**YGT episode 221**

You're listening to, you've got this episode 221. Welcome to you. 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. So on my last episode, I went through and shared some of my 2020 accomplishments.

Some of the things that I'm most proud of for the year, or just the things that I'm going to look back on, and really remember from 2020. And in this episode, I want to go ahead and share some of my goals and things that I'm looking forward to for 2021. And when I got started on this process, I, I went through a couple of different strategies.

And I've talked about this a little bit on an earlier episode. When I mentioned that I was starting to plan my 2021 goal list kind of early and just to really think about it and try to sit with it a little bit. So I definitely used, um, the power sheets tool, which I've mentioned before in a previous episode, um, to start to kind of brainstorm and think about what my goals would be, but then what I really got into writing them down.

I felt kind of heavy about it. Like it was, there's a lot about 20, 21. I think that still feels really unknown to me. And it made it hard. Um, for me to really kind of break things down in a way that in the past, I might've said, I feel like I have a lot of control over a lot of these objectives and making sure I get them done.

Um, but this year that didn't feel right to me. And so I kind of looked around and thought, what do I want to do for my goal list this year? And I remember that last year, um, on one of the podcasts I listened to happier by Gretchen Rubin, they did a 20 for 2020 goals challenge, and they basically asked people to make a list of 20 things they wanted to do in 2020.

And. I thought, well, maybe I'll do that. Maybe I'll make a list of 21 goals for 21 and I'll do a mix of things that are some of them tied to like longer-term strategies or things that I'm trying to do, but others are just kind of fun. And so I thought I would share today on the show, what are some of the things I've added to this 2021 for 21 list?

And I did put this out in a blog post, um, about a week ago. So I'll link to that in the show notes. If you want to see these things in writing and I've linked to some things within it, um, and we'll make sure that those things are in the show notes as well. But I think that part of this for me is being able to try to break things down, try to have some fun and really think about how I can be slowly chipping away at some of these things throughout the year.

And then also some of them are just things that I feel like I can just cross off my list, you know, in a relatively short period of time. So here's my list. The first thing is to read it, Anna Karenina, which I have never read. And I feel like even though I was an English major in undergrad, I never really took a class on Russian writing.

Like it just was not part of my background. And so I thought reading Anna Karenina would be a good start for that. So I'm not sure if I'm going to actually read it or if I'm going to listen to it on audio. Um, I won't get into a debate about if they're equal, but I think that listening counts. So I may do that.

And then I would also love to maybe watch a film adaptation of this as well. So that was, uh, one of the things that I added to my list. I also added to my list, paying off our mortgage, which I've talked about in a previous episode, or maybe a couple of previous episodes as being one of my goals for this year.

I think it's possible for us to do this. And there's a lot of unknowns. Um, like I said, but I'm going to put it on the list and see, it's kind of like shoot for the moon. And if you land among the stars, that's still pretty good. I also added to my list completing my 300 hour yoga teacher training that should happen toward the end of February.

And, uh, we're also trying this year to hire someone, to install some cabinets in our laundry room. So that made my list of trying to do some organizational things around our house. I also need to order a new mattress for our master bedroom. Uh, we are well overdue for that. And so that's something that we've been kind of putting off, um, until the pandemic was a little more under control and that'll probably happen maybe, uh, in the second half of the year.

One of my other goals. Once I complete my 300 hour yoga teacher training is also to teach about 60 hours a week, more of yoga throughout the year. I need a hundred hours of yoga teaching experience to apply for my next credential. So I'm going to be working on that. I will post a link to where you can sign up for a free one-on-one virtual yoga session with me.

If you want to check it out and just help me accumulate my hours. I love to connect with listeners. And, um, I've had just some really fun sessions with people so far along with that, I also want to hit about a thousand hours of coaching experience and I'm just over about 800 hours as the year is ending.

And I think it's pretty reasonable to think I'll do it at least a couple hundred hours in this next year. Relatively recently and coming off of my project management professional credential, I decided to also go for another credential, which I don't think I've even mentioned on the show yet. And it's called disciplined agile, scrum master.

And this is something that is kind of project management, but for teams. And I'm really excited about I'm doing a training in early January. This is something that's also for, um, my day job. And I may use it in the business as well, but really looking forward to learning some new information here and, um, seeing how I can apply it in a lot of different ways.

Recently, I also purchased a training on yin yoga, which is a form of yoga I've really been enjoying. And I want to complete that yoga teacher training, uh, this year. So that's something that I've actually, I purchase it over this break and I've started chipping away at it because I just couldn't wait.

And it looked really interesting. So that made my list. One of the most questionable things that I put on my goal list for this year. And I'm, I'm like hesitating about it, but I'm, I'm deciding to add it. And I'll just kind of see where it goes is I'm trying to figure out my next book and I've hired a book coach to help me think about it.

And I'd like to make some progress on maybe a proposal or a manuscript, but this is an area that it feels very unclear to me right now, what I'm supposed to be doing with it. And in the past, I felt like my books were really clear. Like I had a very good sense of what I wanted to do, and this one is taking some time to kind of figure out.

