



MID-YEAR VIRTUAL RETREAT

July 18, 2020



KIMBERLYWILSON.COM



Welcome

“What if 2020 is the year we’ve been waiting for? A year so uncomfortable, so painful, so scary, so raw — that it finally forces us to grow. A year that screams so loud, finally awakening us from our ignorant slumber. A year we finally accept the need for change. Declare change. Work for change. Become the change. A year we finally band together, instead of pushing each other further apart. 2020 isn’t canceled, but rather the most important year of them all.” —Leslie Dwight

Agenda*

10am Welcome
Yoga + Meditation
Reflect
Lunch
Design
3pm Finale

*subject to change

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.

*P.P.S. Your 20% off TranquiliT.com code is **NEWDREAMS**. Valid through July 31.*

I'm delighted that you'll be joining us for the Mid-Year Virtual Retreat on **Saturday, July 18 at 10am - 3pm ET**. Uncertain times call for connection, small shifts, and intentionality. During this half-day retreat, we'll review our year and design what remains within a like-hearted community.

Our day includes: a juicy yoga flow, time in reflection and community, mindfulness practices, plan the remainder of 2020, learn healthy habits and coping skills, engage in creative play.

Pour a cuppa iced tea and browse through these pages. To prepare, please:

1. **Print and read** through this Guidebook.
2. **Familiarize yourself** with **Zoom** and our **private page**.
3. **Complete** pp. 5, 6, and 7.
4. **Set your intention** and share it in our private **Facebook group**.
5. **Gather your tools** and set the stage as described on p. 4.
6. **Pull images and words** from magazines that resonate with you.

Throughout our gathering, you'll have the chance to share and ask questions in the chat box. Thanks for joining me!

Kimberly



What To Expect



4-HOUR VIRTUAL RETREAT



ARTIST DATE



WARM WELCOME



JAZZY PLAYLIST



RETREAT VIDEO REPLAY



TRANQUILIT DISCOUNT CODE



PRIVATE FACEBOOK GROUP



FESTIVE FINALE



Virtual Retreat Tips

“We don’t see things as they are, we see them as we are.”

—Anais Nin

To prepare for our retreat, you’ll find tips below to help guide the experience.

1. 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.

2. 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, scrap paper, postcards, tissue paper.
- A computer or smartphone with internet access.
- A yoga mat or chair for the yoga portion.

3. SHOW UP. Bookmark your **private page**. Clear your calendar to join us for the full experience on Saturday. Set aside distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop in to the retreat. Tune in a few minutes before 10 am **here**.

4. 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 (try one of the included recipes on p. 17). Have your tools within reach. Light a candle to signify the start of the retreat. Make your retreat set up inviting.

5. 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.



Intention Setting

My intention for this retreat is:

I'm most excited about:

I'm most nervous about:

To prepare, I need to:

I hope to take away:

