**YGT episode 245**

You're listening to, you've got this episode 2 45. Um, 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'm going to do a quarter to annual goals.

Check-in because we are just coming to the end of quarter two. And I always like to just touch base with myself to see what was able to get done during a quarter. And what do I have left on my annual goals that I want to be focusing on for the rest of the year? So I thought I would start with just a quick reminder of what I was able to do in quarter one.

And I'm drawing from my list of 21 goals for 2021, which I will link to in the show notes, in case you want to see that original list. I'm also going to link to a previous blog post, where I talk about my quarter one goals and a blog post, where I talk about my quarter two goals. So there'll be lots of, lots of things for you to check out if you want to do a deeper dive.

But as a reminder, here is what I was able to do in quarter one. From that list, I completed a yin yoga teacher training. I decluttered my closet and dresser and donated clothes that I no longer needed or wanted. I earned a disciplined agile scrum master credential completed my 300 hour yoga teacher training.

Read Anna Karenina and started a regular meditation practice. So those were the things that I really focused on in quarter one. Now in quarter two, I have six additional goals that I was able to cross off my list and these feel so amazing to have crossed off. And then I will go ahead and talk a little bit about what I'm thinking about for the remainder of the year.

So, um, first of all, I had a goal of hitting a thousand hours of coaching experience, and I was able to do this pretty early in quarter two. And so I'm now working toward just a higher goal of hours accumulated for the year. Um, what I'm working toward overall is 2,500 hours of coaching experience, which is what I need for my next credential.

It will take me several years to get to that level, but that's why I'm kind of tracking this at all is because, um, the credentialing that the international coaching Federation does, they want to know that you have a certain number of experience hours. So I was able to hit those thousand hours of coaching experience, and that was a pretty fun milestone.

The second, uh, goal that I mentioned in last week's episode actually, is that we paid off our mortgage and we were able to do that in may. It felt so great. I have never been able to do that before. Um, and I had to call the bank and say like, I don't know what I'm doing. I've never done this. What is their paperwork?

Like, what are the steps that we need to do? Um, but it was super simple. We just basically wrote a final check and, uh, now we are good to go and we do need to revisit some of our. Financial goals, as I mentioned in the last episode. So we're thinking about that, but paying off that mortgage and checking off that goal was just a huge, exciting thing for us this year.

Another one of my goals was to hit 100 total hours of yoga teaching experience. And I had hoped to do this by the end of the year. Um, but as I started accumulating more hours, I thought I could maybe do it by the first half of the year. And that is deed is what happened. I was able to complete all of my 100 yoga teaching hours by the end of June.

I can apply for my next yoga Alliance credential, which is super exciting. And I'm not quite sure what the second half of the year is going to hold in terms of, um, how I'm going to be engaging with yoga teaching. I'll be thinking about that and maybe sharing a little bit more about that soon. Um, but I had probably over 50 people that I ended up teaching yoga to in groups and, um, through one-on-one private sessions over zoom.

And, uh, it was so fun and I just had such a good time with this goal. Um, and I feel really proud of it as well that I was able to kind of build up the skill set over time. I definitely started to feel more confident in my yoga teaching experience, the more that I was doing it. And that was really exciting too.

Uh, one of my goals for this year was to get a COVID-19 vaccine and this has done, uh, one of the true highlights of my year was getting the COVID vaccine and having my partner get it as well. I've talked, um, a couple of different times about how we are opening up our lives a little bit. And, uh, we did, uh, order some takeout, which was really exciting.

And we've been kind of slowly. Working our way back out into the world after feeling pretty isolated for the last 15, 16 months or so. And this was just a huge part of that to help us both to feel more comfortable. One of the really big goals I had for this year was to watch all of the Marvel movies.

And there are like 24, 25 of these movies and counting because they keep coming out. There's more and more movies in the series. And we were able to catch up on all the movies that have come out thus far. So we're still waiting on a couple that are going to be coming out this summer and fall, which we'll watch.

But now we're working our way through a few of the Marvel television shows and we'll be continuing to watch those over the summer. But this was such a fun project and such a cool way to engage in something that my partner really cares about and enjoys. And he was able to tell me all kinds of backstory about things he's read these comics for decades.

And, uh, it was just a really fun project. So checking that off our list was really enjoyable. And then the last goal that I had, um, the annual goal that I checked off in quarter two was getting a haircut. Oh, that felt really good. Um, I got the haircut at the end of may and a question that I've been getting from a lot of people is did I go back to a pixie cut?

Cause that's where I started and I decided to keep my hair longer for now. Um, part of the reason I went to a pixie cut several years ago is because I was traveling so much and it was really challenging to constantly be, you know, Blow drying my hair and having to kind of fix it up and all those kinds of things when I was on the road.

And, um, I'm not traveling as much right now. And so it's a lot easier to maintain a longer haircut and I don't really plan to return to the pixie cut anytime soon. I think that it took me so long to grow it out. Um, once you go through that process, you're kind of hesitant to cut it all off again. So, um, but getting the haircut was great.

I did wear a mask into the salon and, um, the person who cut my hair also was wearing a mask. There were lots of people in the salon who were not. So that was a little, you know, just kind of strange and different than what the experience has been from the earlier parts of the year. But I'm glad that I did it.

I felt like it was a great kind of, um, initial step to going back to kind of normalcy. And I also have some other appointments coming up, um, like a dentist appointment, for example. That are kind of helping me to ease back in and getting back to those regular appointments that I would have had, uh, throughout the year.

Now I also wanted to mention a couple bonus goals that saw some progress in quarter two. And these were things that were not on my annual list, um, in the beginning of the year, because I didn't know that I was going to be working on them, but I was able to complete my 200 hour yoga teacher training and meditation.

