



VIRTUAL RETREAT

Mid-Year 2021



KIMBERLYWILSON.COM



Welcome

"Be a curator of your life. Slowly cut things out until you're left only with what you love, with what's necessary, with what makes you happy." —Leo Babauta

I'm delighted that you're joining me for the **Virtual Retreat on Saturday, July 10 at 1-4 pm ET!**

Our day includes: savoring an all-level yoga and meditation practice, spending time in contemplation and community, reflecting on what matters most, designing mid-year dreams, and creating an action plan.

To prepare, please:

1. **Print and read** through this workbook.
2. **Familiarize yourself** with our [private page](#).
3. **Complete** pp. 7 and 8 in advance.
4. **Set your intention** and share it in our [private Facebook group](#).
5. **Gather your tools** and set the stage (see p. 4)
6. **Pull images and words** from magazines that represent your vision for 2021.

Throughout our gathering, you'll have the chance to share and ask questions in the chat box.

I can't wait to celebrate mid-year with you!

Kimberly

P.S. If you miss any of the live event, it's being recorded and will be available on your private page within 48 hours.



agenda*

1 pm Welcome

Module 1: Flow

Module 2: Reflect

Brief Break

Module 3: Create

Takeaways + Next Steps

4 pm Closing

**Subject to change.*



Retreat Tips

*“Slowing down is sometimes the best way to speed up.” —
Mike Vance*

To prepare for our retreat, these tips will help guide your experience.

BRING A BEGINNER’S MIND. There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

GATHER YOUR TOOLS. **Creature comforts:** cozy clothing, lavender oil, a scarf, rosewater spray, lip balm, flowers, candles, twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines that represent what you’d like to see more of in your life, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

SHOW UP. Bookmark [our private page](#). Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat. Tune into the Zoom link on your private page a few minutes before 1 pm ET.

SET THE STAGE. Wear something comfy that stretches and you feel good in. Spritz perfume. Sip green juice and a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of each session. Make your retreat set up inviting.

CONNECT. Say hello in our [private Facebook group](#). Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.



1. **Compassion:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2. **Creativity:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3. **Style:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is personal and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4. **Mindfulness:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5. **Wellness:** We choose self-care through gratitude, reflection, whole foods, meaningful work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.



Playlist



PLAYLIST

TDJ Mid-Year

Moody and jazzy music to inspire musings.

Created by Kimberly Wilson • 29 songs, 1 hr 51 min

[PLAY](#)  

FOLLOWER 1

Q Filter

	TITLE	ARTIST	ALBUM		
	Summertime	Ella Fitzgerald	Summer Songs	a day ago	5:01
	Take the "A" Train	Duke Ellington	Big Band Greatest...	a day ago	2:52
	Paris	Karen Souza	Hotel Souza	a day ago	3:47
	Hang on Little Tomato	Pink Martini	Hang on Little To...	a day ago	3:17
	On My Own	Madeleine Peyroux	Anthem	a day ago	4:05
	Night And Day	Diana Krall	Turn Up The Quiet	a day ago	4:38
	I Fall in Love Too Easily	Karen Souza	Velvet Vault	a day ago	3:47
	La vie en rose	Laura Fygi	Jazz Love	a day ago	3:48
	Ain't No Sunshine - Late Night Jazz Mix	Karen Souza	Ain't No Sunshine...	a day ago	3:13
	It Was You	Norah Jones	Begin Again	a day ago	5:31
	Moon River	Nicole Henry	Moon River	a day ago	5:11
	The Jazz in You	Patti LaBelle	Bel Hommage	a day ago	4:00
	Stay	Jasmine Thompson	Bundle of Tantrums	a day ago	3:31
	Young And Beautiful	Lana Del Rey	Music From Baz L...	a day ago	3:56
	Summertime Sadness	Lana Del Rey	Born To Die - The ...	a day ago	4:25



Intention Setting

What is my intention for summer?

How will life feel different with this intention?

How do I most want to grow this season?

What needs to change to make that happen?