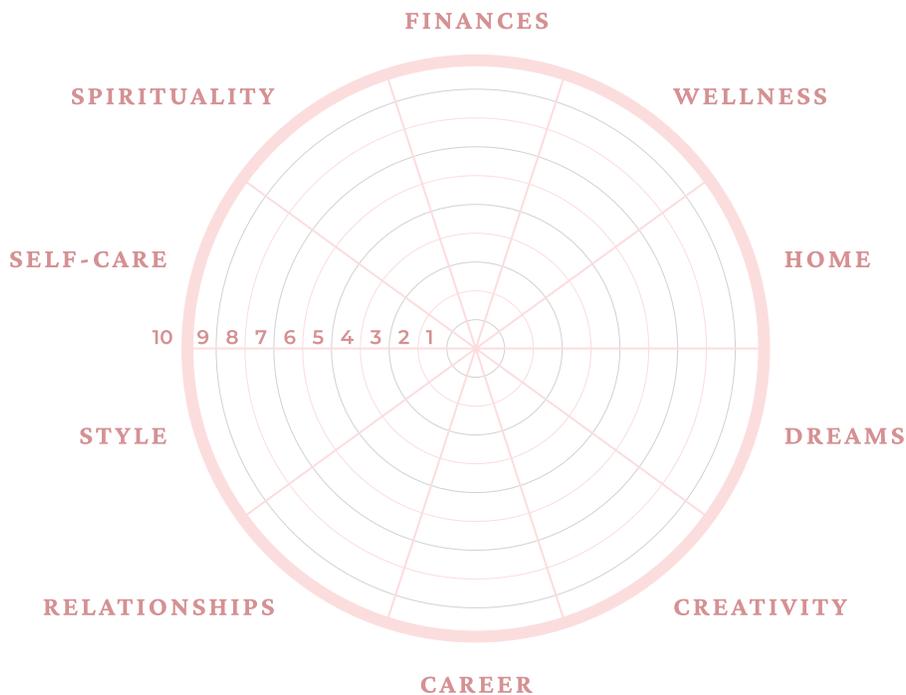


Seasonal Life Review

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, 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.



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

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

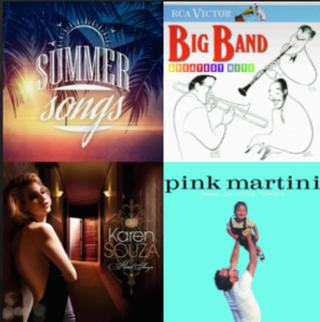
Letter To Your Future Self

Picture yourself on December 31, 2020 having accomplished or having taken steps toward accomplishing your Year's Dreams. How do you feel? Where are you? What are you doing? What are you eating? Who are you with? What are you wearing?

Pen yourself a letter to open at the end of the year and write it in the present tense. For example, "I'm so glad you made self-care a priority this year. You are now sleeping through the night, eating more whole foods, and doing yoga three times a week." Keep going. Bring those action steps from the Seasonal Life Review alive here and dream about how life will look once you make yourself and your goals a priority.



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

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

TRANQUILITY IS
THE
QUALITY OF
CALM
WITHIN A
FULL AND
MEANINGFUL
LIFE.

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 individual 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, fulfilling 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.





Our Deepest Fear

by Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.



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.

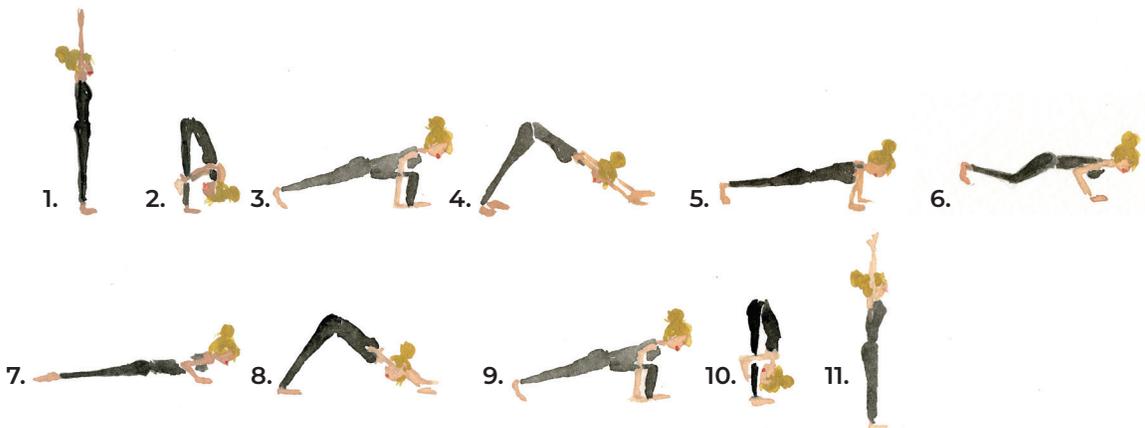
Yoga

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).





Reflection

1.

2.

3.

4.

