



Summer TDJ live

WITH KIMBERLY WILSON



Welcome

"AND SO WITH THE SUNSHINE AND THE GREAT BURSTS OF LEAVES GROWING ON THE TREES, JUST AS THINGS GROW IN FAST MOVIES, I HAD THAT FAMILIAR CONVICTION THAT LIFE WAS BEGINNING OVER AGAIN WITH THE SUMMER."

—F. SCOTT FITZGERALD, *THE GREAT GATSBY*

I'm excited to be with you to welcome this brand new season. Curl up with an iced cuppa tea and browse through these pages before Sunday, June 23 at 8pm ET.

Before we gather, I encourage you to:

1. Print and read through this Guidebook.
2. Complete a Seasonal Life Review (p. 5).
3. Fill out the reflection questions (pp. 6-7).
4. Set up your space and share images using **#TDJLive**.

Set the stage (candle, aromatherapy, libation, snack, twinkle lights). Gather your tools (your copy of this Guidebook, writing tools, a computer or smartphone with internet accesses). Optional tools: journal, *Year of Tranquility*, *Tranquility du Jour Daybook*, markers, or washi tape. Wear something comfy. Set everything aside and keep the hour sacred.

Throughout the event, you'll have the opportunity to share and ask any burning questions in the chat box. Thank you for joining me!

with much gratitude,
Kimberly

P.S. Remember, if you miss any of the live event, it's being recorded and will be available for download within 24 hours.

AGENDA*

8:00 Welcome

- Centering
- Seated Yoga
- Reflection
- Summer Tranquility Tools
- Savvy Sources
- Takeaways + Next Steps

9:00 Closing

*Subject to change.

THE SUMMER DAY

BY MARY OLIVER

*Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?*

1.

5.

2.

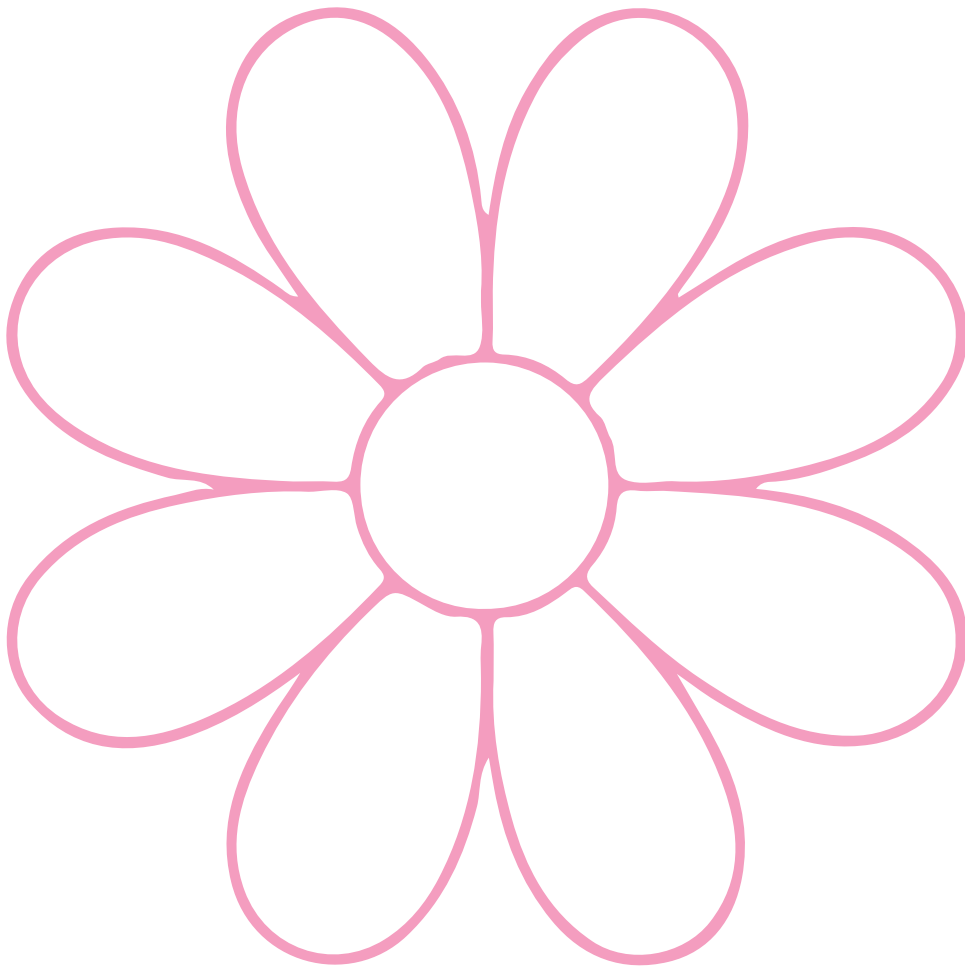
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7.