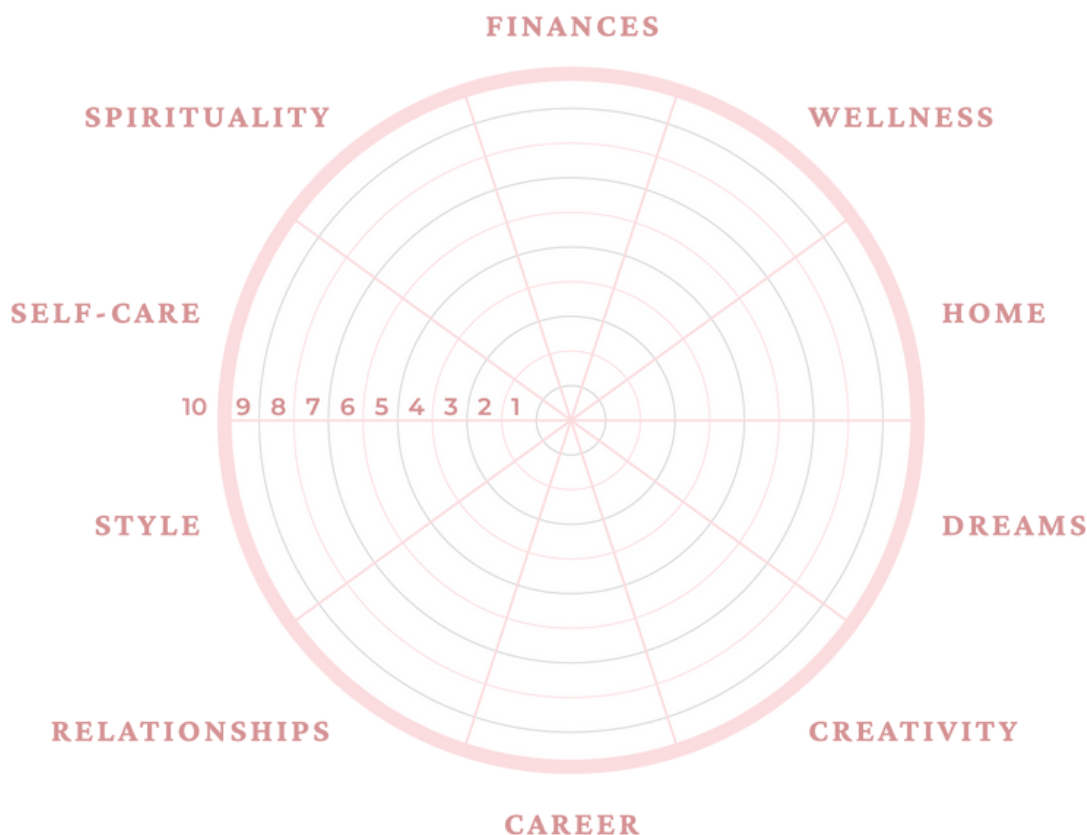
How do I want to feel by fall?



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.



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

Seasonal Tranquility Tools

- | | | | |
|---|-------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Seasonal Life Review | <input type="checkbox"/> Deep Clean | <input type="checkbox"/> Practice Essentialism | <input type="checkbox"/> Bed Day |
| <input type="checkbox"/> Try Something New | <input type="checkbox"/> Rearrange | <input type="checkbox"/> Tend Your Garden | <input type="checkbox"/> Get Cultured |



The Road Not Taken

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves, no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.



"With every breath, the old moment is lost; a new moment arrives. We exhale and we let go of the old moment. It is lost to us. In doing so, we let go of the person we used to be. We inhale and breathe in the moment that is becoming. In doing so, we welcome the person we are becoming. We repeat the process. This is meditation. This is renewal. This is life."

—Lama Surya

Without getting all fancy on you, I'm encouraging the exploration of a basic three-part breath (dirgha pranayama). Our breath serves as a tool for coming into the present moment and eases stress, calms the nervous system, increases focus, and increases oxygen to the blood.

And the best part, we always have it with us. No need to roll out a yoga mat or put on stretchy clothing.

Begin by finding a comfortable seat and breathe naturally for a few moments.

Next, draw the breath in through your nose and fill your belly, ribs, and chest with air. Then exhale and release your chest, ribs, and belly.

If you can't quite feel one of these parts (often the belly), place your hand there and try to move it with your breath. That's the best way to find those tricky parts.

Continue this breath for a few minutes.

No one has to know you're doing this. If you're dealing with a delayed flight, a tough conference call, a crying baby, or barking dog, this is a great go-to. Try this practice (the fourth limb of yoga) throughout the week a few times a day and watch your body and mind soften. Notice your breath.