Year's Dreams



My Word/Theme:

My Year

January

February

March

April

May

June

July

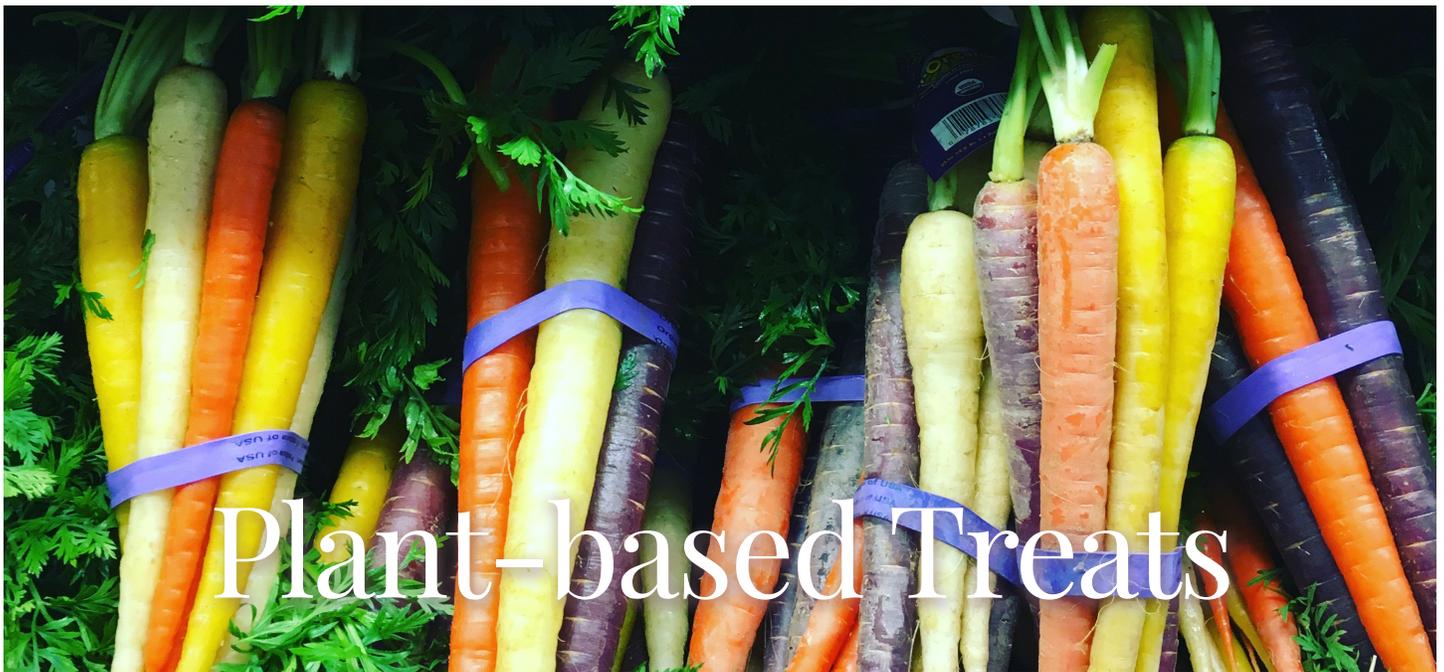
August

September

October

November

December



Plant-based Treats

PROTEIN BALLS

These no-bake balls offer a protein punch and are great on-the-go. Enjoy as a snack, dessert, or breakfast.

INGREDIENTS:

1 cup dates, pitted
½ cup rolled oats
¼ cup chia seeds
½ cup vegan chocolate chips
¼ cup vegan protein powder
¼ cup unsweetened shredded coconut
3 tablespoons almond butter

DIRECTIONS:

Place all ingredients in a food processor or blender. Mix until it forms a dough. Roll into balls. Store in the fridge or freezer.

AVOCADO TOAST

Avocado has protein and healthy fat plus is high in fiber, potassium, vitamins B, C, E, and K.

INGREDIENTS:

bread
avocado
extra virgin olive oil

DIRECTIONS:

Slice and toast bread, drizzle with olive oil, and mash half an avocado on top with a fork. Top with Montreal steak seasoning, arugula, peaches, tomatoes, pine nuts, chili flakes, or chia seeds.

CHIA SEED PUDDING

Chia seeds are a source of antioxidants and rich in fiber, omega-3 fats, protein, vitamins, minerals, and essential fatty acids.

INGREDIENTS:

3 cups unsweetened almond milk
½ cup chia seeds

DIRECTIONS:

Whisk the almond milk and chia seeds. Let sit for 5–10 minutes and then whisk again. Cover and chill in the fridge for 2.5–3 hours, or overnight. Stir well before serving. Add toppings such as granola, diced fruit, nuts, or seeds.

KALE CHIPS

Kale is nutrient dense with protein and iron, a great source of fiber, and full of vitamins A, C, and K.

