**YGT episode 186**

You're listening to. You've got this episode one 86 welcome to, you've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, dr Katie Linder. On this episode, I want to talk a little bit about revisiting annual goals, and this was something that I mentioned on the previous episode as one way to kind of respond to all of the uncertainty that's happening right now is to have some flexibility.

About what it was that you were hoping to get done this year. And especially because we are now at the end of quarter one and as you're listening to this, it may be the first day of quarter two of the year. It's a great time anyway to look at your goals, see what's working, and see what you might want to revise, and maybe there's even some things you've already accomplished and you want to backfill that with other goals.

So I thought I would use this episode as an opportunity to kind of reflect on the original goals that I set for the year. And really the way that I set those goals this year was just for quarter one because I was using the power sheets, a tool, and they do give you an opportunity to revisit your goals every quarter.

So I had set eight goals and I will link to the original episode where I talked about those eight goals, but just to briefly review those, a goal number one was to deepen my coaching practice. Goal number two was to further develop as a values and alignment coach. Goal number three was to strengthen and personalized client support structures.

Goal number four was to nurture business growth. Goal number five was to schedule intentional time for solitude and reflection. Goal number six was to create space to rest and recharge gold. Number seven was to start a run, walk plan in a yoga practice. And goal number eight was to work on making our new house a home.

And there was a lot of progress that I made on many of these different goals, um, throughout the year as I have already in the past few months. Um. Implemented some new systems. Um, I launched a lot of new programs in January. I think I've done a really good job of, um, building in some reflection and quiet time and I've been really enjoying, um, using the coach training program as a way to deepen my coaching practice.

And I have been able to really embed it into a lot of the things I'm doing for my day job as well. I'm also really happy with the routines I've set up with exercise, even though I didn't go into the yoga practice side, I have been doing a lot of strength training and that's felt really good to me and I've gotten back into that run, walk plan in a way that also feels really good.

But as I mentioned in the last episode, uh, there's a lot of changes that are happening right now, and I wanted to go back to these goals and kind of think about, are these still the things that I want to be focusing on in quarter two? Are there maybe other things that I think should take precedent? Or even if there are things I want to kind of continue from quarter one, are there any shifts or transitions in those goals that I want to be paying attention to?

So here's what I came up with and you'll see that, um, I still chose eight goals. Some of these are kind of being pulled over from quarter one, but I've maybe revised the focus or the priority for the, that goal. And then other things I'm adding in a little bit new. So goal number one, I decided to continue to deepen my coaching practice.

And this is something that I think is a bigger goal. I don't think it's just accomplished over a few months. Um, and it's, it's more of a practice, uh, a set of practices that I'd like to continue over the course of the year. So I thought that this was really going to be happening through things like my coach training, facilitation, recording more of the coach to coach podcast, um, through reading, through reflection.

And through just taking on new and different clients throughout the year. I'm also working on accrediting my coach training program, and so that seems like a really good way for me to really be thinking about the principles of coaching and what that really means for me. So that's a goal that I decided to continue to work on.

I also decided to continue to nurture business growth, but because of some shifts in my business, because of coven 19 like canceled speaking engagements and things like that, I decided to shift track on this a little bit. So, um, I'm going to be focusing on the coach training enrollment that's happening in June.

And also maybe providing some new support or programming around using notion. That's something I'm still playing with, but I feel like it's an interesting opportunity for people to, um, start to get a distraction if they need one. Because notion is kind of a black hole once you fall into it. It's, it's a great thing for people who want to.

Try new systems and want to explore, experiment with something, and I'm not sure any of us really have the head space for that right now, but I could imagine in the summertime. Maybe putting something together for people that could be kind of interesting. So I don't have the Headspace right now to design that, but I think it could be something I might want to do it.

And in the future I'm also working on rescheduling some speaking engagements and also making some of those virtual and then increasing social by design sales because I'm faculty development at a distance and remotely is definitely something that's on people's minds right now. So, um, their training business growth is still kind of on my mind for this year.

I also decided that I was going to kind of shift my exercise goal to be more about strength training versus the yoga that was originally in the goal and to keep the run walk plan because I want to continue to build strength and speed over time. And just really be the healthiest version of myself that I can be both physically and mentally, and this is really a good addition for that.

Um, I do want to create space and time, I think for incremental growth, but not really, you know, perfectionism or too much pressure. And what that looks like for me right now is sometimes I'm kind of building in. Some squats or lunges or pushups into my day without having a specific workout time. Um, and that's in part because I've, I've really shifted my morning routine to make sure I'm getting enough rest.

So I'm sure that this is going to be something that's going to be highly variable in the coming months. And that's okay. I'm willing to have some flexibility there, but it is something that's been really helpful for me and I know I want to continue it. The fourth goal was really to make sure that I was continuing daily reflection.

And throughout this entire period I have been doing my morning pages. I'm actually almost coming up on my year anniversary of when I started doing that, and I also am keeping a five-year journal. Um, and I did pause my coaching journal just because it felt just like too much with everything else going on.

Um, but I would like to build it back in. And I also have some reflection opportunities built into the system. I've created a notion, um, that I'd like to use for reflection on professional growth in addition to some of the journaling I'm doing around personal growth as well. So that daily reflection pieces is really important for me.