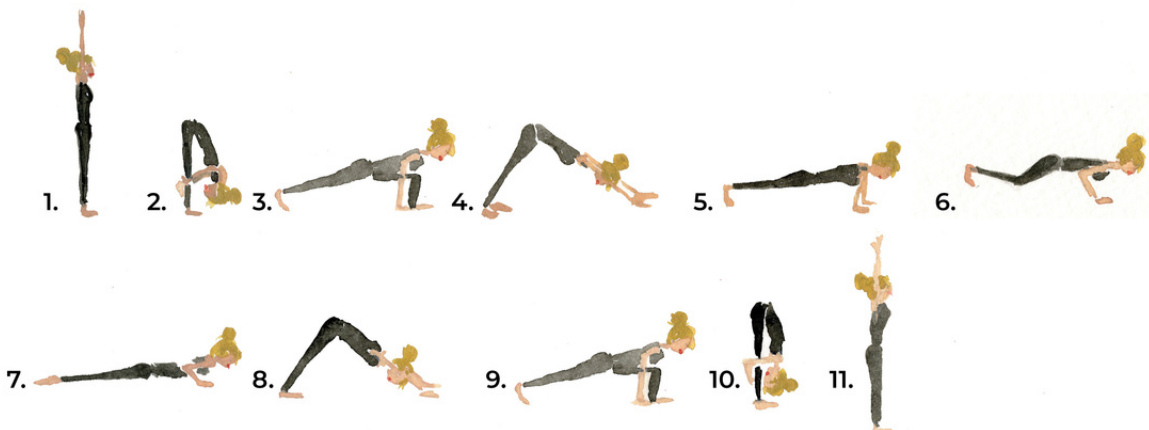
Yoga

WHAT IS YOGA? The word yoga comes from Sanskrit, an ancient Indian language. It is a derivation of the word *yuj*, which means to yoke. In contemporary practice, this is often interpreted as union of the mind, body, and spirit.

WHY IS IT BENEFICIAL? Yoga is known to improve flexibility, build strength, quiet the mind, increase muscle tone, improve balance, support joint health, teach better breathing, increase self-confidence, and reduce stress.

HOW TO DO IT: Put on comfy clothing that stretches, light a candle, and roll out your yoga mat. Move slowly and intentionally. Listen to your body and avoid stretching beyond its limits. If something doesn't feel good, pause and modify. Try this sun salutation:

1. Come to mountain pose at the top of the mat. Feel your feet grounded firmly. Set an intention. Inhale, reach your arms to the sky.
2. Exhale, trace the midline of your body through prayer position and into a forward fold.
3. Inhale, step back with your right leg to a lunge.
4. Exhale, step back with your left leg to downward-facing dog (an inverted "V").
5. Inhale, float forward to plank pose. Align your shoulders over your wrists and wiggle your feet back so your heels are over the balls of your feet. If this is too much on your wrists, drop your knees.
6. Exhale, drop your knees, bend your arms to a 90-degree angle, hug your elbows into your body, and lower down so that your shoulders and hips are in a straight line for half-chaturanga.
7. Inhale, uncurl your toes, drop your belly, lift your heart center, and slide into cobra. Relax your shoulders from your ears.
8. Exhale, curl your toes under, and lift your hips up and back into downward-facing dog.
9. Inhale, step forward with your right foot.
10. Exhale, step your left foot between both hands to a forward fold.
11. Inhale, trace your midline to the sky. Exhale, place your hands to prayer position in front of your heart. Repeat on the opposite side (step back with the left leg).





Mindfulness

"You are the sky. Everything else—it's just weather."

—Pema Chödrön

WHAT IS MINDFULNESS?

Jon Kabat-Zinn defines mindfulness as "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally." Instead of going down the rabbit hole with our thoughts (usually about the past or future), we make a conscious effort to catch ourselves and bring awareness back to the present moment. Mindfulness is the process of deep awareness and accepting each experience, sensation, thought, or feeling, just as it is, without trying to change it.

WHY IS IT BENEFICIAL?

Benefits of mindfulness include an increase in acceptance, compassion, concentration, and self-control, along with a decrease in stress (to name a few). Neuroscientists have found that after just 11 hours of meditation, practitioners had structural changes in the part of the brain involved in monitoring focus and self-control.

10-MINUTE SEATED MEDITATION

Come to a comfortable seated position. Close your eyes and pay attention to your breath, body, thoughts, and emotions. As your mind wanders, bring it back to the breath to build concentration, observe your emotions, and notice physical sensations like clenching of the jaw. You will get distracted repeatedly and it doesn't mean you're doing it wrong. The act of noticing you're distracted and returning to your breath IS the practice of meditation.