INGREDIENTS:

a large bag of kale
extra virgin olive oil
nutritional yeast

DIRECTIONS:

Preheat the oven to 350 degrees. Remove leaves from the stalks, wash and dry in a salad spinner, and massage ½ tablespoon of extra virgin olive oil into the leaves. Spread them out on a baking sheet. Add Montreal steak seasoning or nutritional yeast. Bake 15 minutes or until crisp.

GREEN SMOOTHIE

This smoothie is high in fiber, low in sugar, and rich in vitamins and healthy fats.

INGREDIENTS:

½ cup vegan protein powder
2 handfuls spinach
1 tablespoon chia seeds
1 cup almond milk or water
½ avocado
1 tablespoon coconut oil
assorted frozen fruit
1 tablespoon ground flaxseed
½ banana

DIRECTIONS:

Combine all ingredients in a blender.

CRISPY CAULIFLOWER

Cauliflower is full of nutrients, high in fiber, and has anti-inflammatory benefits.

INGREDIENTS:

1 head of cauliflower cut into florets
1 tablespoon of extra virgin olive oil
¼ teaspoon black pepper
¼ teaspoon paprika
¼ teaspoon turmeric

DIRECTIONS:

Preheat the oven to 450 degrees. Toss cauliflower in oil and other ingredients. Spread the florets out evenly on a metal baking sheet. Bake for 20–30 minutes until a crispy golden brown. Enjoy with buffalo wing sauce.



Mid-Retreat Reflection

A large, empty white rectangular area intended for writing a reflection, framed by a light pink border.

TDJ Tools

32 tools to enhance your days, weeks, months, and seasons with meaningful tranquility

Tranquility Tools are daily, weekly, monthly, and seasonal practices to help align everyday activities with aspirations. Each is defined below. They serve as anchors to infuse the year with tranquility.

8 DAILY TRANQUILITY TOOLS:

- 1. MORNING RITUAL:** 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. 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, 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, ommmm.
- 4. EAT YOUR VEGGIES:** Reduce animal products and processed foods. Increase plant-based consumption for a joyful effect on your health, the animals, and the planet.
- 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 helps those everyday decisions stay in alignment with your aspirations.
- 7. GRATITUDE:** 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 RITUAL:** End your day with reflection. Write in your journal, shut down your computer and smartphone, take a warm bath with Epsom salts, or read in bed for 30 minutes before lights out.

8 WEEKLY TRANQUILITY TOOLS:

- 1. PLAN WEEK'S MITS:** These are your most important tasks. Choose three to five projects to focus on each week and align your daily actions with bringing them to fruition. They are your week's road map.
- 2. SOAK IN THE TUB:** This grounding practice helps clear the mind after a long day. Light candles, play music, or bring in a flute of your favorite libation. Allow yourself to melt into this sensual renewal practice.
- 3. TAKE A DIGITAL DAY OFF:** Grant yourself a sabbatical from being glued to technology. Get your hands dirty in the garden, bake a pie, read a book, connect with a loved one, or collage in your art journal. Our connection to technology needs the off switch from time to time.
- 4. CLEAR CLUTTER:** Piles of paperwork become mountains when not handled regularly. Take time each week to reduce the clutter around you. Watch yourself breathe easier and feel lighter.
- 5. PEN A LOVE NOTE:** Reach out to a friend, family member, pen pal, or even yourself (a letter to your past or future self) with a thoughtful note. Let someone know you're thinking of them and sending good thoughts. Insert a bag of tea, article of interest, or token of love. This sweet gesture goes a long way in our fast-paced society.
- 6. BUY OR PICK FRESH FLOWERS:** Surround yourself with a pop of living color through potted plants, cut flowers, herbs, or bamboo stalks. If you have a garden, pick flowers and bring them into your living space to spruce up a barren bedside table.
- 7. TAKE AN ARTIST DATE:** Julia Cameron, author of *The Artist's Way*, encourages a solo excursion to nurture your inner artist for one hour each week. Try a trip to a flower market, café, museum, bookstore, or art gallery and watch your ideas flourish.



