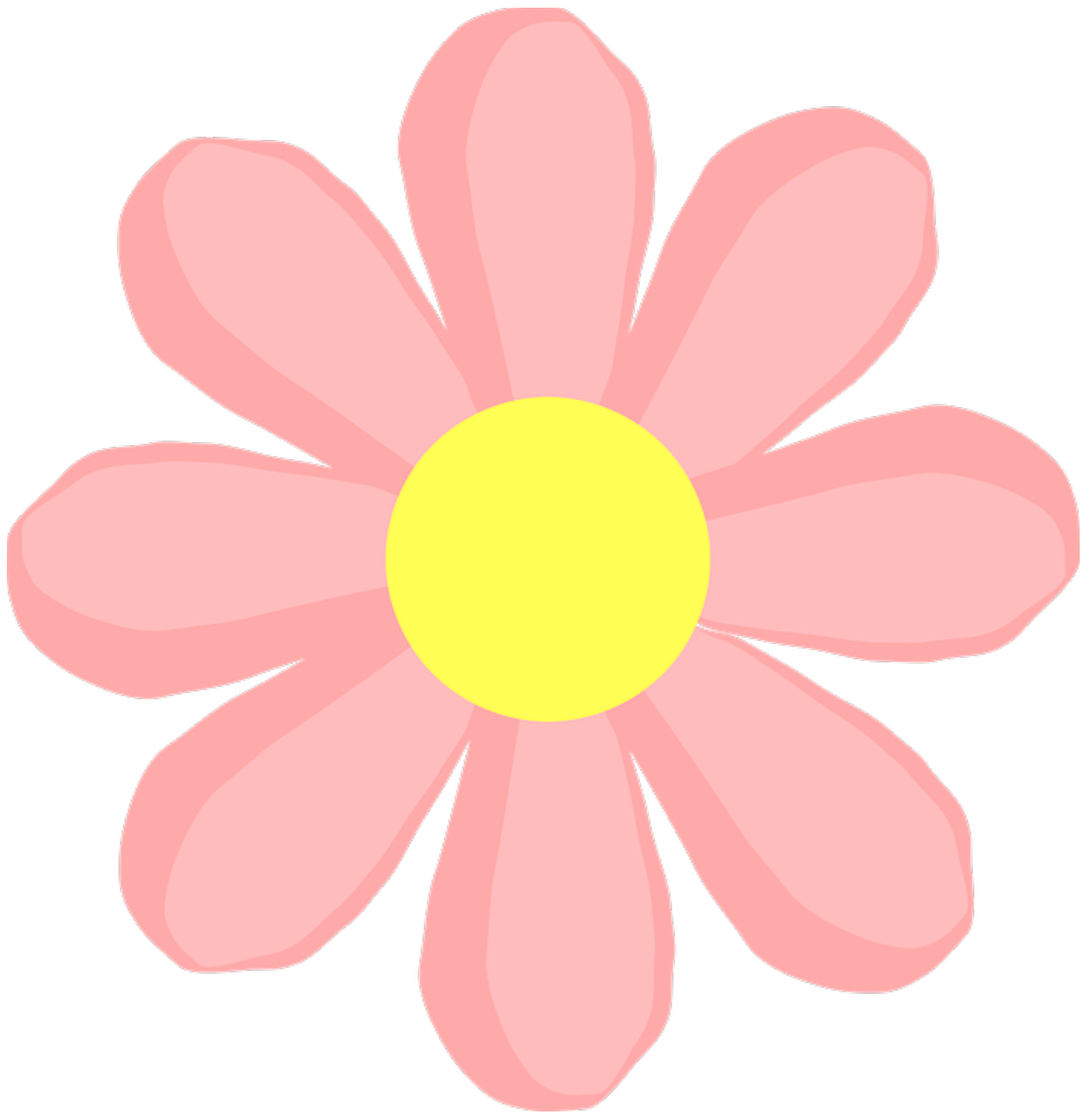


New Year's TDJ Live





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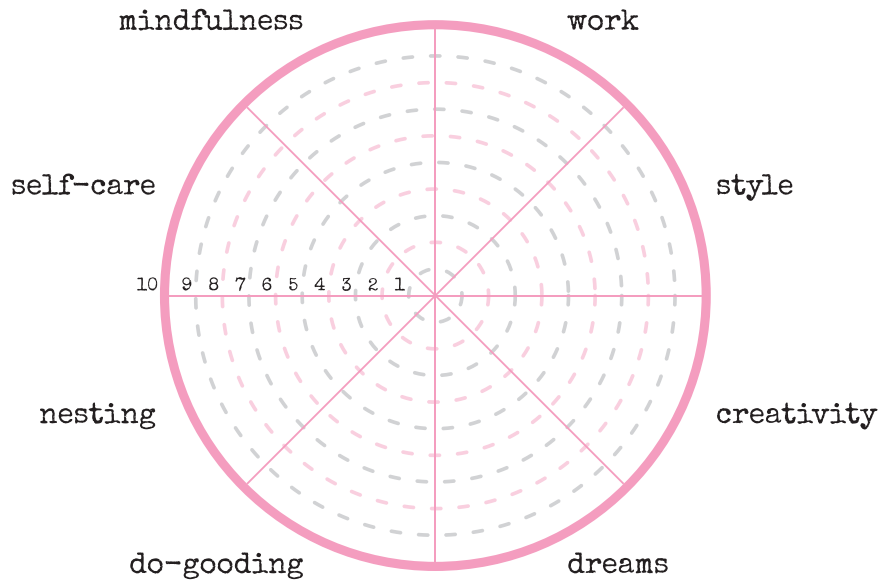
seasonal life review

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:



Inspiration Spread

Use these pages to collage inspiration.

Attach images or words that represent how you want to show up this year.



appointments

MONDAY

7	
8	
9	
10	
11	
12	
1	
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9	

TUESDAY

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9	

WEDNESDAY

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9	
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11	
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1	
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9	

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
- ☐ _____

MITs

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

wellness planning

M	_____
T	_____
W	_____
Th	_____
F	_____
S	_____
S	_____

daily to-dos

☐	_____
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weekly projects

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daily checklist

☐ morning routine	☐ journal
☐ daily dress-up	☐ goal review
☐ mindful movement	☐ gratitude
☐ eat your veggies	☐ evening routine
☐ _____	☐ _____

☐ morning routine	☐ journal
☐ daily dress-up	☐ goal review
☐ mindful movement	☐ gratitude
☐ eat your veggies	☐ evening routine
☐ _____	☐ _____

☐ morning routine	☐ journal
