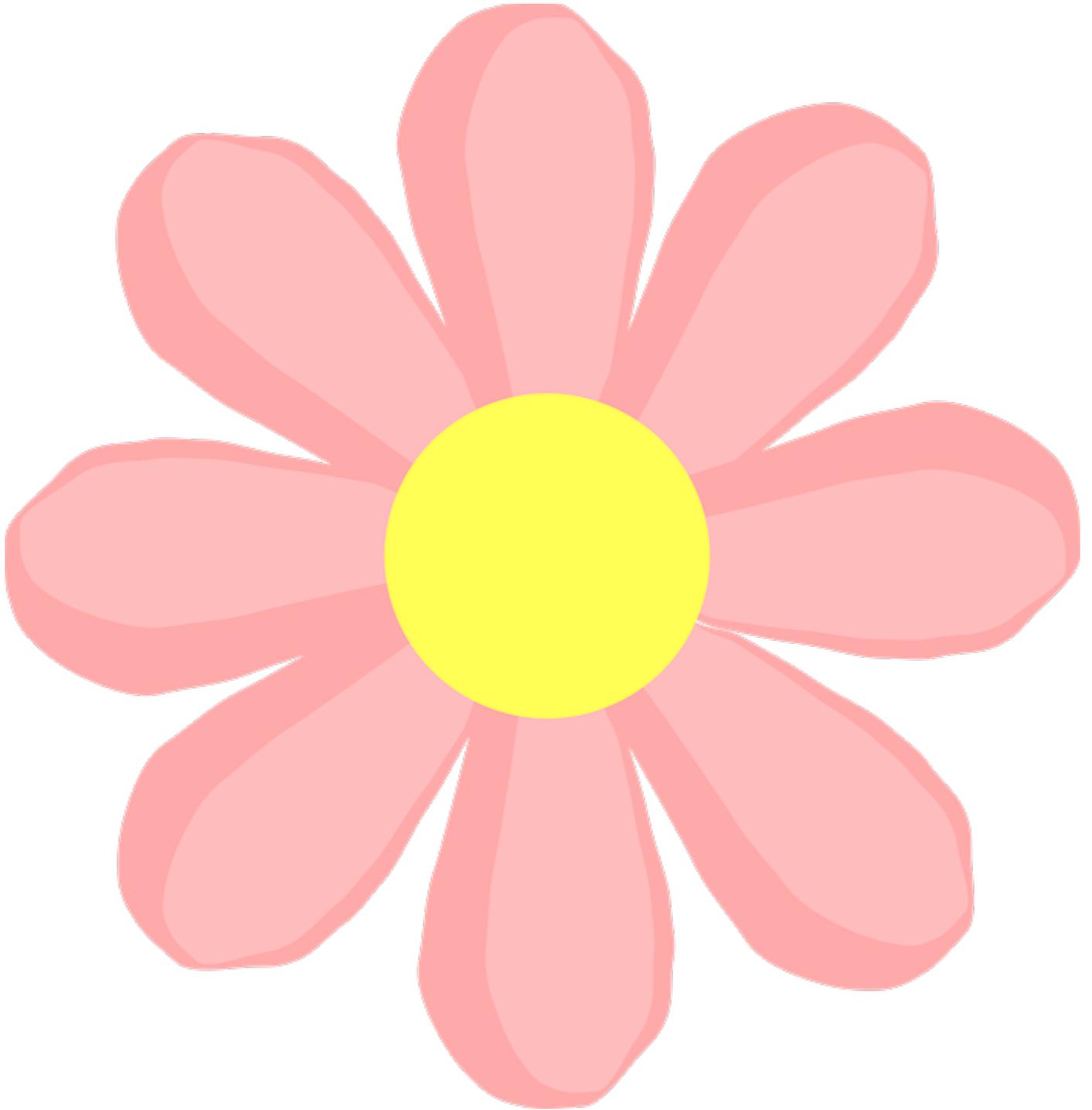


*New Year Tranquility du Jour Live*





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# Week 1: Let It Percolate

**R**eady to dream up this year's big adventures? Okay, maybe once you get through your inbox? Returning to routine after the holiday festivities can feel heavy.

No more homemade cookies covered with sprinkles, invites to festive parties, or anticipation of time off with loved ones. I find the first Monday *sans* twinkle lights to be one of my hardest days.

That's why we're beginning the 52 Weeks now—to inspire a different way of starting the new year. Slowly and intentionally.

There's no rush to set the perfect resolutions, get in shape, or figure out your life plan. Allow this year's dreams to percolate. I like to use "reflection, intention, action" as my road map for looking ahead.

**REFLECTION:** Take a few hours or days to reflect on highlights and lessons learned last year. Note what transpired throughout the year. Look through your journal, planner, or photos to recall forgotten adventures.

**INTENTION:** Upon review, what stands out as an overarching theme that you'd like to carry into this year? It may be a word, an image, a phrase, or a quote. Write it down and display it where you'll see it regularly. Use this word to assist with decision-making, planning, and beyond. Does the action you're considering align with your year's intention? If not, it may help you say "yes" or "no" with confidence.

**ACTION:** Settle back into a routine *sans* travel, family, and Santa. Notice what wants attention. Does your body need more movement? Sign up for yoga classes. Is your creative side feeling neglected? Spend time with your art journal. Is your home in disarray from holiday decor? Schedule a cathartic decluttering session. Take micromovements, one tiny step at a time.

**C**hoose consciously. Create small changes. Listen deeply to longings within. Let's fill this year with experiences and give them proper time and space to percolate.

What do you feel brewing within?



## Week 2: Choose Your Theme

**W**hen you reflect on what you'd like to see more of this year, is there a word, phrase, image, or quote that comes to mind?

