I have found that water *does* provide healing—it soothes, comforts, and nurtures. According to Isak Dinesen, “The cure for anything is salt water. Sweat, tears, or the sea.”

To make your bath a sensory-filled experience, enhance it with spa-like touches. Light candles. Dim lights (helps hide the pet hair, too). Turn on relaxing tunes. Have a cool libation within reach.

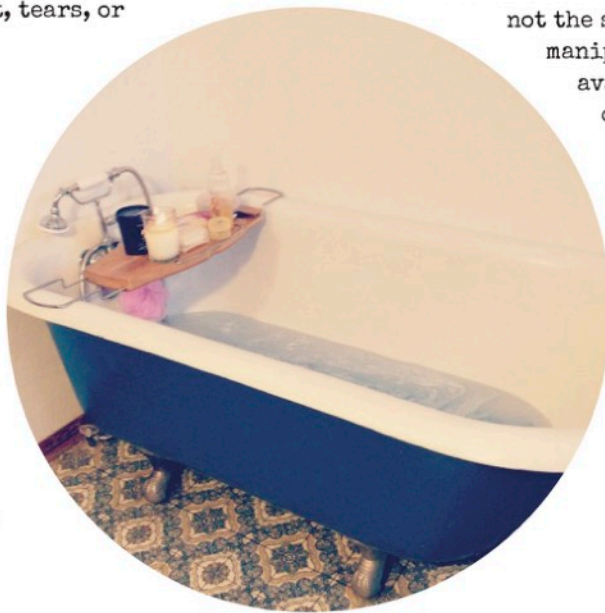
Run hot water to your liking—I tend to run it on the hot side so that as it cools, I'm still cozy warm. Add bath oil (love me some sweet almond oil), essential oils, bath salts, or bath tea.

Close your eyes. Let yourself go. Stay at least 20 minutes. Towel off and massage with a moisturizing body oil. Slip into a fluffy robe and slippers to read before bed or enjoy your breakfast before launching into the day.

If a bath isn't an option, consider another form of body self-care where you can let go and relax. Maybe it's a steam at the gym or a long shower at home. Give yourself a weekly—ideally, daily—dose of watery relaxation.

Benefits include relieving muscle aches, calming the mind, reducing cramps, aiding sleep, fighting cold symptoms (hello, steam), increasing circulation (hello, sweat), detoxifying, and more. I deem these fairly strong benefits for 20 minutes of sitting in warm water!

A soak resembles a massage. Although it's not the same as having my muscles manipulated, it's cheaper, readily available *sans* appointment, and offers me a comparable state of deep relaxation.



This week, find 30 minutes in your schedule to set up, savor, and transition from a 20-minute soak. Enveloped in warm water, observe your mind still and your body melt.