**YGT episode 220**

You're listening to, you've got this episode 220. 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 thought I would talk a little bit about some reflections from 2020.

I recently published a blog post talking about 20, 20 accomplishments, and I hosted a prolific event on 2020 accomplishment. So this is definitely on my mind lately. And as I record this, we're just two days away. From the new year. So I think it's really helpful to always reflect back on the previous year as I'm making my goals for the coming year.

And on my next episode, I'm going to share some of my goals and aspirations for 2021, but I thought I would first start with some reflections. So some of the things that I was kind of most proud of in terms of my 2020. Uh, accomplishments. I had to go all the way back to the beginning of the year. Look at my calendar, look at my CV, look at my planner, you know, try to remember all the things that happened.

And I started with the move from Oregon to Kansas, which doesn't even feel like it happened this year. If I'm honest, because six weeks after we had the move, we had the pandemic. So, uh, there were a lot of things in the beginning of the year that got kind of eclipsed by all these other things that happened, uh, in like quarters two, three, and four.

But in quarter one, I moved from Oregon to Kansas. I started a new job. I had a book that was published this year in January. That was my going all to act as a guide to alternative academic careers that I coauthored with my two colleagues, Tom Tobin, and Kevin Kelly. And also in January, I launched my coach training program, um, which just.

All those things. I mean, it feels like those things have been happening for such a long time, but that was a pretty big deal for me to do that all in quarter one. Um, so there was a lot going on there. And with the coach training program, I was just really, um, pleased that I trained over 20 new coaches this year.

We had a great enrollment. I'm currently still enrolling for the January cohort. I'll link to that in the show notes, in case anyone's interested. Um, but just. So many kinds of leaps, I feel like I took, and it all kind of happened in the really beginning part of the year. So, um, the other things I added to my list were things like working with, um, 13 small business owners in the slow hustle business mastermind, which is almost fully enrolled for 2021.

Um, and then of course, what a lot of people went through with successfully transitioning to working from home. Um, and for me it was, it did feel very successful. I think because of my introversion, I really have liked working from home a lot. It's felt really good. Um, starting in quarter two was really when I deep, uh, deep dive into my yoga practice and.

That was obviously a game changer for 2020, and led to me joining a yoga teacher training and starting to teach yoga, which I'll throw a link in the show notes for, um, signing up to do some free yoga with me. If you're interested in that. And so many cool things have come out of that. I've been able to teach, uh, now like 40 plus hours of yoga to a huge range of clients.

So that's been really incredible. Um, as we went into the summer, I ended up launching my new, uh, online course blend by design. Cause I was getting a lot of interest in blended courses and was having a really hard time responding to those inquiries at scale. And so I ended up creating that new product.

Again, I can link to that in the show notes. And throughout the year, there were a lot of other things that were kind of longer term projects. Um, like I ended up studying for my PMP exam, which I talked about in a previous episode, I can link to that. Uh, I ended up adding over 250 hours to my private coaching experience from the beginning of the year.

Uh, it was just a huge coaching year and a lot of new clients and a lot of things like group coaching events that I was able to engage in. Early early in the year in January, I ended up up leveling to the next coaching credential, which is the mid-level credential, the PCC, um, from the international coaching Federation.

So that was a really kind of standout piece of my year as well. And part of the combo of the coaching and the yoga this year was designing my first virtual planning and yoga retreat. And I'll be talking about a debrief from that soon. Um, the show I'm about to go into the second round of that retreat in just a couple of days.

And I'm excited to talk a little bit more about that. On a more personal level. Uh, my partner and I completed a landscaping project that we had hired out and it involved a lot of things like installing a sprinkler system and some lighting and building a fence and adding a patio to our backyard. And that was kind of a multi-month project, um, that he mostly project managed.

And, uh, but it was really nice to check that off our list and to have that be done. Uh, other things that happened that kind of added up throughout the year. I grew my hair out by about five inches. And if you don't follow me on social, I just ended up changing my headshot on a bunch of places because I don't have a big secret anymore.

I can even pull my hair back in a little ponytail. So yeah. Um, that happened this year, which if there's ever a time to grow to pixie cut, I guess it's when you're on zoom and no one really has to look at your, the back of your hair or, you know, really, uh, focus too much on those kinds of things because growing out hair can be a little bit awkward.