WALKING MEDITATION

Instead of getting from point A to point B, the point of walking meditation is to arrive in the present moment of each step. Notice the movement of each foot as you lift it, move it forward, and place it back down with each step. Lift, shift, place. Walk back and forth in a line at home or wander on a large lawn. Practice for five to 10 minutes.



Journaling

*“There is no greater agony than bearing an untold story inside you.”
—Maya Angelou*

This may be a practice that you’ve done since grade school where you wrote about your crush of the day, a practice you pick up when you’re upset and need a space to process, or something you’ve never done or understood. No matter how much journal writing you’ve done, my hope is that this will be a helpful gateway to engage with the experience.

Journal writing is the process of putting pen to paper (or fingers to keyboard) and, for many, it can be a therapeutic brain dump to bring light to dark, uncharted territory. As Joyce Chapman says in *Journaling for Joy*, “Through the act of writing things down, you allow yourself to wake up, be aware, and pay attention to what your life has to teach you.”

JOURNAL PROMPTS:

1. Barn’s burnt down — now I can see the moon. What does this haiku written by 17th century poet Masahide mean to me as I begin to reemerge?
2. What am I noticing that feels out of balance in my life right now?
3. As I look at the results of my Seasonal Wheel of Life, what needs attention?
4. How am I feeling about my 2021 dreams and theme?
5. What have I learned about myself during the past 15 months?
6. As I contemplate my life post-pandemic, how do I want to be different?

Journaling is a tool to help explore and better understand patterns, motivations, fears, and struggles. It’s also a safe space to capture dreams, to celebrate, and to grow. Let’s get started!



2021 Experiences & Wishes

January

February

March

April

May

June

July

August

September

October

November

December



Lists

Stop

Start

Continue



July 10

One year from today I want to . . .

In the past year I have . . .





Summer Wish List

1. Picnic in the park
2. Plan a hike and meditate outdoors
3. Dine al fresco
4. Watch fireflies
5. Sit around a campfire
6. Take a dip in cool water
7. Lie in the grass
8. Repot an overgrown plant
9. Visit an animal sanctuary
10. Don a sun hat
11. Stargaze
12. Go berry picking
13. Visit a winery and sip into the afternoon
14. Attend an outdoor concert
15. Savor the sunshine on your skin (hello, vitamin D)
16. Play tourist in your town
17. Go camping
18. Walk barefoot in the sand
19. Go on an evening walk and notice the moon
20. Line dry your clothes
21. Watch a movie outdoors
22. Plan a road trip
23. Ride a bike
24. Visit a botanical garden
25. Create a capsule wardrobe
26. Look for adult summer camp options
27. Grow fresh mint for your tea
28. Stroll along a boardwalk
29. Practice yoga outside
30. Host an outdoor cocktail party
31. Take a digital detox for a day or even a weekend
32. Sign up for a new class—dance, art, yoga, writing, language

My Ideas

Tranquil Travel

"Travel brings power and love back into your life."

—Rumi

Tips:

- Wear your bulkiest items when you travel.
- Roll your clothing.
- Pack products that serve multiple purposes such as Dr. Bronner's, shampoo/soap, and body/face moisturizer.
- Pack versatile pieces that can be worn in multiple ways such as a skirt that can also be a dress.

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/e-reader
- Travel guides



my travel ideas



Mid-Retreat Reflection

A large, empty rectangular box with a light pink border, intended for writing a mid-retreat reflection.

Wellness In Action

Physical

Environmental

Nutritional

Emotional

Medical

Occupational

Spiritual

Financial

Social

Behavioral



My Dreams

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own." —Mark Victor Hansen

Goal 1:

1.

2.

3.

Goal 2:

1.

2.

3.

Goal 3:

1.

2.

3.

Goal 4:

1.

2.

3.

Affirmative Writing

Visualize a change you wish to see in your life that is within your control, and write it down in the present tense. "I am now . . ." Name the change and describe a good day as a result of the change. For example, describe your face and how it reflects your state of mind, your prevailing mood, home environment, self-talk, diet, sleep, habits, relationships, and work.



Art journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.



Closing

1.

2.

3.

4.



Love Note

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

—Mary Lou Cook

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously create the rest of your year.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time in creativity. Go for a long stroll. Stay connected to what matters most.

