

Winter Plan 2015 (Jan. 5, 2015 – Apr. 3, 2015)

Commitments & Goals

Specific, Measurable Attainable/Attractive Realistic Time-framed

Core, Desired Feelings: Stable contentment, Unlimited clarity, Innovative whimsy, Loving presence

Writing & Research Goals	Research Trips & Speaking Engagements	Personal Goals	Accountability	Treats
<i>Black Madness/Mad Blackness: Write Introduction, Clean up two chapters for submission to Duke [Feb. 23]</i>	Jan: n/a	Faith: Read Bible daily, Write to Gal Pal once a week, Write in prayer journal once a week, Prayer Team on Weds.	Sister scholars writing group, Woodrow Wilson mentor	TV: Once Upon a Time, Castle, Big Bang Theory, Criminal Minds, Hell's Kitchen, Masterchef, Chopped, Tamar & Vince, Hollywood Exes, Modern Family, <i>Blackish</i> , Bones
<i>Arab American Aesthetics: Re-circulate CFP, Send out special invitations</i>	Feb: Talks in PA, OH, Conference in Claremont	Exercise: Cardio 5x a week, 30 mins a day, Yoga 2x a week	Aaisha Tracy	Netflix: Scandal, Gotham, L&O: SVU
<i>Spec. Issue of African American Review: Circulate CFP, Send out special invitations, post to website</i>	Mar: UCLA talk, CSUN talk, UNLV talk,	Food: Cook dinner meals for week on Sunday, Have salads 3x per week, Learn 5 new fish dishes, Have 1 smoothie per week	Faculty Success Program Coaches call	Fish Tank: Supplies, watching
Composing Disability Article [Jan. 31]	Apr: CLA conference	Regular sleep schedule	Weight loss group	Socialization: Organize one Wine Tasting at My place, game nights, pot luck, library

UD essay on <i>Pym</i> [Apr. 1]		Zero inbox on Fridays		Music: Listen to radio, Syleena Johnson, Sarah Brightman, John Legend, Chrisette Michelle, Vivian Green, Billie Holliday, Kem, Leela James, J. Cole, Elle Varner, Bruno Mars, Aloe Blacc,
Essay for Keith Feldman, ACLA [Apr. 1]		Financial Freedom: Find a financial planner, Develop a budget (including sofa, sectional, dining chairs, savings), Pay down debt		Poetry
Ford Fellowship Application				Food: Tea from Tealuxe
Turn intro into job talk				Magazine/Blog Reading: Food, Wine, News, Fashion,

Goals	Steps
<i>Black Madness/Mad Blackness</i> : Write Introduction, Clean up two chapters for submission to Duke [Feb. 23]	Edit Preface, Edit the introduction, Re-read Butler chapter , Re-do outline of Butler Chapter, Revise Butler chapter, Re-read Nalo Hopkinson Chapter, Re-do outline of Nalo Hopkinson chapter, Revise Hopkinson Chapter
<i>Arab American Aesthetics</i> : Re-circulate CFP, Send out special invitations	Circulate CFP (Jan) , Special Invitations (Feb)
Spec. Issue of <i>African American Review</i> : Circulate CFP, Send out special invitations, post to website	Circulate & Post CFP (Jan) , Special Invitations (Mar)
Composing Disability Article [Jan. 31]	Gather materials re: North Shore, Write “critical sections” using notes, Suture materials from free write, Revise, Send in
UD essay on <i>Pym</i> [Apr. 1]	Re-read <i>Mad at School</i> by Price, Read Ann Cvetkovich’s <i>Depression</i> , Examine Mat Johnson Chapter, Outline argument, Free Write, Suture together, Send in
Essay for Keith Feldman, ACLA [Apr. 1]	Re-read Alia Yunis <i>Night Counter</i> , Outline essay on circuits of transmission & appropriation as act of love,
Ford Fellowship Application	Send in transcript
Turn intro into job talk	Blend divulging of preface, explication of two fields, & one close reading; practice for one friend.

