

# tranquility du jour tenets

**T**ranquility 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.