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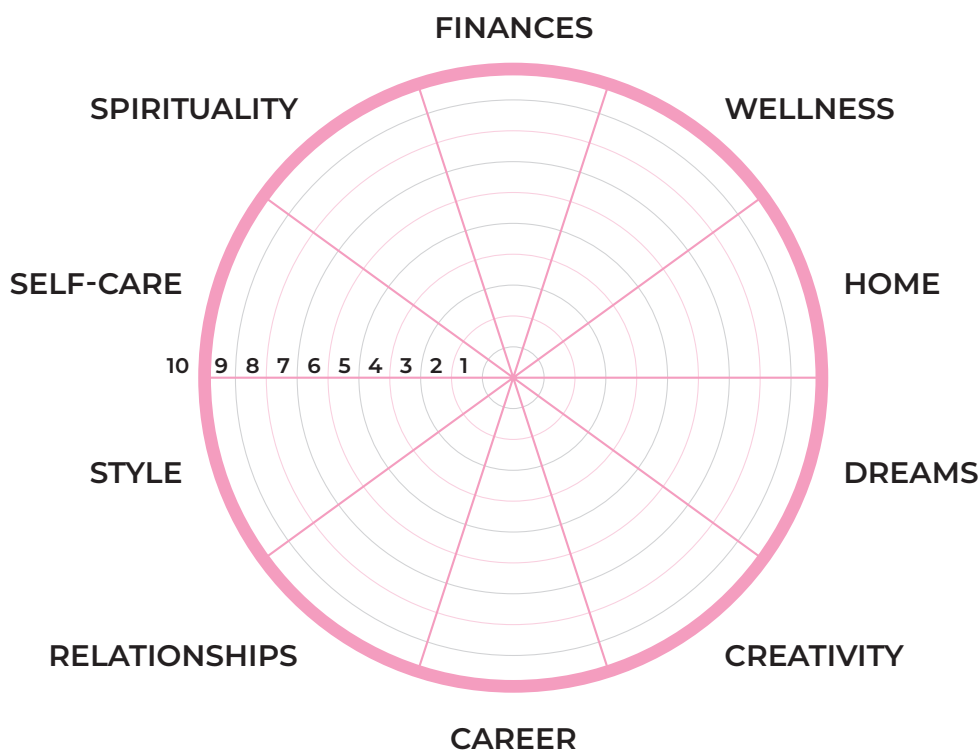


Seasonal Life Review

DATE: _____

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, health, fitness, meaning, activism. 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:

seasonal checklist

- | | | | |
|--|-------------------------------------|--|--|
| <input type="checkbox"/> WHEEL OF LIFE | <input type="checkbox"/> DEEP CLEAN | <input type="checkbox"/> PRACTICE ESSENTIALISM | <input type="checkbox"/> TRY SOMETHING NEW |
| <input type="checkbox"/> BED DAY | <input type="checkbox"/> REARRANGE | <input type="checkbox"/> GET CULTURED | <input type="checkbox"/> TEND YOUR GARDEN |
| <input type="checkbox"/> _____ | | | |

Resource: *Year of Tranquility* by Kimberly Wilson

Reflection

"THE THING THAT IS REALLY HARD, AND REALLY AMAZING, IS GIVING UP ON BEING PERFECT AND BEGINNING THE WORK OF BECOMING YOURSELF." —ANNA QUINDLEN

1

MY INTENTION FOR SUMMER IS:



2

HOW AM I FEELING ABOUT 2019 SO FAR?



3

WHAT DO I WISH FOR THE REMAINDER OF 2019?



4

WHAT CAN I START/STOP TO MAKE THIS HAPPEN?



Year So Far

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

Year To Go

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

TDJ Tenets

Tranquility du Jour *offers a space to explore living fully and intentionally. From the humble beginnings of a blog in 2004, we've grown into a sweet global community of like-hearted dreamers on a path to infuse more tranquility into our lives.*

Below are the six principles of living the *Tranquility du Jour* lifestyle.

1 COMPASSION: Through our daily choices, we alleviate the suffering of all beings, including furry, scaled, and feathered ones. We treat others as we want to be treated. We honor the environment by reducing what we consume, reusing materials, and recycling.

2 CREATIVITY: We connect with our creative spark and let it shine through art, crafts, writing, brainstorming, or living out loud. We see most activities as a way to express our creativity and refuel our creative well regularly through reading, taking classes, and practicing. Our life is art.

3 STYLE + BEAUTY: We believe that how we present ourselves to and experience the world affects how we feel. We choose a signature style that is personal and reflects who we are. Our homes and offices are designed to nurture our spirits. We are moved by the arts, flowers, and simple pleasures.

4 MINDFULNESS: We bring awareness to our thoughts, feelings, and bodily sensations in a nurturing way. Through practices such as meditation and yoga, we connect with our minds and bodies. We value the present moment and encourage our mind to return to it when we find ourselves ruminating about a past situation or fretting about a future event.

5 SELF-CARE: The act of nourishing ourselves is akin to breathing. Reflecting through journaling, setting morning and evening rituals, eating plants, and moving our bodies help us stay in balance. We are lifelong learners and enjoy designing and following our dreams. We create meaningful community through healthy relationships, clear communication, and good boundaries.