☐ daily dress-up	☐ goal review
☐ mindful movement	☐ gratitude
☐ eat your veggies	☐ evening routine
☐ _____	☐ _____

week's intention

notes:

year's dreams: start + stop list

What I want more of and less of this year:

START

1. _____
2. _____
3. _____
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20. _____

STOP

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20. _____

notes:

tranquility tools

32 Tranquility Tools to enhance your days, weeks, and months with meaningful tranquility.

Tranquility Tools are your daily, weekly, monthly, and seasonal go-tos to help everyday activities align with your deepest aspirations. I'll define each of them below to serve as anchors for a meaningful day, week, and month sprinkled with tranquility.

8 Daily Tranquility Tools:

1. **MORNING ROUTINE:** Greet your day with a yoga sun salutation, cuppa tea, or brisk walk with your beloved four-legged friend. Begin each morning with an intentional, tranquil tone.
2. **DAILY DRESS-UP:** Let your daily dress reflect your personality, lifestyle, and signature style. Always add a dose of flair and don't forget your smile, good attitude, and vintage accessory.
3. **MINDFUL MOVEMENT:** Take a moment each day to move your body through dance, walking, sun salutations, or any other activity that makes your skin glisten. Bookend the experience with a dose of meditation by sitting still and connecting to your breath. Inhale, exhale, ommm.