8. **SAVOR A GREEN JUICE:** Watch your energy and vitality soar as you drench your system with healing nutrients. Greens help alkalize the body, enhance skin glow, and detoxify. Try two kale leaves, a Granny Smith apple, one cucumber, a celery stalk, and a two-inch piece of ginger.

8 MONTHLY TRANQUILITY TOOLS:

1. **CRAFT MONTH'S DREAMS:** At the start of each month, write the big dreams you'd like to achieve. At the end of the month, review your list to give yourself a pat on the back for the items you accomplished, and carry over the ones that remain and still feel close to your heart.
2. **MANI/PEDI:** Nurture your nails by adding color, trimming your cuticles, and savoring an exfoliating footbath. Or, indulge in another form of well-deserved self-care.
3. **VOLUNTEER:** Give some of your resources—time, money, or energy—to a favorite cause and watch how you can have a ripple effect on others and your own well-being.
4. **ENTERTAIN:** Invite a friend over for tea or host an intimate dinner fête. Don an apron, set the table, light candles, and channel your inner Martha Stewart.
5. **REVIEW YOUR BUDGET:** Spend less than you make, save a little, and donate, too. Set up a system for regular review. It doesn't have to be fancy; pen and paper with a pile of receipts will work. Try a monthly budget review or weekly spending chart. Or, go high tech with [mint.com](https://www.mint.com).
6. **READ TWO BOOKS:** To continually learn, grow, and expand your horizons, read and finish two books monthly. Watch your awareness grow.
7. **CREATE:** Bring something new into existence. Think intangible such as an idea or physical such as origami. Knit a scarf, make a banner, craft a meal, write blog posts, sew a dress, or paint a watercolor postcard.
8. **MASSAGE:** Massage has many benefits and is an antidote to stressed, achy muscles. If a spa isn't in the cards, consider a neck or foot rub at your neighborhood nail salon, or check out the local massage school for good deals from therapists-in-training. Or, ask your beloved for a complimentary rub down.





8 SEASONAL TRANQUILITY TOOLS:

1. **DO THE SEASONAL LIFE REVIEW:** Seasonally reflect on areas of your life such as work, style, creativity, dreams, home, self-care, spirituality, health, relationships, finances, etc. Rate each one with your level of satisfaction (10=bliss, 5=so-so, 0=boo). Review the areas that ranked lower than you'd like and pen three action steps to increase your satisfaction in them.
2. **DEEP CLEAN:** Pull everything out of drawers, cupboards, closets, nooks, and crannies. Donate what no longer serves you, dust off what does, rotate seasonal wear, and put things back in their place with a renewed sense of order.
3. **PRACTICE ESSENTIALISM:** Review your life, personal and professional. Are you excited by what you see? Do plans make you feel drained? Have you signed up for that one thing too many? What small shifts can you make to bring your day back into balance? Surrender the glorification of busy. Carve out time to savor.



4. **TAKE A BED DAY:** Create a few hours to an entire day for a rejuvenating day in bed. Gather your tools: candles, eye pillow, tea, water, books, journal, rose water spray, comfy clothes, soft linens, a chunky knit blanket. Anything that soothes. Begin with a luxurious soak in the tub. Add a splash of sweet almond oil and a few drops of lavender oil. Then saunter into your quiet space to rest and reset.
5. **TRY SOMETHING NEW:** Take up a new hobby, make vegan cheese, study a new language, pick up the guitar, join a writing group, take a modern dance class. Studies show that lifelong learning is directly tied to health and longevity..
6. **TEND YOUR GARDEN:** Seasonally it's good to pull weeds, repot plants, rake leaves, plant bulbs, and trim trees, even if you don't have a garden. Metaphorically, what would you like to plant, trim, repot, and clean up in your life? Observe what needs tending and do so with care.
7. **REARRANGE:** An important principle of Feng Shui (a Chinese philosophical system of harmonizing the environment) is that if you're feeling stuck, do some rearranging. Switch furniture, books, lamps, or art to create a fresh feeling in your surroundings.
8. **GET CULTURED:** Travel, head out for live music, watch your nearest ballet ensemble, read the classics (hello, Jane Austen), get to know the Impressionists, try new-to-you cuisine, watch a Broadway musical, check out an exhibit, listen to classical music, or visit a winery or tea salon for a tasting.



