**YGT episode 233**

You're listening to, you've got this episode 233. 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 offer a bit of a check-in about how my annual goals are going for 2021.

Now you might remember that I had a list 21 goals for 2021. For this year. And I was trying to do a mix of different kinds of longer-term strategies and plans, but also things that were just kind of for fun. And I'm going to go ahead and link to the original blog post, where I had this list in the show notes, if you want to take a look.

Um, but I also recently blogged about the progress I've made on this list as well. So I can go ahead and link that blog post to in case you want to see this in writing, but I also wanted to do an episode because I think it's really helpful to check in with our goals. Hold ourselves accountable to what's working.

What's not working. Um, and also to remember that when we make a list like a 21 goals for 2021 list, it's meant to be done throughout the entire year. So if you're getting to the end of quarter one and you're thinking, wow, I'm just not making as much progress as I thought I would by this point in the year, just to remember that there's 75% of the year left to go.

You have plenty of time to make progress on some of the things you have on your plate. So I'm going to run through my 21 goals and talk a little bit about the progress that I've made thus far. So the first goal I had on my list was to read Anna Karenina. And I did, I finished this book in March. It was a little over 800 pages and I really, really enjoyed it.

I think I had this idea in my head that I wouldn't understand it, even though I'm an English major, even though I was. Uh, trained to read classic literature. I just had this idea that I wouldn't understand the plot and I wouldn't really understand what was going on. I'd get confused with all the characters and that didn't happen at all.

It was totally fine. So yeah, kind of, um, gave me a little more confidence to dive into other classic literature, maybe in the future. And I'm planning to watch the latest movie adaptation to give myself a little bit of a celebration for finishing that book. So I'm looking forward to that. The second goal that I had on my list was to pay off our mortgage.

And we've had some pretty good progress on this school. So far this year, since the beginning of the year, we paid off almost a third of our remaining balance. So I feel like this goal is, uh, pretty well on track right now. I also wanted to complete my 300 hour yoga teacher training, and I was able to accomplish that in February.

So that happened in quarter one. And I ended up just launching into another 200 hour yoga teacher training. That's specifically focused on meditation, which I've really, really been enjoying, uh, and spoiler alert. It's helped me with my meditation goal that I had for this year. And that's going to wrap up in June.

So quarter two. I also had on my list that I wanted to hire someone to install some cabinets in our laundry room. And we did end up contacting a local person that was recommended by the person who built our home. Um, but we've been playing a lot of phone tag and it just hasn't really been working out.

So maybe we can make some progress on that in quarter two, I feel like we tried and, and we've kind of failed so far at this goal, but we're, we're working on it. I also had a goal to order a new mattress for our bed. Um, this hasn't happened yet, but I was also thinking we might put this off until later in the year because my partner and I, I would prefer for us to have our COVID-19 vaccines before we have delivery people coming in the house.

So it's fine for that to be put off. My sixth goal was to teach more hours of yoga throughout the year. And I would like to ultimately hit a hundred total hours by the end of the year so that I can apply for my next credential. And I've been able to add about 20 hours of yoga teaching to the hours I had before.

So I'm currently at about 60 hours out of a hundred. And then I have about a little less than 30 hours scheduled over the coming months because people can book ahead of time. Um, so I have a good, you know, bunch of appointments on my schedule. So this is also looking good. I think I might meet this goal before halfway through the year, which would be great.

And I'll put a link in the show notes, so you can sign up for a free one-on-one virtual yoga session with me, if you want to. My seventh goal was to hit a thousand hours of coaching experience. And this is progressing really well. The way that I track this in my coaching log is when my clients schedule a session, I kind of Mark that session as a done so that I can kind of see how many they have left.

And it, that means that I can kind of. Add up the hours that are on my schedule for my coaching log. So right now I'm a little shy of a thousand hours on my schedule of, of what is, um, kind of on the books. Some of my clients will schedule all of their sessions in advance. So I know kind of what I'm expecting to do throughout the year.

So I definitely think I'm going to meet this goal and probably surpass it in quarter two, which is going to be great. Goal eight was to earn my discipline, agile scrum master credential, which happened. I passed that exam in January and, um, the project management Institute who runs that credential also requires you to have a certain amount of professional development hours to renew the credential after a year.

And I went ahead and just knock those out as well, because I could watch some webinars and get those hours done. So that felt really good to cross that off my list. Number nine was to complete a yoga teacher training and UNE is a particular kind of yoga that allows you to hold poses for a longer period of time.

It's usually more reflective and a little bit more restorative. And I completed that training in January and have really been implementing a lot more yen into my private yoga sessions with people. So that was a really fun goal to check off my list too. Number 10 was to figure out the next book I'm going to write and make progress on the proposal and the manuscript.

And I talked about earlier this year, how I hired a book coach to help me with this. I ended up pausing that process. Um, and the primary reason is I was honestly just feeling tired and a bit overwhelmed. And because I've written a lot of books in the past, I know that writing a book can actually feel really energizing and good.

And I wasn't having that feeling. And so when I talked with her about it, she was like, yeah, we should pause this. Um, because this shouldn't be like a slog and it really did. It felt like a slog. And so I'm kind of pausing that. So I think the school is still in progress. Um, I actually have another kind of partially written manuscript that I'm thinking about switching to as maybe a primary focus here.

So I'm thinking on it and kind of deciding what I want to do. Goal number 11 was to accredit my coach training program through the international coaching Federation. And as I record this just last weekend, I submitted the application and it took about two years to get to this point where I could submit the application.