Let's stay in touch via weekly Love Notes and Tranquility du Jour podcast episodes.

May your summer be filled with intentional choices and micro-movements. You're beautiful and you've got this! x



@TRANQUILITYDUJOUR



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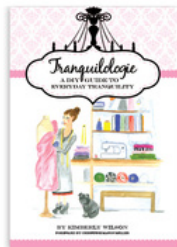
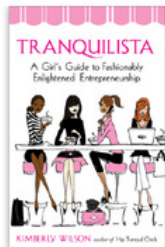
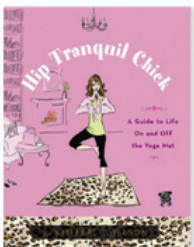


@TRANQUILITYDUJOUR



Kimberly

A portion of all Tranquility du Jour proceeds benefits Pigs & Pugs Project, so thank you for making a difference.





Everyday Retreat

*“The world needs people who retreat from the world in order to see it more clearly.”
—Patrick Shen*

1. **SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Keep the slower pace of the retreat with you. Remember to breathe and observe what is happening within you.
2. **NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
3. **HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
4. **SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
5. **EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?



Everyday Tranquility

Tranquility is the quality of calm within a full and meaningful life.

SIP hot water with lemon.

Spend a few minutes in **MEDITATION**.

MOVE YOUR BODY through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

REVIEW YOUR DAYBOOK and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

SPRITZ PERFUME and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

PRACTICE GRATITUDE.

MAKE SOMEONE'S DAY with a simple "I appreciate you" text or smile.

TRACK your energy, time, and money habits.

DECLUTTER your mind, home, and digital environments.

BATCH TASKS by categories and hats you wear.

ESTABLISH ROUTINES and healthy habits.

MAKE A DIFFERENCE as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

FOREST BATHE and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

PRACTICE STOP: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.



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

Savvy Sources



Creativity

#78 Creativity Cravings
#122 Being Succulent with SARK
#152 Musings on Creativity
#154 Guide to Creativity
#184 Creative Awakenings
#238 Abundant Wild Life
#242 Brave Intuitive Painting
#273 Making Your Creative Mark
#307 Yoga + Creativity
#373 Creative Practice
#442 Creativity
#472 Wild Words
#495 Free the Creative Within

Style

#42 Outer Beauty
#179 Signature Style
#259 Project 333
#289 Finding Your Ooh la la
#310 Style Secrets
#338 All About the Pretty
#351 At Home with Madame Chic
#354 The Good Karma Diet
#366 Polish Your Poise
#414 Parisian Charm School
#438 Simply Luxurious Life
#464 Summer Style
#510 Soulful Living

Wellness

#61 Self-Nurturing Survival
#181 Living The Not So Big Life
#240 Main Street Vegan
#335 Walk On the Healthy Side
#348 Mindful Self-care
#370 Sipping Tea
#397 Nourish 360
#398 Make Peace with Your Mind
#421 From Anxiety to Love
#426 Breaking Up with Busy
#484 Money Management
#486 Stop Checking Your Likes
#506 Living Ayurveda

Mindfulness

#171 Musings on Mindfulness
#267 Mindful Living
#317 Mindfulness Diaries
#320 Mindfulness
#341 Everyday Mindfulness
#356 Uncovering Happiness
#357 Mindful Eating
#416 All Our Waves Are Water
#470 Love On Every Breath
#473 Now is the Way

Compassion

#116 Spiritual Activism
#328 Life Purpose Bootcamp
#359 Artistic Activism
#439 Give A Sh*t
#451 Racial Justice
#452 Reductarian
#475 Zero Waste
#491 Being An Ally
#501 Slow Living
#508 Sustainable Living





You're
Invited

TDJ Lifestyle E-course

Opens in September • Join the waitlist

This specialty course is offered annually and includes five weekly video modules on the TDJ Tenets (mindfulness, creativity, compassion, wellness, style), email encouragement, a private Facebook group, and an exclusive TDJ Lifestyle workbook PDF.

Learn to express your signature style, design a wellness plan that works for you, manage stress with mindfulness practices, make creativity a habit, be an everyday activist, and more!

kimberlywilson.com/tadjlifestyle

TDJ Live Masterclass

Sunday, September 19, 8-9 pm ET • Free

Enjoy space for reflection, intention setting, and connection. During the experience I'll share eight tranquility tips to help you find more balance, beauty, and ease as we launch into fall.

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