Um. One is a way to kind of catalog this time and reflect on this time, which is kind of strange and it is kind of this historical moment that I think it's important for me to be processing. So I'm happy to be doing that. Um, but also I think that writing and using writing as a tool for reflection is just something that I found to be really helpful.

Um, over the past year or so. Goal number five, um, was one that felt kind of unexpected to me, but I thought it might be useful for some of you to hear as well. And that is to start to document my professional accomplishments, um, at my new job through things like updating my CV. And I was thinking about this because.

There's just been a lot that's been going on, especially in the past, you know, two to three weeks. That's like brand new stuff that I've never had to do before and I think that it is something that I need to start kind of writing some notes on to make sure I don't forget some of the things that I've been asked to do.

I also have been doing a lot of podcasts, interviews and media interviews around, um, the coven 19 situation. And so I think I might need to update my website to showcase that a little bit, um, and just kind of keep adding value to the work that I'm doing, um, for my day job. And the larger, you know, higher ed community throughout this time, but make sure I'm kind of documenting it a little bit better because I think right now we're all flying by the seat of our pants a little bit.

And so I want to be able to carve out some time to really think about what I'm learning in this period, what I've been asked to do in this period, and how it is really benefiting me professionally because I'm just learning so much through going through these different, a new experiences and a lot of collaboration and

Um, there's just a lot of good stuff there, so I want to make sure it doesn't get lost in the shuffle. Goal number six, um, is to prioritize resting. Well, and this is definitely something that is very specific to quarter two and I mentioned, I think in the previous episode that I've been sleeping a lot more.

And so this goal is really about getting enough sleep and, um, also working minimum amounts where possible, but without sacrificing quality. So, I mean, that does mean taking more breaks and just making sure that I'm like saying no to things. If I don't feel like I can take on any extra, I'm taking evenings off, sleeping in on weekends, I'm taking breaks from working out F if that's necessary, scheduling and vacation time when I get to a point where I feel like I can do that.

And also just doing things like reading and watching fun entertainment. So I think that the rest piece for me right now is very front of mind. Um, and as we're dealing with a lot of stress and strain and uncertainty, it's important for me to make sure that I'm building that in. The other thing that I thought would be kind of an interesting goal to focus on in this next quarter is investing in financial growth.

Now, this might seem kind of ironic given that the stock market is basically tanking. Um, but this is also a time that I've realized over the past few weeks where although we're spending, you know, quite a bit on groceries to make sure that we're building up, you know, online orders of things that we might need.

There's a lot of things that we're not spending money on because we're stuck at home, and so there's kind of a, a possibility or a potential here to increase our savings during this period. And this is something that's very much on my mind because there are so many people who are experiencing financial insecurity, and it makes me want to be even more financially secure.

Um, and I'm so fortunate that I have a job and an income that right now feels relatively stable, but you just never know what will happen there. So I'm really thinking about. If we can put aside additional income during this time into our savings. That's something I want to do, and this is also the period where we will, we'll be paying things like our business taxes and things like that.

So just kind of having one eye on the finances is something that I'm looking to do. And then the final goal that I wrote down was to enjoy spring and summer because I think during this period where we're all kind of head down trying to get through it, and I think in some ways we're trying to distract ourselves and maybe numb ourselves from what's going on.

We may not realize that this is a wonderful time of the year. So you're in the U S you know, the spring and summer time, you know, it's warmer. I can sit outside on my porch. I might want to take walks outside and enjoy the produce that's coming out this time of year. Um, even though we're socially distancing, we can still go on drives.

Um, and just kind of. Do things like eat outside and open the windows and get some fresh air. And this is also the time where we're going to be adding some landscaping to our yard. Um, this was something that was put off because when our house was built, it was right in the middle of winter. So that's going to happen.

Um, but I feel like trying to enjoy spring and summer also means just trying to relax into the season is as best I can. And I know that that's. It's going to be kind of a, a day to day shift that's going to happen. Um, but something that I just want to be attentive to and not just completely lose sight of what is going on.

Um, in terms of the seasonal shift in the midst of everything else. So those are just a few of the things that I'm thinking about as we shift into quarter two. And I think you might notice that I, even though there's kind of a lot there, because there's eight goals, I've definitely shifted in terms of trying to relax some of my expectations.

And there is definitely a shift away from any form of rigidity with these goals. Um, there's definitely a sense of flexibility and. I am actually really looking forward to already the summer refresh of these goals and really trying to get a sense of where we're going to be at that point. Um, but for right now, I'm willing to let things be loose.

And that was actually the word that I chose for this next quarter was loosen. And it can mean, um, to kind of let some things go. It can also mean to relax. And that's kinda where I'm at right now. I'm trying to loosen my grip on a lot of the things that I had planned or thought that that was direction I was headed in.

And now, um, a lot of that's up in the air and that's okay. So I would love to hear if you are also revisiting and revising annual goals or quarterly goals, and you can always email me@helloatdrkatielinder.com. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram at Katie underscore Linder, and you are also welcome to write me a letter at P O box 1973 in Manhattan, Kansas.

Six, six, five zero two, but I am, I'm not necessarily checking that PO box as frequently as I normally would because of the social distancing. Um, but I would love to see a letter in there, uh, when I do check it again, and of course, I would love to get back to you. So I hope that this is helpful if you're thinking about revising or revisiting your annual goals, and I'm happy to also talk about this again or in more detail.

If you have additional questions, just let me know. Thanks for listening.

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/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.