

Second Quarter (Q2) 2017 Closing Ceremony
Kathryn T. Gines, Ph.D.

Publications/Research Goals:

1. Article
 - a. April: Outline argument and develop argument, add to existing 15 page draft, query editor, submit article) – **NOT DONE**
2. Book Project
 - a. May: New Draft Chapter: Black Women and Slavery - **DONE**
 - b. June: New Draft Chapter: Baartman – **NOT DONE**

Conferences/Talks:

1. Arendt Q&A and Beauvoir Talk, Grinnell - **DONE**
2. Talk at Northwestern - **DONE**
3. Research trip to India (re: next book project) - **DONE**
4. Cooper Talk at ALA – **DONE**
5. CBWP 10 Year Anniversary Conference Planning (CFP, Review Abstracts, Send Out Acceptances, Confirm Speakers) - **DONE**

Teaching/Service/Administration:

1. FAIS/FAR Activity Report - **DONE**
2. Dissertation Committees (Draft Feedback, Prospectus Defense) - **DONE**

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

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

Personal

1. Move my body daily (yoga, cycle, strength) + day of rest - **ONGOING**
2. Explore different kinds of meditation - **ONGOING**
3. Decorate my room (bookshelves + frame and hang pictures) – **NOT DONE**
4. Be present and patient with myself & my family/friends - **ONGOING**
5. Kids last day of school, transition to summer - **DONE**
6. Half Marathon Training – **IN PROGRESS**

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

My goals are outlined above. I was really excited about trying to get an article out, but I realized I needed to continue steady progress on the current book manuscript, in addition to creating some mental transitional space for the research trip to India (for the next book manuscript). With this in mind, I gathered the research materials for the article, but decided to put the article on hold until the book manuscript is submitted.

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

I drafted a new chapter (on Black Women and Slavery) for the book manuscript. I did a pivot on the Baartman chapter, opting to put push it to the third quarter and instead focused on expanding the draft chapter on Abolition and Suffrage that I started in the first quarter.

I took a multi-week research trip to India to explore archives in Mumbai and collect some materials for my next book project. (This required shifting gears from my current book project, but I wanted to take advantage of my sabbatical and fellowship leaves to take this longer research trip.)

Coaching has been great. I have some amazing new clients. The 30/30 Meditation Program for April and June went well. And I am about three weeks into a new Summer Series for High Achievers that I am offering.

I made some progress on my room decorating. I bought picture frames, but I did not hang the pictures yet. Also, I have not yet found bookshelves that spark joy for me 😊

Overall, I feel great about the progress that I made during the Second Quarter!

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

These Opening and Closing Ceremonies always help me with closure for the previous quarter and the transition to opening the next quarter.

Write a positive affirmation to encourage yourself:

I am exactly where I want to be, doing exactly what I want to be doing. Life is beautiful!

Kathryn T. Gines, Ph.D.
3rd Quarter Plan (July, August, September 2017)

*No more travel added for 2017

*No new publications (until SdB manuscript is submitted)

Wellness/Self-Care (Ongoing/In Progress)

1. Half-Marathon Training
2. Yoga
3. Cross Training
4. Massages

Work.Life.Wellness.Balance.Bliss.

1. Monthly Blog/Newsletter (July, August, September)
2. Summer Series (ends August 27, 2017)
3. 30/30 Meditation Program (September 1-30, 2017)

Academic

CBWP 10 Year Anniversary Conference

1. Finalize Program
2. RSVPs from participants
3. Posters, Conference Announcements

Research/Travel

1. Simone de Beauvoir Book (Bartman Chapter)
2. Duke University Program
3. London SdB Talk
4. Paris Research Trip

Teaching

1. Ongoing Feedback on student draft dissertation chapters

Service

1. Chair Hiring Committee (if position is approved by dean)
2. Diversity and Inclusion Committee
3. Mentoring Committees

Home/Family

1. Toronto Trip
2. Washington DC Trip
3. Back to School Shopping
4. De-cluttering Family Room
5. Bonus: Paint Family Room
6. Double Bonus: New Bookshelves in Family Room

Third Quarter Opening Ceremony:

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

My goals are outlined above and I feel pretty fabulous when I think about them. I love the balance and bliss present in my goals this quarter. The third quarter is one of my favorites because my birthday is in this quarter. My birthday is always a great time to reflect on my goals and purpose and align my actions accordingly.

Are you open to another beginning and the new possibilities that are before you for the next quarter?

Absolutely. I am a fluid planner. The goals and my corresponding 90-day action plan for the quarter provide structure with flexibility for whatever possibilities emerge over the next three months.

Write a positive affirmation to encourage yourself.

My life is beautiful, brilliant, balanced, and full of bliss!