Um, When I went through my list too, I realized that just this past month or the past couple of months, so I published a chapter in a really wonderful new book on instructional design, which I can link to in the show notes and was really fun project for me to be a part of. I did keep up my daily morning pages, uh, in my journal.

And so that was something that I did throughout the year. I also kept up my, um, uh, kind of daily, uh, entries in the five-year journal that I've been keeping. So in just a couple of days, I'll have entries for this entire year, and then I'll start adding an entries for 2021. So that was really fun. And I can link to that five-year journal that I've been using, um, in the show notes, in case you're interested.

I ended up recording and sharing three more seasons of coach to coach that were released this year. Um, and I loved having that project and working on that throughout the year. And, uh, I read over a hundred books this year. I'll link to where you can connect with me on good reads. I really found that books were my source of.

Uh, comfort this year. So I don't watch a ton of TV and movies. Um, usually I let my partner really curate things that he, he thinks that I'll really like, and then we'll watch things together. Um, but really where I go for comfort is a book. And so I really dove deep into that this year ended up reading a lot about yoga.

But also a lot of just really fun novels and a lot of mystery novels, which is my genre of choice. Um, so you can come find me on good reads if you want to see what I'm reading in real time and follow along with that. The other thing that we were able to do this year, um, were just some really incredible financial goals that we had set aside.

Um, one was, we were able to pay off a good chunk of our mortgage. This year. We paid off about 35% of our mortgage, and we're hoping, you know, as you'll hear in one of my upcoming podcast episodes about goals, we are hoping to pay off that mortgage in 2021. Um, and partly that was because we more than doubled our annual revenue in our business this year.

Um, and that had to do with the coach training launching, but also with things like Glen by design, um, that were a little bit unexpected and that we were not necessarily planning to do at the beginning of the year. So, um, it's been a really interesting year in terms of just growth in our business and trying to, um, learn from a lot of things that happened this year, in terms of that growth and to better understand our audience and what it is that people really need and what I can provide, um, through the business.

So I'm excited to set some goals around that too, in 2021, and really think about the integration of the yoga components and some other things that I have planned that I'm really looking forward to. So I hope that this gets you thinking about some of your accomplishments from 2020. Um, I mean, there's a lot of things here that I didn't mention.

Like, uh, perfecting my tofu scramble recipe that I've been using in the morning, which I've mentioned on the show before. And also just coming to a place where I think I better understand my rhythms of work and rest. I hope that some of you have also come to better understand that as well. We had some really good connections with family this year, as we reconnected with people, as we checked in with people throughout this pandemic.

And I've also really been paying a little bit more attention to my health this year. And it's just turned my attention to making sure through yoga and diet and other kinds of things that I'm really, um, nurturing my body and taking care of it rather than, um, ignoring it when I'm sitting at my desk all day, which has definitely been something that's happened in the past, I will admit.

Um, but I just think in the midst of a year, that for many of us has been really challenging, um, in some. Awful ways. It's important for me to be able to look back to and recognize there are some positive things here that have happened in 2020. There's a lot of growth and evolution for me personally and professionally.

And I have so much to be grateful for from this year and all of the lessons that have come out of it. So I hope you'll take some time if you haven't already and reflect on what 2020 has meant to you. And I'll give you just a couple of prompts that I offered to our prolific group. That meant just earlier today, as I record this, we made a big list of all of our accomplishments.

That's how we started. And then I asked them to pick out the three accomplishments that they thought were the most meaningful for them. And to try to identify what gave those things, that level of meaning. And I also ask them to note, if there were accomplishments from 2020 that maybe wouldn't have happened if we weren't in the situation that we're in right now with the pandemic.

And I have to honestly say, I'm not sure I would have started my yoga practice if I wasn't working remotely. And I think that that to me is a huge thing that has come out of this year, that I really associate with this period. And then the last thing that I recommended that they do is to find their silliest accomplishment from 2020 and to create a little bit of an award for themselves.

So for me, it might be I'm, you know, the. I'm the Perfector of my tofu scramble recipe. And I get the award for, uh, the best tofu scramble recipe for breakfast or something like that. Something kind of silly, but trying to bring a bit of levity to what has been a very strange year in a lot of ways, but that there are definitely things that we can look back on and be grateful for that have really helped us to become more of who we are.

So I hope those prompts are interesting and helpful. I would love to hear about your accomplishments from 2020. If you want to share them, 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. 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 Dr. Katie linder.com/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

Thanks for listening.

Uh,