I needed to have run the program for at least six months. And I needed a graduating class, which took a little over a year for me to get. And, um, I think that it takes about four to six months for them to review everything and get back to me. So I'll probably know a final decision about this. In quarter three, but just getting this application done and turned in, felt amazing.

That was a huge thing to check off my list in quarter one. Goal number 12 on my list was to get a COVID vaccine when they become available in my area. And if you've been listening to the show, you know, I was really surprised that I got an invitation to get my first shot in March. So this is definitely underway and a lot earlier than I thought it would be.

Um, I'll link to the podcast episode where I talk about the experience of getting my first COVID shot. If you want to hear a little more about that. The goal. Number 13 on my list was to declutter closet and dresser and donate clothes that I no longer need and want. And I completed this in the first month of the year, and I talked about some of the lessons I learned from that in a blog post.

So I will go ahead and link that in the show notes, but this took a lot less time than I thought. And it was actually really easy in a lot of ways for me to call out a lot of things that I just didn't need anymore. Goal number 14 is to read a hundred plus books throughout the year. And the school is also progressing really well.

As I record this, I've read I think, 31 books so far. And so I'm well on my way to that a hundred plus books for the year. Number 15 was to design and launch a new project management offering for my business. And there's just been a lot going on. This is still something I really want to do. Cause I think there's just such a need for it in higher ed.

And there's a lot of people who just want these skills, but they don't necessarily want to pursue something like a PMP. And the PMP just isn't translated very well for higher ed. So this is something that's just kind of, um, it's in the back of my mind and I want to keep thinking about it. I hope to make some decisions about how I might want to move it forward in quarter two.

Goal number 16 is definitely one of the more fun ones on my list. It's to watch all of the Marvel movies. And when we started this process, there was about 24, but now there's more, they're releasing a bunch in 2021. And so my partner and I have watched eight of these movies so far, and we watched, um, started watching one of the spinoff television shows.

And it's been really, really fun. I had not seen any of these films. And so to start from the beginning and really see the storylines develop and the characters develop has actually been great. And, um, this is something we're often doing on like our weekend date nights. And so it's really fun to watch the film and then talk about it.

Goal number 17 was to match or surpass. Uh, this past year has business revenue. And right now we're projected at about 43% of last year's revenue. So I feel like that goals on track, given that we're just ending quarter one right now. Um, but I also feel like last year was kind of an anomaly in terms of our revenue.

We had a new product that we launched and there was just a lot of business growth last year that I don't know if we're going to be able to match. So I do have a lower number that I'm hoping to hit. And I definitely know we're going to hit that number by the end of the year. Um, and I would be happy with that.

So this is a goal that I think this is definitely a stretch goal. And we'll see what happens in the coming months. Goal number 18 was to get a haircut at some point this year, my last one, as I record this was over a year ago. Um, and I definitely want to do this after I get my second vaccine shot and know that that's fully kicked in.

So I think this might happen in like may, maybe June of this year. Goal number 19 was to finish all the books in Elizabeth Georgia's inspector Lindley's series. I have six books left to go. They're all pretty long, like 800 to a thousand pages each. And in all the reading I've done so far this year, I haven't actually gotten to any of these ones yet, but I did kind of track them all down, um, on Kindle.

And so I have them ready to go and I'm really looking forward to diving into the rest of that series. Goal number 20 was to take more walks. And this is one that I will just admit. I have not been super comfortable about going outside and walking around in my neighborhood. There's just a lot of other people who are doing that.

And even with a mask, I just I'm really trying to avoid people, uh, because of COVID-19. So this is one of those things that I think I'm going to do this more. Um, when I am fully vaccinated, I mean, that's kind of what I'm just telling myself. I'm giving myself a bit of a pass on this goal for right now, just because it's really stressful for me to be outside walking around.

And I actually think, um, that's not the point of taking more walks. The point is to get exercise and be more relaxed. And it's going to be harder for me to do that until I'm fully vaccinated. And then my last goal is to start a regular meditation practice. And because of this training that I'm taking, as I mentioned earlier in the episode, I've actually been meditating pretty much every day and sometimes twice a day.

And it has been wonderful. I've been using the insight timer app for some of those meditations. And then there's also. Different recordings that are, um, part of the class that I'm taking as well. And it's just been a really wonderful experience. It's a great way to spend time in solitude. It's a great way to reconnect with myself, quiet my mind a little bit.

Um, and I really appreciate to the class that I'm taking and I can link to it in the show notes. It is really focused on personalizing your meditation practice and, um, I'm a huge fan of personalizing practices and these kinds of things in general. So I'm just really, really enjoying it. And, um, I think there's so many different ways to approach meditation.

So I've been doing a lot of reading about it and practicing, um, and then of course, practice teaching as well, because that's what the class is about. And it's just been super fun. So this has been definitely one of the highlights of my year, so far. So that's a little bit about how my goals are going. As you can hear some are crossed off my list.

Some I'm still working my way through some have been a little bit derailed. Um, but as I said earlier, we're only 25% of the way through the year. So there is plenty more time to make progress on some of these things. And, um, I'm sure I'm going to be adding and changing and thinking about some of these goals as we continue throughout.

The rest of the year, and I'll definitely keep you updated on that. I would love to hear how things are going so far as you're wrapping up quarter one heading into quarter two. How are your goals for 2021 going you're welcome to email me at hello at Dr. Katie linder.com. You can tweet to me at Katie double underscore Linder, and you can always 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/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

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