So, um, that's on my list that I want to kind of try to figure it out, but I'm just not sure what that's gonna look like yet. So, uh, we will see where that, where that goal goes. A big project that I have this year is accrediting my coach training program through the international coaching Federation. And I will finally have collected all the things that I need to collect and turn in around March of 2021.

And then I will turn in my application. They will review it. And in about six months, I'll probably know whether the program is accredited and this is something I've been working toward for several years now. So, um, it's a big deal for me to, to finally be able to apply and put that forward. And I'm really looking forward to continuing in that process.

I also added to my list, get a COVID-19 vaccine when they become available in my area. And if you've been listening to the news, you know, that this is probably not going to be until probably the summer that this is going to become available, but it's on my list. I really want to, um, make sure that I am contributing to this when I have the chance.

So that, that is on my goal list for 2021. I also wanted to declutter my closet and dresser and donate some clothes that I no longer need or want. And this is something that's actually been kind of a long time coming, but I haven't really felt like, um, because of the social distancing and other kinds of things, I haven't really been making donations like physical donations to our local stores.

And I think that I'm going to feel more comfortable doing that in 2021. And so there'll be the year that I start to declutter some things from our house. So I'm looking forward to that. Similar to last year, I'd like to read yeah, a hundred plus books throughout the year. And again, I'll link to good reads.

If you want to connect with me there and see what I'm reading. Um, I try to read a ton of different kinds of things and reading is really a helpful way for me to have solitude time. So I'm definitely going to be keeping that up in the new year. One of the other kind of areas that feels a little unknown to me in 2021 is the new project management offering that I want to offer in the business.

And I want to design it. I want to launch it. I think it's going to come out about halfway through the year. I've been diligently working on trying to figure out what it's going to be and similar to the book project. There's a lot of things that I'm kind of. Trying to get some clarity around, but I'm actively working on it.

So as my brain chews on that, I'm hoping that it will, um, develop into something that's going to be really fun and interesting. I have a tentative name for this program, which I'm not going to share yet, but I'm super excited about it. And the ideas that I put together so far. I just think are going to be really fun.

So stay tuned for that. I do have a link to a, a waiting list if you're interested in adding your name to it, and I'll drop that in the show notes. If you want to join the waiting list and I'll let you know when the program's available. One of the more fun things on my to-do list for 2021 is to watch all of the Marvel movies.

There's currently 24 and counting. And I think this one is probably the thing that makes my partner at the most happy, but also maybe the most. Uh, concerned because he loves the Marvel movies. He's seen all of them multiple times, but he also knows that I'm going to have a ton of questions while we're in the middle of watching these movies, which he hates when I ask questions in the middle of movies.

So, uh, we will get through that goal together. I am sure, but I'm looking forward to it. There's a lot of Marvel movies I've never seen, and I think it'll be a really fun challenge. I would also like to in 2021 match or surpass this year's business revenue. And because this year was kind of an odd one, um, that'll be an interesting goal.

I'm honestly not sure how it's going to go. Um, but I figured I'd put it out there. Shoot for the moon, hit the stars. We'll see what that one looks like. Okay. So maybe one of the more vain, uh, I had on my 2021 goal list is to get a haircut. As I am recording this episode, it's been about 11 months since I've had a haircut and obviously I'm going to wait until vaccinate vaccines are happening.

Um, but I have had my partner cut my hair twice in the back. Um, he did a pretty good job I will say, but I am definitely overdue, um, to clean everything up and just kind of make sure my, my hair is healthy and, and cut on a regular basis. So looking forward to doing that, probably not until late summer, but, um, I know it's going to happen sometime in 2021.

Okay. So just a few more things on this list of 21 items. I want to finish all the books in a series of mystery novels that I'm reading by Elizabeth George. And this is the inspector Lindley series. There's about six books for me to read and they're all like 700 to a thousand pages each, but I think they're so great.

I've really enjoyed going through this series. It's a series that started in the eighties. It's continuing into contemporary. She's still writing books in this series and I would love to chip away at that this year. And then the last two are ones that are a little bit more about habits. One is to take more walks.

I really kind of shut myself away this year. I was doing a lot of yoga. I do have a treadmill, um, but I'd like to take more walks and I'd like to take more walks outside. I think it's important to get fresh air. And this is something that I've really neglected in the past year. When I was living in Oregon, I was walking almost every morning and, uh, would really just love to get back into some kind of consistent practice with that.

And then lastly, uh, I want to start a regular meditation practice. And I think this is something that I can pretty easily, uh, kind of partner with some of this stuff I'm doing with yoga. And, uh, at the same time, I know it's tough always to start a new habit, and I'm sure that there will be bumps along the road with this as well, but I'm committed to it.

And I think it'll be fun to try out some apps and see what I can do with starting a regular meditation practice. So those are some of my goals for 2021. And I hope that you also are putting some fun things onto your own goal list. As you think about this coming year, I am so excited to see what this year will bring and what the possibilities are with learning new things, offering new things in the business, connecting with new clients and all the different things that I've named that I've put on this list.

So, of course I would love to hear your 2021 goals. You can always email me at hello at Dr. Katie linder.com. You can tweet to me at Katie double underscore Linder. You can also connect with me on Instagram at Katie underscore Linder. Anyway, 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.

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