**YGT episode 202**

You're listening to, you've got this episode 202. Mmm. 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. Mmm. In this episode, I want to talk about a concept that I saw in an internet meme that I loved.

And you all know, I love planning and looking to the future. And there was this post that I saw that said to think about three to five years from now, because most people don't realize that the life they live now is based on decisions that they made three to five years ago. Okay, I'm just going to let that sit for a minute and actually let me repeat it again.

Think about three to five years from now as you're planning, because most people don't realize that the life they live now is based on decisions they've made three to five years ago. So take a moment and think about where you were three to five years ago. And if there were decisions you were making that are related to.

What is happening with you right now? Now, when I first saw this, this was in kind of early July. Um, and I, I journaled about it in my morning pages because five years ago go at that time, I was actually finishing the blended course design workbook manuscript, because I was about to move from Boston, Oregon for my new job.

And I was really trying to get. That done. I mean, I was like really pushing hard to get that done before I moved. And now just like around the same time, five years later, I've created blend by design, which is this product for my business that is selling well. That is creating revenue for my business and allowing me to help other people to create blended courses in a totally different way.

But the seed that was planted for that was five years ago when I was kind of wrapping up the book manuscript, I think also about how I shift jobs roughly every year. Five years. Um, that's kind of been my pattern for the last couple of jobs. I've had least. And how, when I start a job, I always think about that five year plan and like, what am I trying to learn and grow with during the job that I'm in so that I'm like positioned well, um, or that I've learned something new or that I have new things that I can say that I've been able to do.

And that was also a really thing for me to think about now that I'm about six months into my new job here in Kansas. What is it that I want to really focus on and be able to say on my CV? Yeah. I've been able to, to gain, you know, knowledge or experience in these particular areas. Now I also think about, you know, three to five years and what you do with like your health, what you do with your family, with decisions that you make about where you're gonna live.

Um, even like the five years that we spent in Oregon, like there were a lot of interesting things that happened there because we were closer to my family and we were on the West coast, which is where my partner's family lives as well. And we were able to engage with our families in different ways and you just kind of plant seeds for things over time.

So this really got me thinking. Um, and I wonder if it's getting you thinking as well about, you know, three to five years from now. So if I think about three to five years from now, we're talking 20, 23 to 2025. What do I want to plan now? That would impact. In those, you know, that three to five year period.

So I think about, for example, if I continue and I don't think if it's even a good word to use here, as I continue, maybe is a better word as I continue my yoga practice. Where will that be in three to five years? You know, like how much more confidence will I have in my ability to do that after, you know, three to five years of daily engagement in that practice.

I also think about some ideas I've had for books that I want to write that probably would not come out into the world for at least three to five years, just given like the publishing timelines. So for any of you out there who are thinking about book projects, I mean, that's your three to five year timeline right there.

At book that could come out and be rinsing the world in some interesting ways or influencing your field in interesting ways. Um, I think about also, you know, where are we going to be living? Where am I going to be working? I don't know. I mean, I think that there's some like open questioning there about what is the next step in terms of a career path or things like that.

And I could very well still be, you know, in the job I'm in now, but it could look different, you know? And, and, and what would I want that to be? So it's just this really interesting exercise in like dreaming. A little bit about three to five years and what that's gonna look like now, I also want to point out that I think that three to five years exercise is a little bit of like, for some of us, maybe a relief from this current period where it's like, when we think about six months from now, Things still feel really not stable.

Like we don't quite know what's happening with COVID-19. We don't know about the timeline of a vaccine. A lot of us are planning on like, not traveling in 2021 because we don't know what that's gonna look like. Um, we. I think some of us are still like very locked down in terms of staying in our home. I certainly am I'm with my partner.

We're, we're very careful about where we go and what we do and who we interact with. Um, so it's like a very strange, like short term time period to think about. And as I've been working with a lot of my clients to think about their plans for the fall, a lot of them have said, I don't really know how to plan, because I don't know if I'm going to be able to do my research.

I don't know if I'm going to be able to collect my data. I don't know if I'm going to have access to my on campus office. I don't know if I'm going to have funding that will allow me to continue to hire a GRA. Um, I don't even know what modalities my classes are going to be in like that could shift at any time.

And so this like instability of the short term, um, is, is not always a fun place to be like the thing with that uncertainty and that discomfort. Isn't always a good, a good place to be in and to experience. But if we think about the three to five year window, it kind of opens up this possibility of we could be in a really different space.

Then we could have a vaccine. We could be open to traveling again, we could be more stable in our jobs or in our day to day life of what that's going to look like. And it opens up this and a brainstorming creative possibility where we can start to think about. Huh? Like, are there possibilities of what I could be doing right now?

That would kind of lean me toward what would happen in three to five years. Now this leads me into another, um, kind of thing that I've been thinking about, which is this concept of like a 1% shift in course, and how over time that makes actually like huge changes in your life. So bear with me here because I, the way that I described this, I think is a little bit morbid, but I, I think it's, uh, useful.

So, um, I love the movie Castaway. This is a movie I could watch any time, any day it's, it's just beautifully done. It's like a perfect film. And one of the things that happens in Castaway as a plot, um, it's about a plane crash and about a man who lives on an Island, if you haven't seen it. And one of the things we learned is that the plane in the movie that crashes goes off course.

And so where they were looking for Tom Hanks, um, who lives on the silent is not where the plane actually. Crash landed because they were, they kind of shifted course and, um, nobody knew where they were. So if you think about this from the perspective of flying, where you have a plane, that's on a certain trajectory.

And even if it shifts one degree, To the North of the South or whatever direction it's going to start to go off course. And, and the angle between where that, uh, trajectory was and where it's going is going to widen over time. As you go further and further in the direction of that 1% core shift. And it can take some time to see that widening.

It can take some time to see that amount of change, but three to five years is actually a pretty good chunk of time to see that change. So for example, if you said I'm going to read, um, uh, I'm going to read on a certain topic and I'm going to read a book a month on that topic for the next three to five years so that I can really become an expert in that area.

You know, five years from now, you really are going to be an expert in that area. Or I think about like good morning pages and the difference that that life practice has made for me. And it's basically, you know, 30 minutes a day of writing. Um, but I've been doing it now for over a year. And it's really helped me to process and reflect and think about things.

I think about, you know, 20 to 30 minutes of yoga practice every day. Um, how that has really allowed me to delve deeper into my body connection work, you know, like over time, these things add up right really quickly and they grow. So yeah. One of the ways that I think you can think about that three to five year shift is in routines.

What are the things you want to do every day? Um, that will kind of add up and grow over time into something that, you know, on its own. It's not going to be something, all that impressive, but over time, it's going to become something really meaningful for you. So, this is just an area I've been thinking about a lot, I think in part, because it does offer a reprieve from this day to day uncertainty and discomfort that we're feeling.

Um, but I also think it's just fun. I mean, as I said, you know, me, I love planning. I love thinking about the future and I would love to hear what you're, what you're kind of planting seeds for in the next three to five years and what that might mean for you. So you can always email me at hello at dr.

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