

Second Quarter (Q2) 2017 Opening Ceremony
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Publications/Research Goals:

1. Article
 - a. April: Outline argument and develop argument, add to existing 15 page draft, query editor, submit article)
2. Book Project
 - a. May: New Draft Chapter: Black Women and Slavery
 - b. June: New Draft Chapter: Sarah Baartman

Conferences/Talks:

1. Arendt Q&A and Beauvoir Talk, Grinnell
2. Talk at Northwestern
3. Research trip to India (re: next book project)
4. Cooper Talk

Service/Administration:

1. FAIS/FAR Activity Report
2. Dissertation Committees

Work.Life.Wellness.Balance.Bliss. Goals:

1. Ongoing Coaching/Workshop Sessions
2. Year 2 of 3 Comprehensive Yoga Therapy Certification
3. 30/30 Meditation Program (April 1-30, 2017)
4. 30/30 Meditation Program (June 1-30, 2017)
5. Summer Series (June-August 2017)

Personal

1. Move my body daily (yoga, cycle, strength) + day of rest
2. Explore different kinds of meditation
3. Decorate my room (bookshelves + frame and hang pictures)
4. Be present and patient with myself & my family/friends
5. Kids last day of school, transition to summer

Second Quarter Opening Ceremony:

What are your goals for the next quarter? (How do you feel about your goals?)

My goals are outlined above.

I feel good about my goals. They are very doable/achievable. I had loftier goals for the first two quarters when I started my visions/intentions for the year, but what I LOVE about quarter planning is the opportunity to break my goals down into smaller parts and get a better idea of what is really possible without stressing myself out.

What do you need to be open to another beginning and the new possibilities that are before you for the next quarter?

The Closing Ceremony for the First Quarter and the Opening Ceremony for the Second Quarter serve this purpose for me. Additionally, I use a 90-day planner to add another layer of organization for my Quarterly Goals. The planner also supports my daily journaling and reflections.

Write a positive affirmation to encourage yourself.

My research and writing are exciting and effortless.

What I offer through coaching and workshops is empowering. I connect with the people who want exactly what I have to offer in my coaching, workshops, and upcoming Summer Series (June-August 2017).

My family, friends, and I are well supported by and receive exactly what we need from the universe.