Weekly Plan

Code: Crossed out = Completed, Red = thwarted (reason in parenthesis), black = incomplete, blue = bonus work

NB: Treats may change

Week	Writing & Research	Weekly Personal Goals	Special Personal	Treats
Jan. 5 – Jan. 9	<p>AAA re-circulate CFP, AAA circulate CFP & post to website;</p> <p><i>CD</i>: Gather materials for North Shore, Write 2 critical sections</p> <p><i>B2</i>: Re-read Butler chapter & mark up, Re-read materials on disability/madness as mutually constitutive;</p>	<p>Sun: Church, Gal Pal Letter, Cook meals;</p> <p>Wed: Prayer Team, Smoothie</p> <p>Friday: Zero inbox, Prayer journal</p> <p>Cardio 5x, Yoga 2x, Bible 7x [6x], Salad 3x</p>	<p>Gather all tax receipts: bank statements, medical receipts, Spoke to financial planner</p>	<p>Bones marathon, Worst Cooks of America, Chopped marathon</p>
Jan. 12 – Jan. 16	<p><i>CD</i>: Free Write 2 sections of essay, Marinate one day, Clean up & send out to friend,</p> <p><i>B2</i>: Re-read material on mutual constitution, write sections for Butler chapter</p>	<p>Sun: Church, Gal Pal Letter, Cook meals;</p> <p>Wed: Prayer Team, Smoothie</p> <p>Friday: Zero inbox, Prayer journal</p> <p>Cardio 5x, Yoga 2x, Bible 7x, Salad 3x</p>	<p>New fish recipe, Examine all bank statements from BOA for taxes</p>	<p>Law & Order: SVU on netflix, Chopped & live tweeting,</p>
Jan. 19 – Jan. 23	<p><i>B2</i>: Turn intro into job talk, Revise Butler chapter & set aside</p>	<p>Sun: Church, Gal Pal Letter, Cook meals,</p> <p>Wed: Prayer</p>	<p>Examine all bank statements from JP Morgan for</p>	

	Funding: Summer Research apprentice grant application	Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x	taxes	
Jan. 26 – Jan. 30	CD Essay Due, <i>CD:</i> Revise according to friend's ideas & new ones, <i>B2:</i> Re-read Nalo Hopkinson chapter & mark up, Do outline for Hopkinson Chapter Do OU/St. J's talk,	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x	New fish recipe, Compile medical receipts	
Feb. 2 – Feb. 6	OU Talk, <i>B2:</i> Scrape together book proposal based on written materials,	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x	Enter tax information	
Feb. 9 – Feb. 13	St. J's Talk, <i>AAA</i> special invitations, <i>B2:</i> Revise Hopkinson chapter,	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer	New fish recipe	

	Send email to Lori Ouelette saying that I'm going up early & I will not be considering interdisc service	journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x		
Feb. 16 – Feb. 20	<i>B2</i> : Revise introduction, Gather names for outside evaluators (send list to Sanford)	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x		
Feb. 23 – Feb. 27	Claremont Conference, Mad Blackness Materials due, <i>B2</i> : Give materials once over before sending to Ken with nice note, UCLA talk	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x		
Mar. 2 – Mar. 6	UCLA Talk, <i>UD</i> : Read <i>Depression</i> , <i>KF</i> : Read Alia Yunis, Outline ideas on circuits of transmission between Arab Americans & Black Americans	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga		

		2x, Bible 7x, Salad 3x		
Mar. 9 – Mar. 13	<p><i>AAR</i> special invitations,</p> <p><i>UD</i>: Re-read <i>Mad at School</i>, re-read Mat Johnson chapter, Do outline for UD article,</p> <p><i>KF</i>: Suture together article for Feldman from Arab American Fantastic materials,</p> <p>Send list of outside evaluators</p>	<p>Sun: Church, Gal Pal Letter, Cook meals,</p> <p>Wed: Prayer Team, Smoothie</p> <p>Friday: Zero inbox, Prayer journal</p> <p>Cardio 5x, Yoga 2x, Bible 7x, Salad 3x</p>	New fish recipe	
Mar. 16 – Mar. 20	<p><i>UD</i>: Piece together article from previously written work, Fill in some blanks,</p> <p><i>KF</i>: Fill in some blanks</p>	<p>Sun: Church, Gal Pal Letter, Cook meals,</p> <p>Wed: Prayer Team, Smoothie</p> <p>Friday: Zero inbox, Prayer journal</p> <p>Cardio 5x, Yoga 2x, Bible 7x, Salad 3x</p>		
Mar. 23 – Mar. 27	<i>UD & KF</i> : Polish versions of articles	<p>Sun: Church, Gal Pal Letter, Cook meals,</p> <p>Wed: Prayer Team, Smoothie</p> <p>Friday: Zero inbox, Prayer journal</p> <p>Cardio 5x, Yoga</p>	New fish recipe	

		2x, Bible 7x, Salad 3x		
Mar. 30 – Apr. 3	<i>B2</i> : Return to materials & examine, UD & KF articles due	Sun: Church, Gal Pal Letter, Cook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x		