Healthy Habits

“There is a connection between self-nurturing and self-respect.” —Julia Cameron

Track your daily use of these self-care practices.

	1	2	3	4	5	6	7
Restful Sleep							
Warm Bath							
Deep Breathing							
Mindful Movement							
Journaling							
Gratitude							
Postive Self-talk							
Mindful Eating							
Goal Review							
AM & PM Rituals							
Digital Down Time							
Creative Play							
Meditation							
Loving Connection							
Stay Hydrated							



WAYS TO INCORPORATE

1. Schedule it
2. Reward yourself
3. Call in support
4. Change “I have to” to “I choose to”
5. Habit stack
6. Prepare for obstacles
7. Say “no, thank you”
8. Make it a foundation of your daily routine



“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.

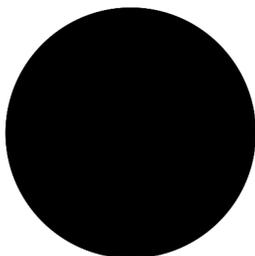
Continue this breath for a few minutes.

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.

Moon Phases

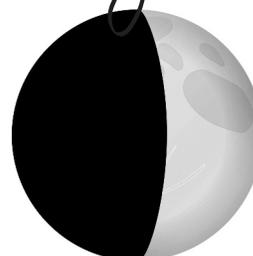
Notice your connection to the moon's cycles in these four phases: new, waxing, full, waning. Consider the prompts below as a way to tie into your Month's Dreams and provide space for monthly reflection. Tune into *Tranquility du Jour* podcast #424 Moon Wisdom.

new moon



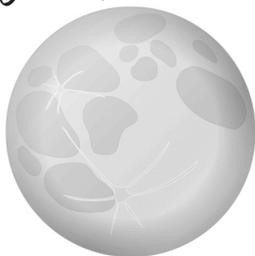
A time for setting intentions.
I want . . .

waxing moon



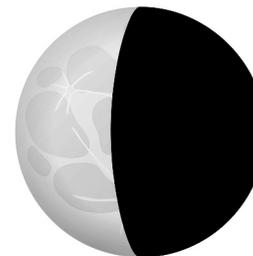
A time for action.
I will . . .

full moon



A time for harvest and closure.
I release . . .

waning moon



A time for softening.
I feel . . .



MENTAL: Stay informed, not obsessed. Set social media limits. Fill your mind with what feeds you—inspiring podcasts, books, stories. Learn something new. Virtually visit these **famous museums**. Compile a wish list. Do a puzzle. Avoid catastrophizing. Unplug. Virtually visit these **National Parks**. Take up a hobby. Create a page in your art journal. Write a short story. Try a new recipe. Learn a new language. Take an online class. Bake a pie.

PHYSICAL: Move your body. Get outside. Try online workouts. Fill your body with healthy options. Get ample sleep. Clean your space. Regularly pause and take five deep breaths. Ride a bike. Notice how emotions affect your body. Avoid excess mind-altering substances such as caffeine, drugs, nicotine, and alcohol. Soak in the tub. Clear out your closet, drawers, and cupboards. Repot plants. Go for a long walk and observe your senses. Roll out your yoga mat.

EMOTIONAL: Write about your feelings. Try teletherapy. Practice the 3 Ns: notice sensations, name emotions, navigate next steps. Establish a nourishing routine. Be gentle with yourself. Engage in self-soothing practices. Make self-care a priority. Meditate. Focus on what you can control (hint: it's our reaction). Show compassion. Track your moods. Stay connected to others. Seek support. Video chat with friends. Reflect. Create a gratitude list. Be still.

SOCIETAL: Donate to local food banks. Share resources—anything from an article to food, time, a kind word, and money. Adopt or foster an animal. Shop small and local when possible. Check in with those who live alone (and those who don't—everyone needs love right now). Order takeout from local restaurants. Buy a gift card to support a small business. Keep memberships going—hopefully you'll be back soon. Tip generously. Donate to a charity in need.

Artist Dates at Home

Julia Cameron, author of the life-changing book *The Artist's Way*, coined Artist Dates—a one-hour weekly solo excursion to nurture your creative spark. It's about taking your inner artist out on a date to give the mind an opportunity to rest, play, and uncover ideas that may not show up in daily life.

