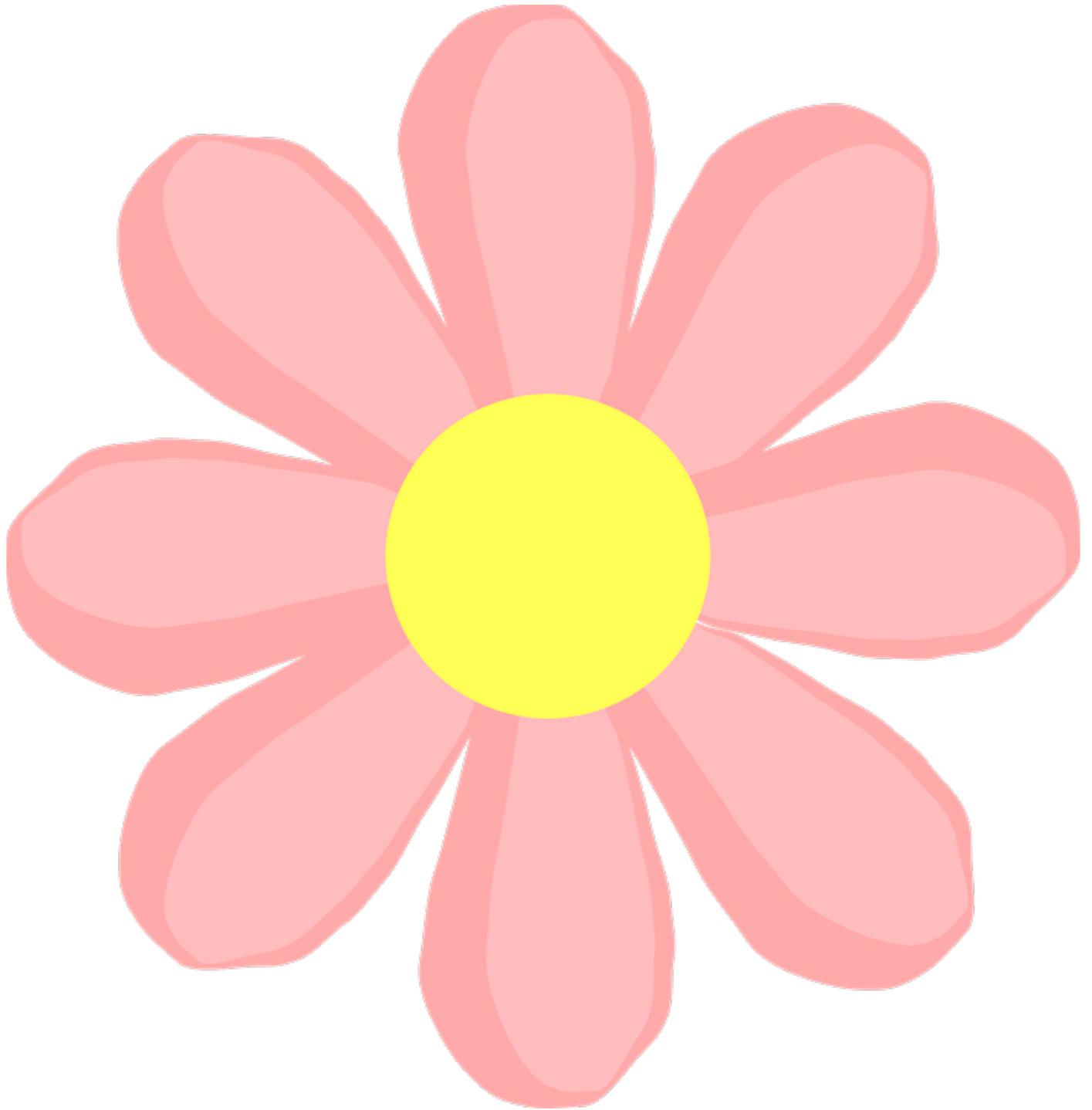


Fall TDJ Live



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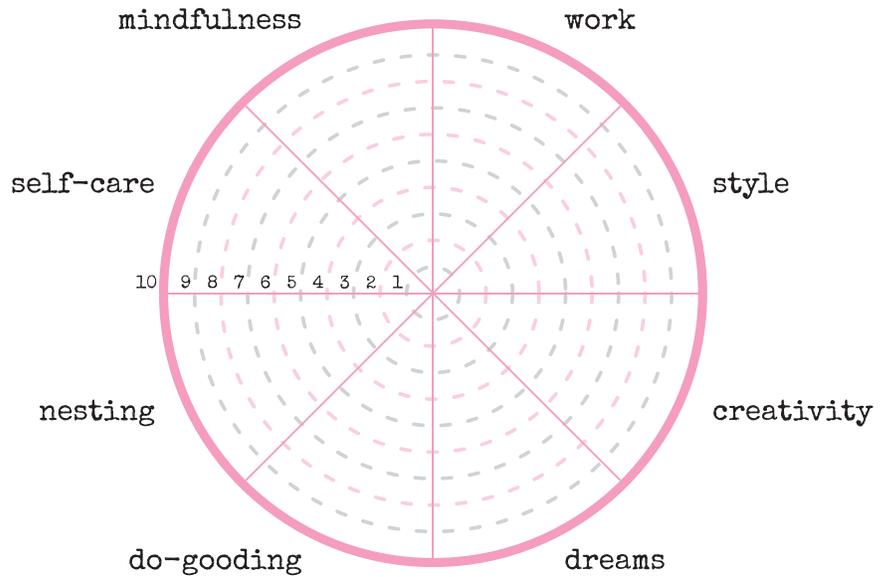
seasonal life review

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, finances, health, fitness, career, spirituality, self-care, relationships, activism, home.

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:

notes:



Q4 Wish List

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Transitional Style





notes:





notes:





notes:

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notes:



Dearest You:

Life begins again when it gets crisp in the fall.—Fitzgerald

Thank you for joining me to welcome fall!

I've been offering these seasonal events for over a decade and so appreciate you tuning in. I hope this hour is inspiring and informative.

Carving out time and space to reflect and create is what *Tranquility du Jour* is all about.

What started as a blog in 2004 and then grew to include a podcast, *Tranquility du Jour* offers an online and in-person space to explore living with more tranquility in every day.

For ongoing doses of tranquility, join my [Love Notes mailing list](#) (gain access to Tranquil Treasures—an assortment videos, mp3s, and PDFs), tune in to the bi-weekly podcast, [Tranquility du Jour](#), and browse the [shop o' tranquility](#) for treats such as tea, books, retreats, and more.

Wishing you a reflective, tranquil, and candlelight-filled fall ahead. Thanks for being part of mine! You are beautiful.

Bisous and gratitude,

Kimberly

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

P.P.S. Join us for the [Softening into Fall Virtual Retreat](#) on Saturday, October 20 from 12-3 ET and save 25% off with code **ILOVETDJLIVE** through September 30.

P.P.P.S. Join us for a free 7-day detox October 20-26. Sign up at [kimberlywilson.com/detox](#).



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