4. **EAT YOUR VEGGIES:** Reduce animal products and processed foods. Increase plant-based consumption for a joyful effect on your health, the planet, and animals.
5. **JOURNAL:** Spend a few moments penning your thoughts, noting highlights from your day, recurring dreams, what you consumed, how you're feeling, or anything else on your mind.
6. **GOAL REVIEW:** Read over your month's dreams each day. This will help daily decisions stay in alignment with the direction of your dreams.
7. **GRATITUDE:** According to studies conducted over the past decade, adults who frequently feel grateful have more energy, more optimism, more social connections, and more happiness. At the end of each day, note at least one thing for which you are grateful. It may be as simple as a warm bed or fresh water.
8. **EVENING ROUTINE:** End your day with reflection. Write in your journal, shut down your computer and smartphone, soak in the tub, or read in bed for 30 minutes before lights out.

notes:

wellness planning

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
WATER							
MINDFUL MOVEMENT							
SLEEP							

shopping list

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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.	8oz warm water with lemon and 1-2 T ground flaxseed						
	Green smoothie or chia seed pudding						
	Tongue scrape						
	Dry skin brush						
LUNCH	Lunch meal*						
	Exercise						
	Dinner meal*						
	Journal						
P.M.	Bath						
	Herbal tea						
	Exercises						

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



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

notes:

savvy sources

MINDFULNESS & YOGA

Practice You: A Journal by Elena Brower

Tranquility du Jour podcasts #29, #126, #171, #194, #219, #246, #267, #305, #307, #315, #317, #341, #355, #356, #357, #378, #398

STYLE AND BEAUTY

Parisian Charm School: French Secrets For Cultivating Love, Joy, and That Certain Je Ne Sais Quoi by Jamie Cat Callan

Tranquility du Jour podcasts #179, #221, #232, #289, #310, #338, #351, #366, #372, #402

CREATIVITY

It's Never Too Late to Begin Again by Julia Cameron

Tranquility du Jour podcasts #78, #122, #152, #154, #184, #231, #238, #273, #373, #401

DIET

Eat Pretty: Nutrition for Beauty, Inside and Out by Jolene Hart

Tranquility du Jour podcasts #227, #236, #240, #258, #316, #354, #365, #377, #397

PRODUCTIVITY

Get It Done: From Procrastination to Creative Genius in 15 Minutes a Day by Sam Bennett

Tranquility du Jour podcasts #199, #226, #306, #343, #352, #396

SIMPLICITY

The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify by Francine Jay

Tranquility du Jour podcasts #181, #207, #210, #253, #259, #340, #389

wish list of must-reads

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



notes:

30 days of tranquility

Try each of these tranquility-infusing tasks for 30 days and watch magic unfold.

1 Sit 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 Daybook 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 Sip a favorite drink

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

notes:

Dearest You:

For last year's words belong to last year's language. And next year's words await another voice. And to make an end is to make a beginning.—T.S. Eliot

Thank you for joining me to welcome 2018! I hope this one hour that you've taken out of your busy life has been rejuvenating and inspiring. So much potential lies ahead and I'm honored to be part of your journey. Please share what you've created and/or learned via social media using #TDJLive.

Also, I'm delighted to invite you to join a yearlong program catered to helping you flourish and bloom. Infused with my yoga, mindfulness, and psychotherapy experience, **Year of Tranquility** is truly a piece of my heart and life's work—a true lifestyle adventure for anyone seeking more fun and flow. Details at kimberlywilson.com/yearoftranquility and we launch on January 14.

Save the date: March 1 our non-profit **Pigs & Pugs Project** is hosting a screening of the film *The Last Pig* (on National Pig Day) at Atlantic Plumbing in DC. Details at pigsandpugsproject.org.

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 year ahead. Thanks for being part of mine. Cheers to new beginnings!

Bisous and gratitude,

Kimberly

P.S. Save 20% off eco-friendly, locally-sewn TranquiliT now through January 15 with code **NEWYEAR** at TranquiliT.com.

