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
Black Madness/Mad Blackness: Write Introduction, Clean up two chapters for submission to Duke [Feb. 23]	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, Blackish, Bones
Arab American Aesthetics: Recirculate CFP, Send out special invitations	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
Spec. Issue of African American Review: Circulate CFP, Send out special invitations, post to website	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

LID	7	Maria
UD essay on	Zero inbox on	Music: Listen to
<i>Pym</i> [Apr. 1]	Fridays	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	Financial	Poetry
Feldman,	Freedom: Find	
ACLA [Apr. 1]	a financial	
	planner,	
	Develop a	
	budget	
	(including sofa,	
	sectional,	
	dining chairs,	
	savings), Pay	
	down debt	
Ford		Food: Tea from
Fellowship		Tealuxe
Application		
Turn intro into		Magazine/Blog
job talk		Reading: Food,
		Wine, News,
		Fashion,

Goals	Steps
Black Madness/Mad Blackness: Write	Edit Preface, Edit the introduction, Re-
Introduction, Clean up two chapters for	read Butler chapter, Re-do outline of
submission to Duke [Feb. 23]	Butler Chapter, Revise Butler chapter, Re-
	read Nalo Hopkinson Chapter, Re-do
	outline of Nalo Hopkinson chapter, Revise
	Hopkinson Chapter
Arab American Aesthetics: Re-circulate CFP,	Circulate CFP (Jan), Special Invitations
Send out special invitations	(Feb)
Spec. Issue of African American Review:	Circulate & Post CFP (Jan), Special
Circulate CFP, Send out special invitations,	Invitations (Mar)
post to website	
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 Mad at School 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 Night Counter, 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 &	Weekly Personal	Special	Treats
	Research	Goals	Personal	
			~ 1 11	7
Jan. 5 – Jan. 9	AAA re-circulate CFP, AAR circulate CFP & post to website,	Sun: Church, Gal Pal Letter, Cook meals,	Gather all tax receipts: bank statements,	Bones marathon, Worst Cooks of America,
	CD: Gather	Wed: Prayer Team, Smoothie	medical receipts, Spoke to	Chopped marathon
	North Shore, Write 2 critical sections	Friday: Zero inbox, Prayer journal	financial planner	
	B2: Re-read Butler chapter & mark up, Re-read materials on disability/madness	Cardio 5x, Yoga 2x, Bible 7x [6x], Salad 3x		
	as mutually constitutive,			
Jan. 12 – Jan. 16	CD: Free Write 2 sections of essay, Marinate one day, Clean up & send out to friend, B2: Re-read material on mutual constitution, write sections for Butler chapter	Sun: Church, Gal Pal Letter, Gook meals, Wed: Prayer Team, Smoothie Friday: Zero inbox, Prayer journal Cardio 5x, Yoga 2x, Bible 7x, Salad 3x	New fish recipe, Examine all bank statements from BOA for taxes	Law & Order: SVU on netflix, Chopped & live tweeting,
Jan. 19 – Jan. 23	B2: Turn intro into job talk, Revise Butler	Sun: Church, Gal Pal Letter, Cook meals,	Examine all bank statements	
	chapter & set aside	Wed: Prayer	from JP Morgan for	

Researd appren applica Jan. 26 – CD Estanto accordification of the second of the seco	tice grant in jour strion in jour strion in jour strion in jour strion in jour stripe in jour st	Criday: Zero chbox, Prayer cournal Cardio 5x, Yoga x, Bible 7x, calad 3x con: Church, Gal Pal Letter, Cook meals, Ved: Prayer Ceam, Smoothie Criday: Zero chbox, Prayer cournal	New fish recipe, Compile medical receipts	
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Feb. 2 – OU Ta Feb. 6 B2: Scr togethe proposa		Cardio 5x, Yoga		
Feb. 2 – OU Ta Feb. 6 B2: Scr togethe proposa		x, Bible 7x,		
Feb. 2 – OU Ta Feb. 6 B2: Scr togethe proposs	J/St. J's Sa	alad 3x		
Feb. 6 B2: Scr togethe proposa	211 ₂ C ₂	bun: Church,	Enter tax	
B2: Scr togethe proposa	*	Gal Pal Letter,	information	
togethe proposa		Cook meals,	mormation	
proposa	-	JOOK IIICAIS,		
* *		Ved: Prayer		
Witten		Team, Smoothie		
	inaccinals, 1	ourii, siirootiiro		
	F	ʻriday: Zero		
	in	nbox, Prayer		
	jo	ournal		
		Cardio 5x, Yoga		
1		x, Bible 7x,		
	42	alad 3x		
Feb. 9 - St. J's		bun: Church,	New fish	
Feb. 13	Sa	Gal Pal Letter,	recipe	
AAA sp	Talk, Si	Cook meals,	- 30 - P	
invitation	Sa Talk, Si G	,		
	Sa Talk, Si G ecial C			
<i>B2</i> : Re	Talk, Si G C cons,	Ved: Praver		
	Talk, Since Calculations, W	Ved: Prayer Team, Smoothie		
	Talk, Some cial ons, Wrise T	Ved: Prayer Team, Smoothie		
	Talk, Si Guecial Cons, Wise Toson	•		
Hopkir chapter	Talk, Since Calculations, W	•		