I've been an avid fan of the idea for nearly two decades and strive to include it in my weekly routine either spontaneously as I pass a bookstore, or planned by signing up for a calligraphy workshop.

Here are some ideas on crafting your own during quarantine:

- Art journal
- Virtually visit **museums** and **national parks**
- Create a vision board (Pinterest or scissors & glue)
- Set up a creative space
- Pull together a creative to-go kit
- Learn origami
- Try a different type of movement class
- Read a classic
- Set up an altar
- Make jewelry
- Virtually visit to the **Paris Opera house**
- Play in a coloring book
- Knit or crochet a scarf
- Bake a cake
- Go through that pile of magazines (pull images for art journaling)
- Write a poem
- Watch a creative documentary (*Iris*, *Dior & I*, *Bill Cunningham NY*, *A Ballerina's Tale*, *Diana Vreeland*, *The September Issue*, *The Creative Brain*, *The Gospel According to André*)
- Pen snail mail love notes
- Try on your clothing and create new outfits
- Take an online class
- Do a puzzle
- Create DIY bath products
- Try a new recipe
- Write a bucket list
- Make a playlist



More ideas:



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 Letter to Your Future Self 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 answer to a reflection question.
- Create a page or spread that highlights what you look forward to post-quarantine.
- Choose an item from Everyday Tranquility that resonates and design a page or spread that represents it.

10 Books

to read this year

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

10 Artist Dates

to do this year

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

10 Things

to try this year

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



Manifesto

I BELIEVE IN **HANDWRITTEN** NOTES. I BELIEVE IN **EQUALITY** FOR ALL. I BELIEVE IN **USING CHINA** AT EVERY MEAL. I BELIEVE **ANIMALS** ARE TO BE **LOVED** AND PROTECTED. I BELIEVE IN THE HEALING POWER OF **BUBBLE BATHS**, GREEN TEA, AND FRESH **FLOWERS**. I BELIEVE WE'RE NEVER TOO **OLD** TO BE BALLERINAS OR WEAR A **TUTU**. I BELIEVE PARIS IS A DELIGHT TO THE SENSES. I BELIEVE IN **STARGAZING** AND OBSERVING THE MOON'S PHASES. I BELIEVE THAT **COMPASSION** IS THE **NEW BLACK**. I BELIEVE IN **EATING PLANTS**. I BELIEVE IN LIVING LIFE **FULL OUT**. I BELIEVE **NATURE HEALS**. I BELIEVE THAT **YOGA** AND **WRITING** ARE TOOLS FOR **DISCOVERY**. I BELIEVE **WOMEN** CAN CHANGE THE **WORLD**. I BELIEVE IN **DONNING NOIR** AND **LIVING PINK**. I BELIEVE **PILES OF BOOKS** SPARK **JOY**. I BELIEVE IN THE **EASE** OF A CAPSULE WARDROBE. I BELIEVE IN **LIGHTING CANDLES** EVERY DAY. I BELIEVE IN **USING PAINT, COLLAGE, AND WASHI TAPE** TO AWAKEN OUR **INNER ARTIST**. I BELIEVE IN **TWINKLE LIGHTS** YEAR-ROUND. I BELIEVE IN **SEEKING BALANCE** BETWEEN **DOING** AND **BEING**. I BELIEVE WE HAVE A **RESPONSIBILITY** TO MAKE A **DIFFERENCE**. I BELIEVE IN **HAPPINESS** AND **FREEDOM** FOR **ALL BEINGS**.



My Manifesto

Use this page to pen your own.

A large, empty white rectangular area intended for writing a personal manifesto, framed by a light pink border.



Closing

1.

2.

3.

4.



Love Note

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” —Margaret Meade

Thank you for joining me today to reset, connect, and create. I hope this experience allowed you to learn new tools, dabble in favorites, and reconnect with yourself.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our **Facebook page**, **Facebook group**, **Love Notes, blog**, and **podcast**.

As you transition back into your day or evening (depending on your time zone), move gently and keep this experience close to your heart. Make a nutritious meal. Keep exploring the reflection questions. Read poetry. Spend more time with creativity, yoga, or mindfulness. Cuddle a furbaby. Write a letter of gratitude to yourself for taking this time. Go for a walk. Stay connected to what matters most.