For some, choosing the right word can feel daunting, as if they're stuck with something for an entire year, so it must be perfect.

That's why I like the idea of choosing a theme—something broad and fluid. Whatever you choose to work with, it can become a beacon for your day-to-day actions and decisions.

Since I've been doing this exercise, I've worked with the themes of spaciousness, simplicity, and beauty. After reusing the word "spaciousness" repeatedly for a few years, I'm delighted to share that it has become much more of a reality. It's like planting a seed of intention every single day, courtesy of attending to the theme.

The same with simplicity. I continue to focus on paring down to what is essential. Although there is much more room for growth, this theme is an umbrella for how I use my time and energy.

Beauty is something I seek to infuse in all that I do—from lighting candles in the morning to surrounding myself with fresh flowers to sealing snail mail love notes with washi tape. Beauty will remain a theme for years.

**C**hoose a theme for the year. What is something you'd like to see infused into your days? If you truly lived your theme this year, how would things be different? Write about what this theme means to you. Describe it using your five senses.





## appointments

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## week's intention

## weekly checklist

- plan week's MITs
- soak in the tub
- take a digital day off
- clear clutter
- pen a love note
- buy or pick fresh flowers
- take an artist date
- savor a green juice
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## to-dos

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## MITs

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## projects

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## wellness planning

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## daily checklist

<input type="checkbox"/> morning routine	<input type="checkbox"/> journal	<input type="checkbox"/> morning routine	<input type="checkbox"/> journal	<input type="checkbox"/> morning routine	<input type="checkbox"/> journal
<input type="checkbox"/> daily dress-up	<input type="checkbox"/> goal review	<input type="checkbox"/> daily dress-up	<input type="checkbox"/> goal review	<input type="checkbox"/> daily dress-up	<input type="checkbox"/> goal review
<input type="checkbox"/> mindful movement	<input type="checkbox"/> gratitude	<input type="checkbox"/> mindful movement	<input type="checkbox"/> gratitude	<input type="checkbox"/> mindful movement	<input type="checkbox"/> gratitude
<input type="checkbox"/> eat your veggies	<input type="checkbox"/> evening routine	<input type="checkbox"/> eat your veggies	<input type="checkbox"/> evening routine	<input type="checkbox"/> eat your veggies	<input type="checkbox"/> evening routine
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**LET IT PERCOLATE:** Use “reflection, intention, and action” as a road map for designing your new year.



# capsule dressing

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



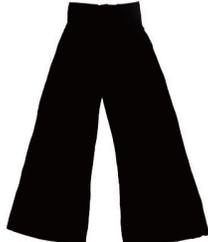
9: legging



10: skinny pant



11: palazzo pant



**M**ake 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.

My 11 staples are:

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

Learn more at

[TranquiliT.com/capsule](http://TranquiliT.com/capsule)



Photo Credit: Marie Maroun

# wellness planning

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
WATER	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MINDFUL MOVEMENT							
SLEEP							

## shopping list

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Downloadable PDF at [kimberlywilson.com/daybook](http://kimberlywilson.com/daybook)



# Savvy Sources

## MINDFULNESS

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn

Tranquility du Jour podcasts #171, #267, 317, #341, #356, #357

## STYLE AND BEAUTY

*Lessons from Madame Chic: 20 Stylish Secrets I Learned While Living in Paris* by Jennifer Scott

Tranquility du Jour podcasts #179, #221, #232, #289, #310, #338, #351, #366, #372

## CREATIVITY

*Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert

Tranquility du Jour podcasts #78, #122, #152, #154, #184, #231, #238, #273, #373

## YOGA

*Jivamukti Yoga: Practices for Liberating Body and Soul* by Sharon Gannon and David Life

Tranquility du Jour podcasts #29, #126, #194, #219, #246, #305, #307, #315, #355

## WRITING

*On Writing Well: The Classic Guide to Writing Nonfiction* by William Zinsser

Tranquility du Jour podcasts #33, #96, #311, #337, #353, #363, #369

## PRODUCTIVITY

*Essentialism: The Disciplined Pursuit of Less* by Greg McKeown

Tranquility du Jour podcasts #199, #226, #306, #343, #352

## MINIMALISM

*Choosing the Simply Luxurious Life: A Modern Woman's Guide* by Shannon Ables

Tranquility du Jour podcasts #181, #207, #210, #253, #259, #340

## VEGETARIANISM

*The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion* by Victoria Moran

Tranquility du Jour podcasts #227, #236, #240, #258, #316, #354, #365, and #377

## wish list of must-reads



Photo Credit: Carla Coulson

# 24 Books to Read This Year



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# 10 Places to Visit This Year

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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.

# 50 Things to Experience This Year

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# Mindful Check-In

I am feeling \_\_\_\_\_ . What I'm noticing  
in my body is \_\_\_\_\_ .  
My mind is focused on \_\_\_\_\_ .  
I'd like to be feeling more \_\_\_\_\_ , and will  
take a small step toward that feeling by \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ .



# 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 animals are to be loved, not used. I believe that you're never too old to wear a tutu. I believe that Paris holds the key to my heart. I believe in stargazing around a campfire. I believe in lazy Sunday mornings. I believe that magic happens on the yoga mat. I believe in high tea at all times of the day. I believe in living life full out. I believe in sharing deep thoughts with my journal. I believe in donning noir and living pink. I believe that glitter and washi tape make life better. I believe in lighting candles every day. I believe that paint, collage, and markers make for hours of fun. I believe in pink and white twinkle lights. I believe in seeking balance between doing and being. I believe in the power of one person to make a difference. I believe that a home filled with books is a happy one. I believe in cat eyes and red lips à la Parisian chic. I believe in brunch and belly laughs with girlfriends.