

Year of Tranquility

A LIFESTYLE PLANNER

BY KIMBERLY WILSON

VIRTUAL BOOK LAUNCH
FÊTE GUIDEBOOK



welcome

"MY MISSION IN LIFE IS NOT MERELY TO SURVIVE, BUT TO THRIVE; AND TO DO SO WITH SOME PASSION, SOME COMPASSION, SOME HUMOR, AND SOME STYLE."

—MAYA ANGELOU

I'm so delighted that you're joining me for the Year of Tranquility Book Launch Fête! Inside this guidebook, you'll find: tips to prepare for our event, recipes, a French playlist, journal prompts, and more!

Curl up with a cuppa tea and browse through these pages before Friday, March 8 at 8pm ET.

Before we gather, I encourage you to:

1. Read through this Guidebook.
2. Complete a Seasonal Life Review (p. 21).
3. Fill out the reflection questions.
4. Review *Year of Tranquility*.
5. Set up your space and share images using **#yearoftranquility**.

Let's make the evening a celebration of *Year of Tranquility*, International Women's Day, and YOU! Settle in for reflection, play, and dreaming.

Set the stage (candle, aromatherapy, libation, snack, twinkle lights), gather your tools (your copy of *Year of Tranquility*, markers, washi tape, a computer or smartphone with internet access), wear something comfy, keep the hour sacred, and get ready for one tranquility-filled hour.

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

SAMPLE AGENDA*

8:00 Welcome

- Centering
- Seated yoga
- Reflection
- Highlights from *Year of Tranquility*
- *Year of Tranquility* reading
- Savvy Sources
- Takeaways + next steps

9:00 Closing

*Subject to change.

P.S. Remember, if you miss any of the live event, it's being recorded and will be on your bonuses page within 48 hours. Please bookmark [this page](#) for easy access again and again. Or, better yet, download the bonuses!

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.*

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

WHAT WOULD LIVING A YEAR OF TRANQUILITY
LOOK AND FEEL LIKE FOR ME?



2

WHAT ARE MY BIGGEST DREAMS, GOALS, AND WISHES FOR THIS YEAR?



3

WHAT WAS SURPRISING ABOUT MY SEASONAL LIFE REVIEW?



4

WHICH OF THE 32 TRANQUILITY TOOLS DO I FIND MOST HELPFUL?



5

WHERE DO I NEED MORE SUPPORT?



6

WHAT DOES INTERNATIONAL WOMEN'S DAY MEAN TO ME?



playlist



PLAYLIST

Year of Tranquility 2019

Created by Tim • 21 songs, 1 hr 1 min

PLAY

FOLLOWING

...

FOLLOWERS
45

Q Filter

Download ☐

	TITLE	ARTIST	ALBUM	📅	🕒
+	Ou Est Ma Tete?	Pink Martini	Splendor in the G...	2019-01-07	4:13
+	Mona Lisa	VALNTN, Tray Ha...	Mona Lisa	2019-01-07	2:37
+	Zou bisou bisou	Gillian Hills	Twistin' The Rock,...	2019-01-07	2:16
+	La nuit N'En Finit Plus	Petula Clark	C'est Ma Chanson	2019-01-07	2:56
+	La Fac De Lettres	Jacqueline Taieb	The French Made...	2019-01-07	2:50
+	Le premier bonheur du jour - Remastered	Françoise Hardy	Quelle merveille! (...)	2019-01-07	1:51
+	Poisson Rouge	Saint Privat	Superflu	2019-01-07	2:32
+	Crier tout bas	Cœur De Pirate	Roses (Deluxe Edi...	2019-01-07	4:21
+	Comment te dire adieu - It Hurts to Say ...	Françoise Hardy	Comment te dire ...	2019-01-07	2:26
+	Far From You (Ericé Remix)	WildVibes, Martin...	Far From You (Eric...	2019-01-07	2:18
+	Laisse tomber les filles	France Gall	Best Of	2019-01-07	2:07
+	La madrague	Brigitte Bardot	Master Serie Vol 1	2019-01-07	2:34
+	Bonnie And Clyde	Brigitte Bardot, S...	Bubble Gum	2019-01-07	4:16
+	Les passants	Zaz	Zaz	2019-01-07	3:33
+	Une histoire de plage	Brigitte Bardot	Bubble Gum	2019-01-07	1:53
+	Les cactus	Jacques Dutronc	Et Moi Et Moi Et ...	2019-01-07	2:42
+	Quelqu'un m'a dit	Carla Bruni	Quelqu'un m'a dit	2019-01-11	2:49
+	J'ai Deux Amours	Madeleine Peyroux	Careless Love	2019-01-11	2:54
+	Un jour de différence	Susie Arioli	All the Way (feat. ...)	2019-01-11	3:23
+	Les vacances au bord de la mer	Stacey Kent	Raconte-Moi.	2019-01-11	3:30
+	Pourquoi pas moi?	Fredrika Stahl	Tributaries	2019-01-11	3:38



tranquil 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
 1/2 cup rolled oats
 1/4 cup chia seeds
 1/3 cup vegan chocolate chips
 1/4 cup vegan protein powder
 1/4 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.

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
 1/4 teaspoon black pepper
 1/4 teaspoon paprika
 1/4 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.

TRANQUILTINI

Syrup recipe from *Martha Stewart* + drink recipe from *Food & Wine*

LAVENDER SYRUP INGREDIENTS:

1 cup water
 1/2 cup sugar
 1 tablespoon dried lavender

DIRECTIONS:

Bring to a boil water, sugar and lavender, stirring occasionally. Once at a boil, bring to a simmer for 2 minutes. Strain through a fine sieve and let cool. Will keep for several weeks in the refrigerator if well-sealed.

