

**First Quarter (Q1) 2017 Closing Ceremony**  
**Kathryn T. Gines, Ph.D.**

Publications/Research Goals:

1. Beauvoir Book
  - a. January: Re-read and Notes to TSS (vol 1), Re-Read existing chapters, begin to conceptualize next chapters - **DONE**
  - b. February: New Draft Chapter - Myths/Origins of Woman's Oppression - **DONE**
  - c. March: New Draft Chapter - Abolition/Suffrage - **DONE**

Service/Administration Goals:

1. Letters of Recommendation – **DONE**
2. Submit CBWP Affiliate Application with SPEP – **DONE**
3. Confirm CBWP Keynote Speaker (Angela Davis!) – **DONE**
4. Graduate Recruitment Events - **DONE**
5. Limit Meetings and Protect Time - **DONE**

Work.Life.Wellness.Balance.Bliss Goals:

1. Ongoing Coaching Sessions – **DONE**
2. Year 2 of 3 Comprehensive Yoga Therapy (**In Progress**)
3. Draft 1 pager for summer series I am offering (June – August) - **DONE**

Personal Goals:

1. Move my body daily (yoga, cycle, strength) + day of rest – (**Ongoing**)
2. Self-Care – de-clutter my room and the library – **DONE**
3. Be present and patient with myself and my family/friends – (Always a work in progress and I continue to see progress.)

**What were your goals for the First Quarter? (How do you feel about your goals?):**

My goals are outlined above. Initially, I thought my goals might not be specific enough. For example, I initially had only “begin to conceptualize next chapters” as a vague goal for my book project. But once I finished the notes on TSS vol. 1 and I reviewed my existing written chapters, I had a clearer sense of where I wanted to go next. (Yay!)

**What did you accomplish during the First Quarter? (How do you feel about your accomplishments?):**

I feel great about the progress I made on my writing/research goals. I was able to move forward with the next two draft chapters (one on the origins/myths of women's oppression, and the other examining the relationship between the Abolition and Suffrage movements).

Getting deeper into the research and writing, I have also been able to map out a new article along with the next two chapters that I will be writing during the Second Quarter. I feel like I have great momentum going into this next quarter!

Concerning my coaching work, I am enjoying the opportunities to connect with people in a way that brings together philosophy with coaching. I am looking forward to offering a summer series (June, July, and August 2017). More details to come!

As for my personal goals, those are ongoing and require daily awareness and presence.

**What do you need to bring closure to the First Quarter?:**

Closing out my First Quarter Plan and opening up my Second Quarter Plan helps me with closure for the previous quarter and the transition to the next quarter.

**Write a positive affirmation to encourage yourself:**

I am fabulous and amazing. I am practicing presence with my scholarship, relationships, coaching, and myself! All is well. I am exactly where I need to be doing exactly what I want to do.