		journal	
	Send email to Lori	-	
	Ouelette saying	Cardio 5x, Yoga	
	that I'm going up	2x, Bible 7x,	
	early & I will not	Salad 3x	
	be considering		
	interdisc service		
Feb. 16 –	B2: Revise	Sun: Church,	
Feb. 20	introduction,	Gal Pal Letter,	
		Cook meals,	
	Gather names for		
	outside evaluators	Wed: Prayer	
	(send list to	Team, Smoothie	
	Sanford)		
		Friday: Zero	
		inbox, Prayer	
		journal	
		Cardio 5x, Yoga	
		2x, Bible 7x,	
		Salad 3x	
Feb. 23 –	Claremont	Sun: Church,	
Feb. 27	Conference,	Gal Pal Letter,	
	Mad Blackness	Cook meals,	
	Materials due,		
		Wed: Prayer	
	B2: Give materials	Team, Smoothie	
	once over before	D.1. 7	
	sending to Ken	Friday: Zero	
	with nice note,	inbox, Prayer	
	TICT A . 11	journal	
	UCLA talk	0 1 5 37	
		Cardio 5x, Yoga	
		2x, Bible 7x,	
Mar. 2 –	UCLA Talk,	Salad 3x Sun: Church,	
Mar. 2 – Mar. 6	OGLA TAIK,	′	
Iviai. U	UD: Read	Gal Pal Letter, Cook meals,	
	Depression,	GOOK HICAIS,	
	Depression,	Wed: Prayer	
	KF: Read Alia	Team, Smoothie	
	Yunis, Outline	Team, omoonine	
	ideas on circuits of	Friday: Zero	
	transmission	inbox, Prayer	
	between Arab	journal	
	Americans &	Journal	
	Black Americans	Cardio 5x, Yoga	
L	DIACK AITHCHCAILS	Gardio Jx, 10ga	

		2x, Bible 7x,		
		Salad 3x		
Mar. 9 –	11D 1		New fish	
	AAR special	Sun: Church,		
Mar. 13	invitations,	Gal Pal Letter,	recipe	
		Cook meals,		
	UD: Re-read Mad			
	at School, re-read	Wed: Prayer		
	Mat Johnson	Team, Smoothie		
	chapter, Do			
	outline for UD	Friday: Zero		
	article,	inbox, Prayer		
	,	journal		
	KF: Suture	3		
	together article for	Cardio 5x, Yoga		
	Feldman from	2x, Bible 7x,		
	Arab American	Salad 3x		
	Fantastic	Salad JX		
	materials,			
	0 11 . 0 . 11			
	Send list of outside			
	evaluators			
Mar. 16 –	UD: Piece	Sun: Church,		
Mar. 20	together article	Gal Pal Letter,		
	from previously	Cook meals,		
	written work, Fill			
	in some blanks,	Wed: Prayer		
		Team, Smoothie		
	<i>KF:</i> Fill in some			
	blanks	Friday: Zero		
		inbox, Prayer		
		journal		
		Journal		
		Cardio 5x, Yoga		
		2x, Bible 7x,		
		Salad 3x		
Mar. 23 –	UD & KF: Polish	Sun: Church,	New fish	
Mar. 25 – Mar. 27	versions of articles	· ·		
Wiar. 41	versions of articles	Gal Pal Letter,	recipe	
		Cook meals,		
		347. J. D		
		Wed: Prayer		
		Team, Smoothie		
		D 1		
		Friday: Zero		
		inbox, Prayer		
		journal		
		Cardio 5x, Yoga		

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