TRANQUILTINI INGREDIENTS:

Ice
 1 1/2 ounces vanilla vodka*
 1/2 ounce fresh lemon juice
 1/4 ounce Lavender Syrup
 1 fresh lavender sprig

DIRECTIONS:

Fill a cocktail shaker with ice. Add the vodka, lemon juice and Lavender Syrup and shake well. Strain into a chilled martini glass and garnish with the lavender sprig.

*For a mocktail, replace the vodka with sparkling water and a dash of vanilla extract.

Year of Tranquility Highlights

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notes:

WEAR
BLACK,
LIVE
PINK.



love note

"ALONE, WE CAN DO SO LITTLE;
TOGETHER, WE CAN DO SO MUCH."
—HELEN KELLER

Thank you for taking time out of your busy life to play, reflect, celebrate, and slow down with me. I hope you've had the opportunity to explore new tranquility tools.

This journey toward a more tranquil and creative way of living takes practice and support. Stay connected via our [Facebook page](#), regular [Love Notes](#), 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. Read poetry. Spend more time with one of these practices. Hug someone. Write a letter of gratitude to yourself for taking this time. Go for a walk. Stay connected to what matters most.

May this celebration be the launch of many more sacred experiences. I'm honored you shared this with me and SO appreciate your support of *Year of Tranquility*! A portion of all proceeds benefits Pigs & Pugs Project's mission to make the lives of pigs and pugs happier.

#YEAROFTRANQUILITY

KIMBERLYWILSON.COM



@TRANQUILITYDUJOUR

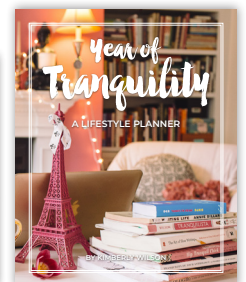
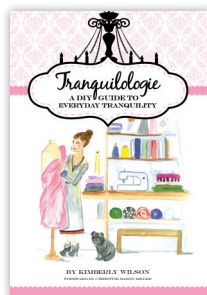
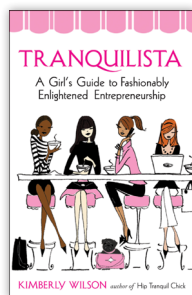
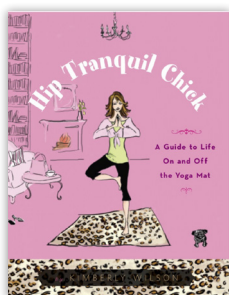
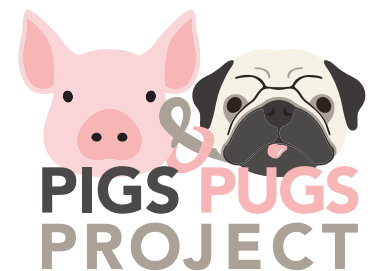


@TRANQUILITYDUJOUR



@TRANQUILITYDUJOUR

bisous,
Kimberly





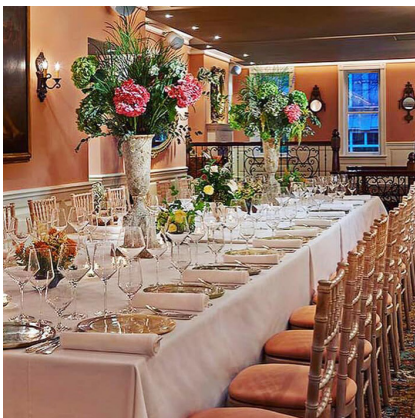
Tranquility du Jour Live

TDJ Live is a FREE online gathering via video. Reflect. Set intentions. Be inspired. Learn eight tranquility tips for the new season. Play with your creative tools (journal, markers, washi tape, ephemera, pens). Chat with fellow tranquility-seekers around the globe, ask questions, and connect. Push the pause button on your busy life.

SUNDAY, MARCH 24, 8PM ET

Follow along, share photos, and insights using #TDJLive.

[MORE INFO HERE](#)



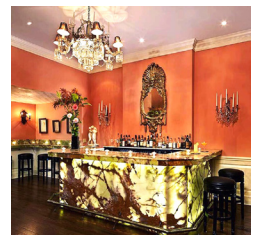
TDJ Soirée

Seeking space to reflect and dream in a swanky setting? Crave connection with a like-hearted community? Ready for a jumpstart toward living your most tranquility-infused life? TDJ Soirée is for you!

SUNDAY, JUNE 9, 10-6 • [MORE INFO HERE](#)

The day will include a **TranquiliT** pop-up, cocktails (or mocktails), a luxe goody bag, a self-care and creativity station for nourishment throughout, a live podcast with me and my partner, Tim, plus five information and inspiration packed modules.

General Admission and VIP tickets TDJ Soirée tickets will go on sale Monday, March 11.



Tranquility in Tuscany

JOIN ME JULY 13-20 for a week-long yoga, creativity, and mindfulness retreat in a gorgeous secluded Italian villa nestled on a hilltop overlooking forests, vineyards, olive groves, and mountains.

Dine on regional, veg cuisine, and sip local wines. Our journey includes a Puccini Opera in Lucca, a day trip to stunning Cinque Terre, and a salt-water swimming pool.

Early bird discount of \$150 ends Friday, March 15. Sign up with a friend and you each save an additional \$100 off!

[MORE INFO HERE](#)