During quarter two and this involved, um, weekly two hour synchronous sessions and a lot of practice meditation teaching with different partners. Um, there was, uh, reading assignments. There was a written exam. Uh, there were a lot of things involved in this particular thing, uh, and it felt like a huge accomplishment to be able to move that forward.

I learned so much and had so much fun, kind of getting into my own meditation practice through this experience, which is really what I was hoping for was to deepen my own practice. And it definitely worked for that. So that was kind of a bonus goal that I checked off in quarter two. And then the other thing in quarter two that I made some progress toward is the change management certificate that I'm working on.

And, um, by the end of the quarter, I was finished with four of the six required courses for that. So I'll wrap up that in quarter three, but, um, the progress on that was really fun. And I really enjoyed working on that in quarter two. Okay. So what that all means is now that we're halfway through the year, I'm actually halfway through my annual goals.

I'm over halfway through. So I'm always kind of interested in that I'm tracking, like how close am I in terms of just like staying. Um, kind of on track with how many things I wanted to do and how many things are done up until this point. And there are nine remaining goals that I am still working towards.

So let me give you a quick reminder of what those are and any progress that I've made in those areas. So the first one is to a credit, my coach training program, and I submitted the application for this in March. It takes them a good four to six months to go through everything. So I'm hoping to know the final decision about that in quarter three.

So that is in progress. I also wanted to read over a hundred books throughout the year. And I think the school is progressing pretty well. I've read 60 books so far this year. If you listened to an earlier episode about my summer plans, you know, I'm trying to hit a hundred books read by the end of the summer.

So I'm continuing to work on that. I also wanted to match or surpass, um, the previous year's business revenue and the current business revenue is projected at about 73% of last year's revenue. So we're on track given that we're only halfway through the year. Um, but I would also say last year was a little anomalous.

Uh, it was a lot higher than what we normally see. So I'm actually really pleased with where we are at this point in the year, we have surpassed like a baseline number that I'm trying to hit with our business revenue. Um, and we did pass that, uh, during quarter two. So, so that felt really good. Now we had a couple of things with our house that I wanted to do.

We wanted to hire someone to install cabinets in our laundry room and order a new mattress for our bed. Um, we haven't really had progress in those areas. Although we did pick out the mattress we want, we just haven't pulled the trigger to order it yet. Um, so maybe these things will just happen, you know, sometime in the second half of the year, but they haven't happened yet.

And then, uh, I wanted to finish all the books in Elizabeth George's inspector Linley series. They're all super long. I have not made progress on this at all. Although I do have all the books on my Kindle. So I'm hoping to dive into this in quarter three, uh, and start to make some progress on that and really looking forward to it because I do love this book series, but I've been reading a lot more non-fiction this year and have found it a little bit more challenging to get into fiction.

Um, so I'm hoping that will change soon because I do want to get back to this. And, um, then there's three things that are on my list and these are the ones that I'm kind of like, well, what do I want to do with these? Um, and, and at least two out of the three, I may take off my list. So stay tuned because I'm going to talk about that a little bit later this summer.

One of them is figuring out the next book I'm going to write and making progress on the proposal in the manuscript. I have kind of officially paused this project. I paused it way back in quarter one, and I'm just really not sure I'm going to move it forward this year. It may not be the year that I work on the next book.

Um, I think that I'll probably have, you know, another book in me, if not more than one at some point. But there's just been a lot going on and I don't necessarily feel like this is where I want to put my time and attention right now. So I may officially take this off my list and see if there's something else that I want to replace it with.

The other one that I'm kind of questioning is I wanted to design and launch a new project management offering for my business this year. I have an outline of what I think I want it to be, but I just haven't really been able to make progress on this because even though I have the outline, it doesn't feel quite right to me.

And I'm not sure what the offering is going to look like. So I'm just kind of thinking through this a little bit more, my hands are really full with the coach training as well. And so. Again, I'm just kind of, not sure if this is the right year to do this particular project. And I may decide to take this off my list as well.

And then the last thing that I had on my list was to take more walks and I have like dismally failed at this, um, I, for a while wasn't doing this because I wasn't comfortable walking outside when I wasn't vaccinated. And then now that I'm vaccinated, the weather has been incredibly warm. Um, and so I would need to go out definitely early in the morning.

And my allergies have really picked up. Um, and so I, it's harder for me to go outside excuses, excuses, excuses. I hear it myself. So, um, I'm not sure what I want to do with this school either. Maybe I need to set like a more specific mileage legible or I need to start jumping on my treadmill. Like, I'm not sure what I want to do here.

But, um, the idea I think was to get myself moving a little bit more, but also to just enjoy that time with myself, it's kind of solitude time for me, or time to listen to podcasts and things like that. And I really used to enjoy that and I really haven't had that since we moved here. So I definitely think that, um, this is one that I want to think more about.

I'm not quite ready to take it off the list yet, but I think I need to get more specific with it so that I have something to really aim toward. So that is how things are going in quarter two with my annual goals, I'm actually pretty happy with the progress that I've made so far. I can see how there are a couple of things on my list that.

I remember, even in the beginning of the year, I was kind of hesitant about them. Um, cause I just wasn't sure where they were going to go. The book project and the project management offering are two of those. And it's giving me a little more confidence and kind of listening to my gut, you know, early on I've rather than kind of trying to push myself into something that just the timing might not be right.

But a lot of these other things, things that we've been able to accomplish, you know, either me individually or with my partner, Um, have just been really wonderful additions to my, to my life and to my year. So I'm really excited about that. So I would love to hear how things are going for you halfway through the year.

What is your quarter to update with your annual goals or the projects that you're working on? You can always email me at hello at Dr. Katie linder.com. And I would love to hear about your quarter to check in as well. 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.