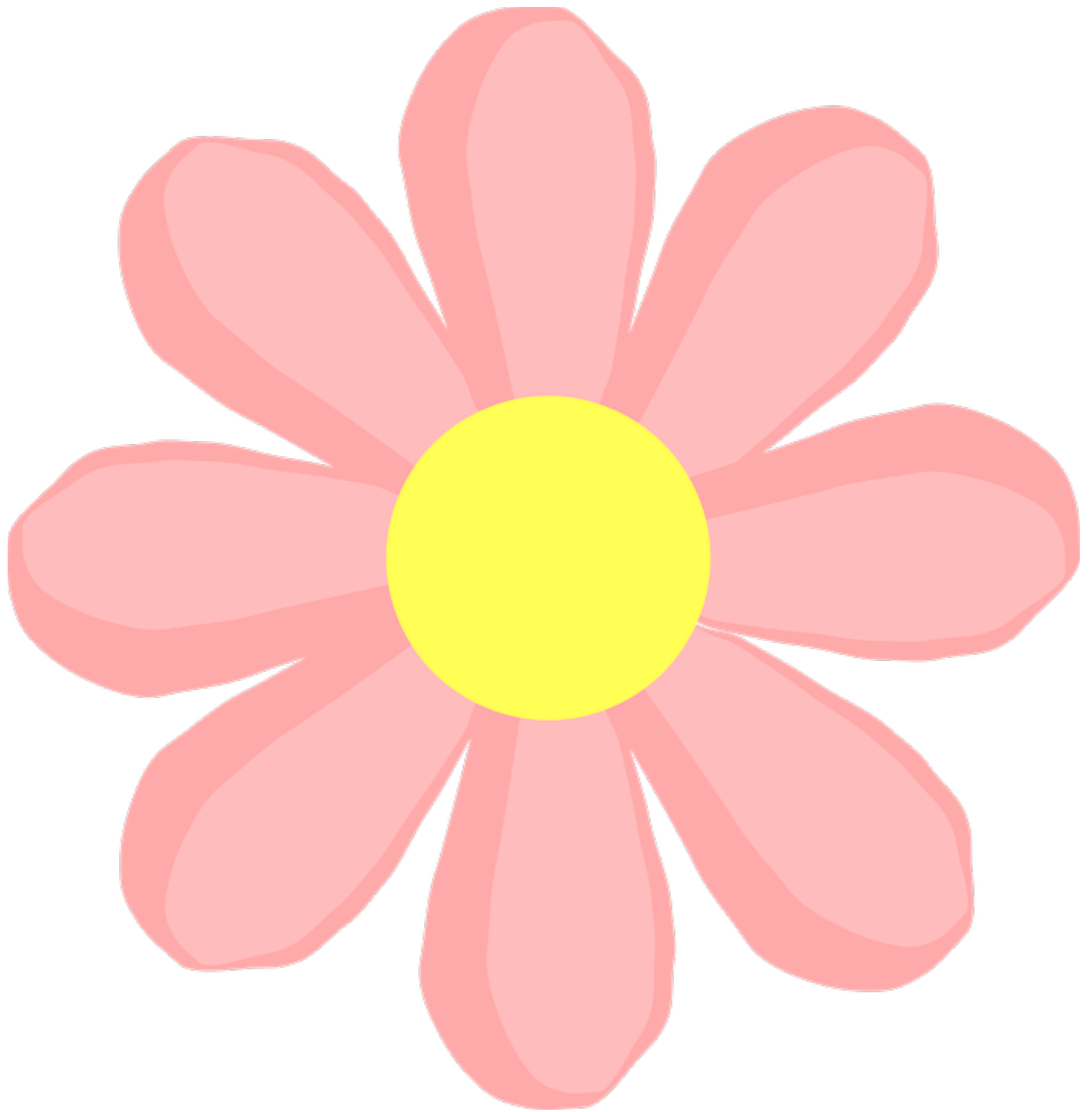


Summer TDJ Live



kimberlywilson.com



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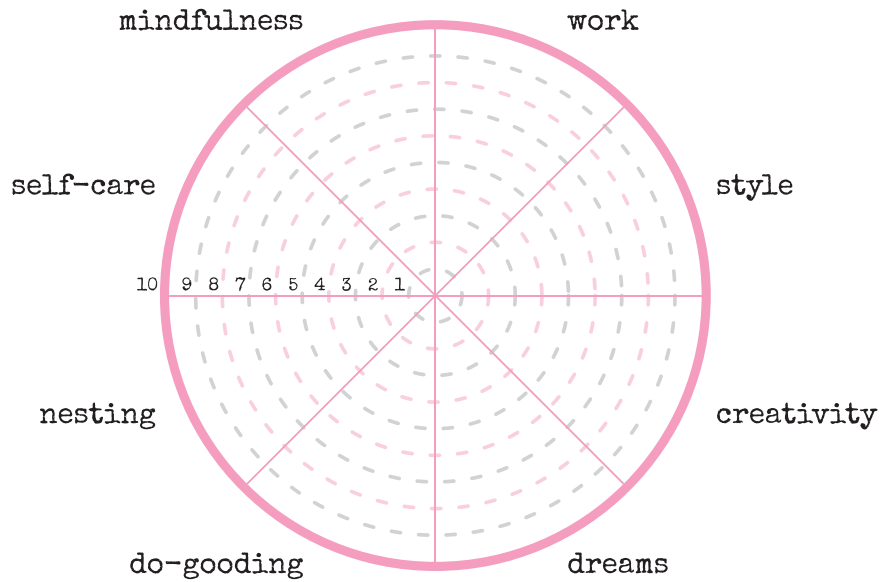
seasonal life review

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:



notes:



notes:

A series of horizontal lines for writing, with a large, faint circular graphic on the right side.

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

notes:

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 _____ .



budget

income

Income #1 \$ _____
 Income #2 \$ _____
 { } \$ _____

 TOTAL \$ _____

giving

{ } \$ _____
 { } \$ _____
 { } \$ _____

 TOTAL \$ _____

savings

Emergency \$ _____
 Retirement \$ _____
 { } \$ _____

 TOTAL \$ _____

expenses

HOUSING

Rent/Mortgage \$ _____
 { } \$ _____
 { } \$ _____

UTILITIES

Electricity \$ _____
 Water \$ _____
 Gas \$ _____
 Cable/Internet \$ _____
 Phone \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____

TRANSPORTATION

Fuel \$ _____
 Insurance \$ _____
 Car Payment \$ _____
 Maintenance \$ _____
 { } \$ _____
 { } \$ _____

FOOD & HOUSEHOLD

Groceries \$ _____
 Dining Out \$ _____

MEDICAL

Premiums \$ _____
 Co-pays \$ _____
 Pharmacy \$ _____
 { } \$ _____
 { } \$ _____

PERSONAL & RECREATION

Clothing \$ _____
 Entertainment \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____

DEBT/LOANS

{ } \$ _____
 { } \$ _____
 { } \$ _____
 { } \$ _____

TOTAL \$ _____

notes:



current weekly schedule

Note how you currently spend your 168 hours:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
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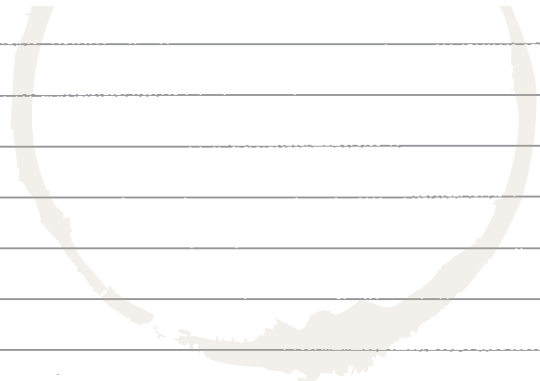
notes:



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
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10:00							
10:30							
11:00							
11:30							
12:00 AM							
12:30							

Tune into *Tranquility du Jour* podcasts #95, #199, #263, #306, and #343 on tranquil time management.

notes:



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

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <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"/> _____ |

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.							
LUNCH							
P.M.							

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

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

notes:



notes:





notes:





notes:



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.

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

I've been creating these seasonal offerings for over a decade now and so appreciate you tuning in. I hope this hour has been inspiring and informative. Carving out time and space to reflect and create is what *Tranquility du Jour* is all about.

Started as a blog, then podcast nearly 14 years ago, *Tranquility du Jour* highlights interviews with artists, activists, and authors on the podcast, musings by me on ways to find tranquility in every day, and much more.

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 summer ahead. Thanks for being part of mine.

Bisous and gratitude,

Kimberly

P.S. Save 20% off eco-friendly, locally-sewn TranquiliT now through June 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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