**YGT episode 215**

You're listening to, you've got this episode 215. Um, 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 about how you should start your 2021 goals list now and give you some prompts to think about this.

Now you might be thinking we still have an entire month left in 2020. Why would I want to start this project now? But I have always found that whenever I have something coming up that I know is going to take a lot of thought, and this could even be like going on a trip. I like to start planning in advance to give my brain plenty of time, to really think from all angles about the thing that it is that I'm planning for.

So I'll start my packing list for a trip pretty far in advance to make sure I don't forget anything. And I think the same thing applies to your goals list for a new year. Now you may not be an annual goals planner, but I still think it's helpful to start to think about the intentions of a new year and what it is you're trying to accomplish.

So I thought I would offer you a few questions to consider and, um, share some of my ideas of what I'm kind of thinking about so far from my list for 2021. Now I'm going to be talking about this probably quite a bit more in the coming episodes, because I want to do a deeper dive on thinking about values and how they can guide your year.

Um, I'll be sharing a word of the year that I'm choosing. I'll be going into a lot more detail about my own goals for 2021. So the idea of this episode is really just a general brainstorming beginning and starting to have a place, whether it's in your planner or a word doc or a Google doc, somewhere where you can start to kind of collect ideas.

Now where this came to me was about a month ago, I was doing my, uh, power sheets planning. And this is a monthly planning system that I use. I can link to it in the show notes. And this is, uh, every quarter they give you kind of a chance to revise your goals and look at everything again. And around October, I started thinking there's a lot of stuff.

That's just on my mind for 2021. Let me just do a brain dump and start to put some of these things down. So I figure if I'm starting to have those thoughts, you might be having them too. So the first thing that was helpful for me to think about was what is going to just be continuing into 2021. So this may be projects or things that I'm working on right now, goals that I have that are not done yet.

And I need to just kind of keep plugging away at them in the new year. So this included things like my yoga teacher training, um, the, the 300 hours started in October and will not wrap up until the end of February. So it's kind of spanning the end of quarter for the beginning of quarter, one of 2021. So that's something that we'll get some of my time and attention, at least in the first, as part of the year.

I also think that some of the financials goals that my partner and I are working toward right now, um, Including the payoff of our mortgage. We started this kind of an earnest toward the end of 2020, but we will need to continue it throughout 2021. So that's another one that's on my list. Um, I'm also starting to collect yoga teaching hours of things that I need for my certification with yoga teacher training.

And, um, so that's something that my first kind of milestone for that is 100 hours. And so I'll be collecting that in 2021. And then I'm also continuing to collect coaching hours toward eventually going for the next level of credential with the international coaching Federation. And my goal is to hit a thousand hours total for all my coaching hours that I've ever done in 2021.

I'm at about 750 right now. So some of these things it's helpful for me to understand that I have these bigger goals that are kind of stretching across years. And for me to acknowledge those first. Now I also wanted to ask myself, what do I want to start in 2021? Not just the things that I'm going to continue working toward, but is there anything that I feel like is going to be started in the new year?

And there are certain things that I already have on my list. So for example, I want to do an additional yoga teacher training in yen. Um, specifically, it's a certain kind of restorative yoga. Um, I also am thinking about, um, pretty seriously developing a new product around project management, and this would be tied to the PMP credential that I'm working on right now.

Um, I have some new coaching offerings that I'm planning to launch in 2021. Um, that I think will help me to offer kind of different structures of coaching to people. One of which will involve yoga in case people are interested in that. Um, so that's something I'm going to be working on. And then the other idea that's really in the back of my mind right now that I'm starting to get some structure around is potentially a new book project that I'm considering for 2021.

So those are all things that I know I would be starting in 2021, but notice how they're, they're kind of connected to things I'm already doing. They're connected to coaching. They're connected to project management, which I've been working on. Um, book writing is something I've done in the past. And then the yoga training is kind of a continuation of what I've currently been doing in 2020.

So I'm starting some of these things, but they feel very aligned to me in terms of how they're connected to other parts of what I'm trying to accomplish. Now, the other thing that's helpful for me to consider is what am I planning to complete in 2021? Is there anything that is going to be wrapped up that year that I can think of as kind of a transition point or as a particular kind of milestone, um, on some of these larger pathways that I'm taking to either, you know, grow the business or further my own professional or personal development.

So I do hope to complete in 2021. Um, the yoga teacher training that I mentioned that goes through February and then also earn, um, my registered yoga teacher certification for the 500 hour training, which includes the 100 hours of teaching experience. So that's what I'm currently in the process of gathering primarily through one-on-one sessions and also through the yoga, um, planning a yoga and planning retreat that I'm doing this December and January.

And I will link to that retreat. Um, in the show notes, in case you are interested, I've also talked about it on a previous podcast episode and an a blog post. So I can link those things too. So I'm kind of wrapping up that training component and moving toward that certification is something that I think I can accomplish in 2021.

The other big one that I'm really hoping to complete in 2021 is the accreditation of my coach training program. And this is something that I've actually been, I could probably could have put this in the, what will you be continuing into the new year category? Because I've been working toward the documentation of what I've needed to go through the, um, the accrediting process.

For this program for, uh, years ever since I started kind of creating it, but I will have my first graduating class, um, coming through the program in early 20, 21. And that is one of the requirements that I need. So, um, I will be working toward that. And that is a process that just involves a lot of documentation and, um, time on, on, you know, once I turn it in, it takes about six months for them to turn back around and say, whether the program is accredited.

So that's something I'm really hoping to complete in 2021. It's been on my kind of longterm goals map for a while now. And then, um, just kind of on the personal side, I'm also thinking about a project within our home, the, to add more storage space in our laundry room and to install a bunch of cabinetry.

And this is something that we had, um, considered doing and then kind of delayed just because of COVID. Um, you've probably heard me talk about before that we're being pretty cautious. And so we don't have a lot of people coming into our home and this is something we would probably have someone else install for us.

So I, I would like to consider completing that in 2021, but it will be a little bit dependent on what is happening, um, with the, the COVID 19, um, situation. So we will kind of wait and see on that one. Now, this is another great reason, I think, to start thinking about your goals list now, because it may be that there's stuff that you're not sure about.

And you want to kind of sit on for a little while and think about, is this something that I really want to make a priority in 2021? Or am I still like, not sure that this is the right time or that I have the right resources or space? Or energy to do this kind of project right now. So that's kind of how I feel about the book project I'm starting to think about.

Is it something that I feel like I can carve out time for is 20, 21 the right year for me to be doing that? Or should I wait a little bit longer? Or what am I thinking there? So I like the, the ability to kind of sit with some of this stuff and see what do I think is going to be. The right fit, especially when you start putting all these things together and realize that it could be a pretty busy year.

Once I start putting all this, um, into the mix. So I would love to hear what you're doing to plan for 2021. And like I said, I plan to talk a little bit more about this in the episodes to come and start to unveil my kind of complete 2021 goal list, the kinds of things I want to be focused on. And I would just love to hear what this is looking like for you right now.

You can always email me at hello at dr. Katie linder.com. You can tweet to me at Katie double underscore Linder. You can connect with me on Instagram at Katie underscore Linder, any way you contact me. I always love to hear from you and especially when it comes to your goals and your planning. Thanks for listening.

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