

First Quarter Opening Ceremony (January-March 2017)
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Publications:

1. Beauvoir Book (chapter revisions + new chapter drafts)

Conferences/Travel:

1. Race Conference, Santa Clara, CA
2. PSU/IAH Talk
3. American Academy of Religion Conference

Service/Administration:

1. Letters of Recommendation
2. CBWP 10 Year Anniversary Events Planning
3. Limit Meetings, Protect Time

Work.Life.Wellness.Balance.Bliss.:

1. Coaching
2. Mastermind Group
3. Year 2 of 3, Comprehensive Yoga Therapy Training, cont.
4. Monthly Newsletter
5. Monthly Tele-Workshop

Personal:

1. Home Yoga and Meditation Practice
2. Workout 3x/week (strength, spinning, power yoga)
3. Family Spring Break

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

My goals are outlined above (I also have a quarter plan with a more detailed breakdown of the due dates). My goals are very realistic and achievable. I am setting myself up for success without stress. More than anything, I can honestly say that these are goals that I feel good about and actually want to do (not a bunch of stuff I feel like I “have” to do – which can bring up resentment).

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

I have celebrated the amazing things that I accomplished last quarter (well, all of last year, really). This spirit of celebration has me feeling wide open to the possibilities for the first quarter of the New Year. I am open to the process of writing, event planning, coaching, and personal wellness/self-care practices – with mindfulness, awareness, and ease.

Write a positive affirmation to encourage yourself.:

I am exactly where I want to be, doing exactly what I want to do.