



Nourish Your Soul and Body

I watched videos of the New Zealand's Maori haka dance Every Day I was working on my application for promotion. And I didn't just Watch them; I DID the dance with them. Hyeaggh!

When you are working on a comprehensive statement of your performance, it is crucial to help yourself act from a position of Strength. For me, the Maori haka dance's physicality, its strong stance, the upper-body movements—and those wonderfully scary facial expressions—helped me recall: I am who I am. I do what I do because I have convictions about activities that help students learn, about questions worth exploring in research, about serving the academy and higher education with integrity.

Doing those motions and making those sounds helped me consider: You can take it or leave it, Reviewers. Here is what I've done, here is my trajectory. I suspect you'll find it worthwhile.

A colleague told me that when she was applying for full professor, her mantra was—and remains today: I do enough. I have enough. I am enough.

You may find it helpful to do Power Poses before you sit down to work each day. Watch Amy Cuddy's original TED Talk from 2012 or many of the shorter, related videos since then.

Expanding your body helps you feel Powerful. So Do It Deliberately. Working at a desk, typing at a computer, can make your body curl, hunch, grow small. And you want a Big Voice in your writing.

Do whatever works for you to remind yourself: You're huge. You have a Great, Expansive brain, and a Great Expansive personality.

Making sure you engage in these kinds of activities Every Day—especially when working on your dossier—not only makes your writing sound a little less labored, a little more breezy. It can also

remind you to smile, to laugh.

It reminds you that You are not your performance. You are not your job. Your identity and your self are Spacious, and this job is, after all, only a Part of WHO you are and the lives you touch.

So watch comedy videos, wrassle with your dogs, play—really play—with your cats. Take walks, listen to music that makes you DANCE. Do what Nourishes your Soul.

It is a time—maybe it's always time—to Practice Excellent Self Care—not just by eating healthy foods and sleeping reasonable hours, but also by sustaining a cadence of movement and expression with your Body that that Nourishes your Soul, Every Day.