**YGT episode 244**

You're listening to, you've got this episode number 244. 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. On this episode, I thought I would talk a little bit about planning for a mid year reset because as June is swiftly coming to a close, we are reaching the halfway point of the year.

If you can even believe it, I can kind of hardly believe it myself. And I recently wrote about this in a blog post, which I'll link to in the show notes. And one of the things I talked about is how I think the midway point of the year is just a really nice transition point. And it reminds me of what Gretchen Rubin calls a clean slate opportunities, which are basically times during the year where you can make a fresh start.

Um, or this could be like, if you move to a new place or even the beginning of every month or at the beginning of every week, it offers this kind of clean slate. Where you can have a new habit or a new mindset, or, you know, something that you want to kind of jumpstart. And I think the mid point of the year is a great time to do this because we're halfway into the year.

We have a little bit of a sense of kind of where things are headed or how things are going. And it gives us a chance to kind of rethink and reset, um, based on the first half of the year. So there are a bunch of different areas that I do this in and today I thought I would talk about some of those areas and give you some reflective questions that I'm thinking about as I think through this kind of midyear point.

And these are some of the areas that I'm going to be exploring in the coming weeks. So the first one is my annual goals. And, um, you can expect a, a podcast episode coming up where I kind of talk through my annual goals for quarter two, and I do a bit of an update, but then probably sometime in August, I'll, I'll do an episode about, um, maybe revisiting or revamping my annual goals because there's definitely some on my list that.

I'm starting to wonder if I need to remove or replace with something else. Um, so the questions that I ask myself are, first of all, just what goals have I accomplished so far this year. So you'll hear an update on that soon. And then are there goals that needed to be added to my list or goals that I need to let go of?

And so I'll be thinking about that over the next couple of months. The second main area that I think about is just kind of my priorities in general. So thinking about where do I want to spend my time and energy in the coming months? What investments will most benefit my longterm goals? When I think about my goals, both personally and professionally.

And then how do my priorities show up on places like my calendar and my to-do list. And I really want to ask those questions as part of my kind of larger, um, goal to just be more aligned between my values and the things that are happening in my day-to-day life. And it helps me to think through my larger priorities on bigger spans of time.

So if I'm thinking about a six month period, that sometimes is a little bit easier to think about the bigger goals that I have on my list. The third area that I want to kind of revisit and think about in terms of a reset is my physical health. And I like to ask myself really just basic questions. Like, how am I sleeping?

Um, and my fitting in movement practices as much as I would like to. Um, am I getting, you know, fruits, vegetables, other nutrients into my diet? Um, so just how are things going with my physical health? And this is a really important thing for me to just kind of check in on, because I think it is so tied to daily habits and, um, sometimes that can fall off, especially when we change seasons are headed into like the summer months.

So I'll be thinking about that as well. Now paired really closely with that is rethinking and kind of resetting my emotional and mental health practices as well. So for me, this is tied a lot to reflective questions around building in time for solitude and reflection, which is a really important part.

Of my emotional and mental health. And then I also want to just ask myself if there are areas that feel especially challenging for me right now. Um, and if so, what are things that have maybe worked well for me in the past to support my emotional and mental health even earlier in this year or last year that I might want to build in those practices again.

Um, and so for me, that's probably tied to things like my meditation practice and my yoga practice, um, but also that solitude and reflection as well. Another area that I will be thinking through is my routines more generally. And, um, for this, I kind of asked myself some questions about my morning and my evening routines, how I feel like they're connected to my larger goals and values.

Are there routines that I have that I think could benefit from a kind of refresh and what might that look like? Do I want to try something new in my routines? Are there routines that are no longer serving me? Um, so all of these are questions that kind of get at the, sometimes we have these practices that we just kind of do because we've always done them.

And, um, maybe we want to rethink, you know, some of those things and make sure it's really staying intentional. Okay. So there's a few more areas here. The next one is my finances and thinking about what are my current financial priorities. The other questions I ask myself is, are how did my financial goals relate to other goals and priorities that I currently have?

Like, do I see alignment across my personal and professional goals and my financial goals? And then what do I need to invest in for the remainder of the year to continue to strengthen this area? So I think I've mentioned in a couple of different places that my partner and I did indeed pay off our mortgage.

And that was one of our goals for this year. So that has freed up some of our monthly income to really, you know, funnel elsewhere. And we need to think about where does that going to go? So, um, I'll be kind of rethinking our financial priorities and talking with my partner about that, to see, you know, what does that mean for us in the next six months or so?

The next, um, category of things that I want to think about for a mid-year reset is my relationships. And just thinking about the strategies that I'm using to connect with the people who are most important to me. Um, how have I expressed gratitude to the people around me? How can I offer help or assistance to people that I want to serve?

So this is really, um, really broad. I mean, it's tied to kind of my friends and family, but it's also tied to the clients that I serve through our business. And really just trying to think about, you know, what are the kinds of, um, relationships that I want to continue to nurture and grow and the different strategies that I want to do, um, that I want to use to do that.

And then lastly, my last category that I think I'm going to think through is my personal and professional development and for the last 15 months or so, this has actually been a pretty big area of focus for me as I've gone through different credentialing and training programs. And it's really been a source of kind of support and, um, coping really during the pandemic.

And so when I think through this kind of personal and professional development area, I'd like to think about what I've learned thus far in the year. And what do I hope to learn in the coming months? And do I want that learning to happen in a more formalized way or in an informal way? Um, you know, what does that look like for me?

And then are there people or things that can help me learn more in the areas that I want to further develop? So kind of what's the plan that I want to put into place. If there are specific things that I know that I want to be learning in the coming months. So these are just a few categories. So there's eight categories there along with those questions.

So let me repeat them one more time. So the first one is annual goals. The second one is kind of more broad priorities. The third one is physical health. The fourth is emotional and mental health. The fifth is routines. The sixth is finances. The seventh is relationships and the eighth is personal and professional development.

And what I think I'm probably going to do with some of these questions is spend some time in my journaling, my morning pages and just kind of think through each one. Um, it also helps me when I do the quarter to, um, annual goal refreshed. It touches on a lot of these areas. Um, for example, my annual goals and priorities, um, my personal and professional development gets tied into that.

Some of my routines are tied into that as well. So even doing that, um, kind of check in with my annual goals is gonna. Check a lot of those boxes for me, which is really important. And then when I, um, Think about kind of the annual goals for the rest of the year. I'm really going to be open to switching some things out because there were some things that I wanted to work on in the very beginning of the year that I just don't know if I care about as much anymore.

And rather than kind of push myself to do those things. I'd rather replace them with something that is really feeling like more, more of a priority right now. So stay tuned for that because I will be talking about that probably a little bit later in the summer and also stay tuned for next week. When I do a bit of an update on those quarter two, um, accomplishments and thinking a little bit more about the rest of the year and what I'm going to be working on.

So I would love to hear a few decide to do a mid-year reset and what that looks like for you. I could definitely see doing this as kind of taking a couple hours in an afternoon and just setting aside some time to journal and think, and, you know, just kind of spend some time with a little bit of planning and I'm really looking forward to doing that myself.

So if you want to tell me about your mid-year reset, you can always email me at hello, Dr. Katie linder.com. And I would love to hear from you and see what you have planned for the next six months of the year. 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. Thanks for listening.