**YGT episode 133**

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I'm your host. Dr. Katie Linder. On this episode. I want to talk about the importance of setting big goals. And these are goals when I say big goals what I really mean is. That involves planning or executing something for a year or more. So this is kind of multi-year projects plans ideas challenges that you know, it's going to take a while.

This is not something that you can do in a month or two and I've had a lot of these and especially over the course of the past several years. You've heard me talk about some of this stuff for example writing a book is definitely something that I would. Include in this kind of Big Goal category Because by the time you propose it, right it edit it get it out into the world and promote it we're talking, you know, two to three years of time if not longer for many of us, but there's also a lot of other goals many of them.

I think for people are Financial like paying down a mortgage or buying a new car but also in Academia a lot of this is tied to things like getting a degree which is many years for most of us or you know, Can you big trip or something like that where you really have to plan and save and really think carefully about what you want to do for a really long period of time.

And I wanted to talk about the importance of setting big goals because I know at least for me if I don't have a big goal that I'm really striving for I can feel kind of lost. I can feel kind of like in the day-to-day that kind of rudderless like, you know, what's the point kind of some of these day-to-day things if they're not tied to a bigger idea of what I want and so I thought I would talk a little bit about what I think setting big goals can offer in terms of benefits.

Because I think that sometimes yes, it can be scary to set these big goals, especially if we're not sure if we're going to accomplish them but having something bigger to work toward I think is also really important. We need something that's bigger than us. So the first thing I think that is kind of important about setting the goals is that they should challenge you these should be things that part of you is actually not quite sure if you're going to be able to do it if you're going to be able to meet that goal.

It shouldn't be something that's easy. And I think anything that takes so long, but it's happening over a period of multiple years is not something that feels easy, but sometimes when I'm setting a big goal, I will choose a deadline for that big goal. And then I'll thank well. What if I try to do it within you know, six months earlier than that deadline.

Like what would that look like? What kind of challenge would that give me? And so one example of this is right now, we're about to start renovating our kitchen. And this was something that I wanted to Outsource. I didn't want to do it myself. It involves a lot of skills that I don't have like tiling and installing cabinets and working on our floor and all kinds of things but I also didn't want to go into debt to do this.

And so this is something that my partner and I have been talking about for quite some time. We've been living in our current house now for over three years and we decided that we were going to save up to do this and we were going to pay for it basically. In cash and that was a really big goal.

That was something that we didn't want to have to worry about it. We didn't you know with with Renovations. There's always something that is unexpected and it costs a little bit more and so this is finally the time that we have that we can do this renovation and it took us a really long time to get to the place where we were going to be able to do this, but as we got kind of closer and closer.

I thought to myself. How can we speed this up just a little bit because it would be really fun. If we could do this, you know sooner rather than later and what would it take if I had to increase our savings or you know, like what would we need to do and by challenging myself just a little bit more.

It made it even a little more fun to kind of think about how we could move this forward and have a little bit more of enjoyment of a kitchen that is going to be renovated sooner rather than later. I should also say I'm going to be cataloging this process of renovating the kitchen on my social media platform particularly on Instagram stories.

So if you're interested in this go find me on Instagram KD underscore lender where I'm going to be posting images and video of this over the next couple of months as it's happening. Okay. So in addition to the challenge, I think that or maybe in relationship to that challenge, I think that setting big goals can help to get you kind of creative and going back to the example.

I just gave you know, where I had to kind of think creatively about what could we do if we wanted to speed this up? You know, what are some things that would help me to accomplish this faster or better? And with a lot of big goals, I think that that creativity is really something that can come into play.

It's definitely happened when I've been writing books where I decide to do like writing challenges for myself or I take a retreat so that I can really dive in and see how far I can get. I definitely have set goals for myself, you know on a monthly basis or during one of my Retreats for example to see how far I could get with writing so that idea of kind of getting you creative is definitely something that comes along with setting a big goal.

One of the most important things though, I think about setting a big goal is it it gives you something to look forward to it gives you something that you know, you're striving toward you have a goal. You have a timeline in mind when you're hoping to meet it. Hopefully, you know the steps that you need to take in order to get there and you're just kind of slowly chipping away.

It's like eating an elephant. How do you do it one bite at a time? And I think that even if it's something that you're kind of scared of or dreading a little bit, there's so much a. Punishment because it's such a big thing that you have on your plate and the more you carve away at it the better you're going to feel as you move forward with that particular goal.

I also think that sometimes by setting big goals. We can get a real sense of what we really value and what are the things that we care about? What are the priorities that we have in our lives? And you know, sometimes the big goal is the thing that really gets you motivated or gets you started on a pathway that leads you to better understanding yourself.

And so I think about for example with my kitchen example. One of the values that I have is to live with really small amounts of debt. I will that's not something that my partner and I want to have as part of our kind of financial story. And so right now, you know, that's a big priority for us is if we have a project that comes up or something that we want to do.

We try to save up for it. Now that's not everyone's priority and I'm not saying it should be by any means but for us it definitely says something about what we value that were willing to wait a longer amount of time before we do something because it's more important to us to do it without taking on additional debt.

Now one of the other things that I love about setting big goals is I think it acts as a roadmap and I love breaking down massive projects into smaller pieces. I think this is why I love working with academic writers so much because it really is about taking a big writing project and breaking it down into manageable bite-size pieces.

They can be accomplished over a long period of time sometimes depending on the size of the project. So I love the idea of having a big goal as a kind of roadmap where you work backward from that and say well, what do I need to do six months from now in order to make sure that I'm going to accomplish this thing that I want to accomplish, you know, two years from now.

What is that going to look like? And oftentimes that roadmap involves daily actions or weekly actions or monthly actions and I love having a plan if you know anything about me from listening to this show, you know that I love having a plan and I love having goals and I think that having that roadmap of those bigger goals is a really easy way to do that to really build in those things that you need to be doing in the meantime in order to get yourself to that bigger goal.

Now, I think one of my favorite things about setting big goals is that they hold you accountable to something and I've thought about this in terms of when I set a goal of like how many books I want to read in a year. And if I say in January that I want to read a hundred books in a year, it may look kind of impossible of how are you going to do that?

How are you going to get to that goal? But if I, you know, look at the end of January and I haven't read any books, you know, obviously, I need to readjust something or think about how I want. You meet that goal in the remaining part of the year, but this works with words written on a book project.

Like anything that can be broken down into smaller pieces. You're bigger goal and the deadline that you said or the timeline that you set for that really serves to hold you accountable of when is it that you're actually going to be able to do this thing and say that you've accomplished? And I think that anytime you can break down that bigger goal into smaller pieces that you get to check off along the way as like Milestones.

That's something that I think is really really useful in terms of motivating you and holding you accountable as you're keeping going and trying to keep up the energy of accomplishing one of those big goals. Now having that motivation is obviously huge because of course you're going to have obstacles along the way that are going to make it, you know more challenging or more complicated but the big goals are worth it.

I think that if you've got a big goal in your life that you set and that, you know is important to you you've set that goal for a reason, you know that it's something that you really want to do and there's got to be something at the end of it that is making it worth it for you. So those are just some of my thoughts on the importance of setting big goals.

I would love to hear about the big goals that you're setting in your life how you're breaking them down how those big goals are a benefit for you. You can always email me at contact at kitty litter dot work. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram KD underscore lender, or you can always write me a letter addressing it to Katie lender PO Box 1621 Albany, Oregon nine seven, three two one.

I'd love to hear from you in any of those ways and good luck with any of the big goals that you've set for yourself. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie Linder. Work You've got this is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel at Katie Leonard artwork podcast.

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