6 WELLNESS: We intentionally choose how to spend our time, energy, and money to reflect our values. Since what we consume affects our mental health, we fuel ourselves with whole foods, inspiring multimedia, and enlightening events. We evaluate and adjust our thoughts and behaviors to align with our version of optimum health through regular Seasonal Life Reviews.



30 Days of Tranquility

TRY THIS 30-DAY CHALLENGE TO INFUSE YOUR MONTH WITH SIMPLE PLEASURES.

1

SIT STILL FOR
FIVE MINUTES

2

DO SIX SUN
SALUTATIONS

3

WRITE A
LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A
GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR
20 MINUTES

9

DO LEGS
UP THE WALL

10

GIVE \$10 TO
CHARITY

11

PEN TWO
JOURNAL PAGES

12

REVIEW YOUR YEAR'S
DREAMS

13

CLEAR CLUTTER

14

GO ON AN
ARTIST DATE

15

COLLAGE TWO
PAGES

16

TREAT YOURSELF
TO TEA

17

READ FOR
20 MINUTES

18

BUY YOURSELF
FLOWERS

19

DANCE TO A
FAVORITE TUNE

20

EXPRESS
GRATITUDE

21

EAT ONLY
UNPROCESSED FOODS

22

SOAK IN A
BUBBLE BATH

23

MINDFULLY
SIP A LIBATION

24

GET OUT
IN NATURE

25

FORGO
COMPLAINING

26

TAKE A
DIGITAL DAY OFF

27

SNAP PHOTOS
FROM YOUR DAY

28

MAKE A
FAVORITE MEAL

29

HUG

30

BE FULLY
PRESENT

TO ME, TRANQUILITY IS ...

Summer Wish List

DOODLE, LIST, COLLAGE OR WRITE YOUR WISHES FOR THIS SUMMER.



Tranquil Travel

"TRAVEL BRINGS POWER AND LOVE BACK INTO YOUR LIFE."
—RUMI

TIPS:

1. Wear your bulkiest items when you travel.
2. Roll your clothing.
3. Pack products that serve multiple purposes such as Dr. Bronner's, shampoo/soap, and body/face moisturizer.
4. Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress.
5. For packing, check out [TranquiliT's 11-piece capsule wardrobe](#).

TWO-WEEK PACKING LIST:

- Swimsuit
- Five pairs undies
- Two bras
- Three pairs of versatile shoes
- Five neutral-colored pants and/or shorts
- Three neutral-colored dresses and/or skirts
- Five neutral-colored tops
- Sun hat or beanie
- One-two colorful scarves
- One coat/jacket
- Socks and/or tights

TOOLS:

- Travel yoga mat
- Scented candle and lighter
- Earplugs and eye mask
- Lavender oil and parfum
- Assortment of teas and treats
- Reusable water bottle
- Medication
- Journal and pens
- Camera and/or smartphone
- Chargers
- Travel-size toiletries: soap, shampoo, conditioner, deodorant, moisturizer
- Razor and tweezers
- Band-aids
- Face oil, mascara, lipstick
- Slippers
- Travel-size detergent
- Headphones
- Passport
- Books
- Travel guides



MY TRAVEL MUST-HAVES:



Love Note

"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, connect, and dream! I hope I've offered you the opportunity to explore new tools that will help facilitate more tranquility in the every day.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our [Facebook page](#), regular [Love Notes](#), [blog](#), and [podcast](#).

May this experience be the launch of a meaningful summer. I appreciate you taking the time out of your life to share this seasonal experience with me.

A portion of all proceeds from my work supports [Pigs & Pugs Project](#)'s mission to make the lives of pigs and pugs happier. You are making a difference.

bisous,
Kimberly

#TDJLIVE

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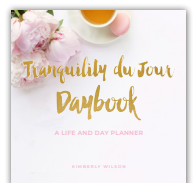
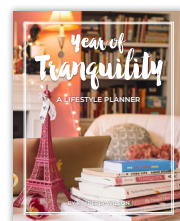
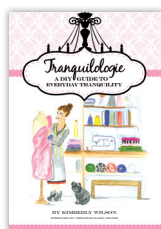
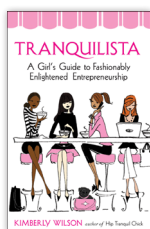
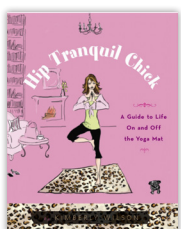
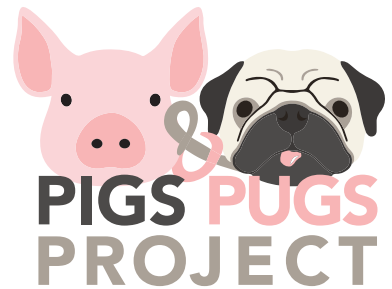
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#TDJLIVE

Pop the bubbly!

You're invited to the *Tranquility du Jour Daybook*
virtual launch party happening

FRIDAY, JUNE 28

Grab your copy of the *Daybook* and sign up
for the bonuses to receive your personal invite.

[KIMBERLYWILSON.COM/DAYBOOK2019](https://kimberlywilson.com/daybook2019)





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