 @TRANQUILITYDUJOUR

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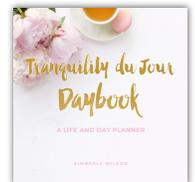
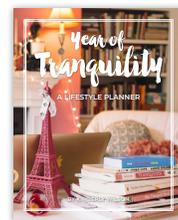
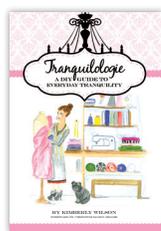
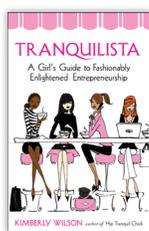
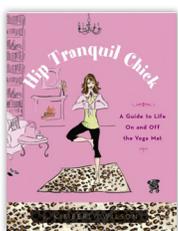
#TRANQUILITYDUJOUR

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A portion of all proceeds from this event will benefit **Higher Heights for America**. They're building the political power and leadership of Black women from the voting booth to elected office and creating the environment for Black women to run, win and lead.





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**.



Savvy Sources

Reflection

BOOKS:

- Make Your Creative Dreams Real* by SARK
- Write it Down, Make it Happen* by Henriette Anne Klauser
- A Book That Takes Its Time* by Irene Smit
- The Crossroads of Should and Must* by Elle Luna
- Simple Abundance* by Sarah Ban Breathnach

TDJ PODCASTS:

- #95 Scheduling and Time Management
- #117 The Power of Writing Things Down
- #211 Dreams to Reality
- #313 Procrastination to Creative Genius
- #396 Start Right Where You Are
- #486 Stop Checking Your Likes
- #487 Why Bother?

Mindfulness

BOOKS:

- Mindfulness-Based Stress Reduction Workbook* by Bob Stahl and Elisha Goldstein
- Wherever You Go, There You Are* by Jon Kabat-Zinn
- The Wisdom of No Escape* by Pema Chodren
- Real Happiness and Real Happiness at Work* by Sharon Salzberg
- Savor and Peace Is Every Step* by Thich Nhat Hanh

TDJ PODCASTS:

- #171 Musings on Mindfulness
- #267 Mindfulness with Elisha Goldstein
- #317 Mindfulness Diaries
- #320 Mindfulness
- #341 Everyday Mindfulness
- #356 Uncovering Happiness
- #357 Mindful Eating
- #416 All Our Waves Are Water
- #439 Give A Sh*t
- #473 Now is the Way
- #475 Zero Waste



kimberlywilson.com/books

Creativity

BOOKS:

- The Artist's Way* by Julia Cameron
- Big Magic* by Elizabeth Gilbert
- Creative Calling* by Chase Jarvis
- The Creative Habit* by Twyla Tharp
- Steal Like an Artist* by Austin Kleon
- The War of Art* by Steven Pressfield
- Creative Revolution* by Flora Bowley
- 12 Secrets of Highly Creative Women* by Gail McMeekin

TDJ PODCASTS:

- #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



You're Invited



Online Book Club

Ongoing

Let's read stories that move us and make us think while engaging in important conversations that encourage reflection and deeper understanding. Together we'll read books and discuss them over in our **TDJ Insider's Facebook group**.

kimberlywilson.com/bookclub



Pigs, Pugs & Pinot

Sunday, October 18, 4-6pm • \$25

Tyber Creek Wine Bar, 84 T Street NW, Washington, D.C.

Join Pigs & Pugs Project for an afternoon in celebration of pigs, pugs, and pinot on the patio. Bring your furry friend (all pug-loving pups welcome) to this festive event and don't miss special guest Charlotte the potbelly pig. A portion of all ticket sales will benefit Life with Pigs Animal Sanctuary and a pug rescue.

pigsandpugs.org/events



TDJ Paris

June 11-14, 2021 • Starting at \$1999. Two spaces left.

Spend four days exploring the City of Light through a curated Tranquility du Jour experience. Our mornings begin with a leisurely breakfast followed by TDJ lifestyle workshops. Afternoons or evenings include outings to my go-to literary spots, savory and sweet treats at the must-see tea salons, a cruise on the Seine, meditation in Paris' oldest church, a private watercolor workshop, and more.

You'll be pampered in the boutique four-star hotel, La Belle Juliette.

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