**YGT episode 250**

Your listening to you've got this episode 250. Welcome to you've. Got this, a weekly podcast, higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic. I'm your host, Dr. Katie Linder. In this episode, I thought I would offer a recap of my summer goals and also talk a little bit about my plans for the fall, because I do love a bit of seasonal goal-setting and it is the perfect time of year to start thinking about wrapping up the summer and going into the fall.

Now, when I wrote my summer goals, I published them on my blog in the middle of may. And at that time, I did not know for sure if I was going to be changing jobs or not. I was still very much in the search process. And, um, of course, as you've been listening to the podcast, you now know that I am changing jobs and that really impacted.

Summer. So I want to give a bit of a recap here of what I was kind of hoping to do, but I want to also start by saying I'm being pretty kind to myself about what I was and was not able to do with my summer goals. Just given the fact that we had this kind of disrupted summer, uh, with a move. And we had to plan that, get a new house, sell the house we're in.

Uh, it's been a lot, uh, to try to tackle over a pretty short period. So, let me go ahead and I will link to my original summer plans goal list, uh, in the show notes, in case you want to check it out, but here's some of the things that I had on my list. The first one was I talked about how my partner and I had wrapped up watching the Marvel movies.

And so we were going to start watching Marvel TV shows. This did not really happen. Now, my partner watched some of these shows, um, but I ended up really digging into reading a lot during this period of time. And particularly I found a lot of comfort in audio books, um, and just allowing myself to kind of relax and hear a story.

Sometimes I think when I get overwhelmed, um, by a lot going on, I have a hard time taking in. Stories that are kind of visual and, uh, uh, like audio, like watching movies is it's just really hard for me to focus and kind of take the time to sit down and focus. When I know that there's a lot of other things I could be doing.

Whereas with an audio book, I can usually kind of multitask and do other things while I'm listening to the audio book. And it just helps me feel like I'm being a little bit more productive. I am sure. That is part of what contributed to this during the summer period of just needing to feel like I could be doing other things while I was also listening to the yeah.

Now in a future episode or a blog post, um, I'm going to talk a little bit about my favorite reads from the summer. So keep an eye out for that because I've read a lot of really amazing things and I'm excited to share some of those things with you. Okay. I also said I wanted to complete my change management certificate.

This was six courses that I took and each course was about two weeks long. Um, that ran may through August. I was actually able to wrap that up in July. And it felt really, really good. I learned a ton I'm gonna share. Um, in another episode, kind of some of the things I've learned about change management from this process, because I just really found, um, a lot of the content from the courses to be really fast.

So that was something that I was able to check off my list for my summer goals that I felt really great about. Um, okay. I also talked about some things that my partner and I were going to do post vaccination, like take our car in for some overdue service, start getting more local takeout, hire someone to clean her house, that kind of thing we did indeed do all of those things.

Uh, we got our car, uh, worked on, we had just kind of some normal oil change stuff that. Do, uh, we did start getting some more local takeout. We also, because of our trip that we had to take to Denver to look for a new house, we kind of pushed ourselves into like going into a grocery store and, you know, walking into a restaurant and ordering in the restaurant and things like that.

Um, take out, we're still not quite ready to sit down in a restaurant and eat a meal. Um, and then we've also had someone come and clean her house a couple of times. And in part, because we were putting our house on the market. So all of those things I was able to check off, I feel like it's really helped us to kind of ease into post vaccination life and to have some good conversations about what we feel comfortable with doing.

Um, I did get a haircut, which was another one of my goals and this was something that just felt really great. Um, it's been probably about eight or nine weeks as I record this since I got that haircut and I am imagining I'm going to get another one. Um, Probably, I don't know, maybe four weeks from now, I'm kind of letting it grow out.

So I'm not quite sure what that's going to look like, the timeline for that. Um, and I'll have to find a new person in the Denver area that can cut my hair. So, but I felt really great to get that done and check that off my list of summer. Okay. So the big one that I think I was really pushing for was I wanted to read at least 50 books over the summer.

And that would allow me to get to over 100 books that I've read for the year. So far. My overall goal of reading for the year was a hundred plus books. And then I just decided to really push it in the summer and have it. Um, fun, just kind of reading summer reading is like some of my favorite reading, so I really enjoy it.

And, um, I ended up reading over 50 books by the end of July. Uh, so in the first two months of, um, of the summer, I, I did a lot of reading now, as I said before, I. It definitely was a bit of a coping strategy for me. I was feeling pretty stressed about the move and, and wanting to kind of distract myself a little bit from that.

And I got back into audio books, which was so fun. I get them from my local library and I really enjoy reading through and like finding reviews from people where they recommend really good audio books. And then I'll track them down and see if my library has them. So I read a lot of audio books or listened to them rather.

And then I also, um, really dove back into things. And there was a period of time. Um, earlier I would say in like the late spring where I was just reading a lot of nonfiction. And for most of this year, actually, I haven't been reading a ton of novels and I missed them. I really wanted to get back to reading novels.

And so. Kind of ease myself in through the audio books. And then I just like was ravenous and I just read like one book after another, like I would, I would stop one and finish it. And then I would like immediately pick up the next one. Now some of these books were things I had already had, like on my Kindle from purchasing books, but then I also found a bunch of things from my local library.

So I was kind of mixing, um, my books that I own with books that I. Uh, renting from the library and I ended up yeah, hitting that 50 plus books red, um, by the end of the summer, which was really, really a fun accomplishment, something I'm really proud of. And it also felt really good to hit that goal for my annual, uh, reading goal as well, before I start this new job and I'm probably going to be pretty busy.

I'm not sure how much reading I'm going to be able to do once that gets started. So, um, really fun to check that off my list. And then the last couple of things that I had on my summer goals was basically facilitating the, um, groups that I was running for my summer virtual writing group and my coach training sessions.

And these were things that I absolutely kept up in the summer. They were the highlights of my summer to work with these groups. And it was really fun to see people accomplishing their goals, both with their writing and scholarship, and also with their coach training, um, credentialing training hours. So I really, really enjoyed that as well.

Now, of course there's some extra things that got added to my summer goal list in particular around the move. So we did sell our house in Kansas. We also purchased a house in Denver. We, um, made the move to Denver during the summer and, um, are kind of getting settled into our new environment. So all of those things are kind of extra things.

I think they got added to my. And as I started to think about the fall, um, I like to kind of plan ahead and think of there's other goals or things that I want to accomplish. And I would say the theme for my fall this year is really about getting settled in. Now I have some ideas of what this is going to mean for our house, but also what this is going to mean for my job.

And here are some of the things that I have in mind. So for our house, um, we have some things that we need to accomplish around a new carpet, and that's probably the biggest project that we need to work on. We also have a few other things like installing nest thermostats that we'd like to do, and really just kind of getting her stuff settled into where it needs to land.

And in terms of just unpacking everything. Now, I think one of the most exhausting things about moving is all of the decisions that you have to make about where things are going to go in your house. And so I like to take a little bit of time with that. I don't want to just shove things into a cabinet.

Assume that that's its forever landing place. It helps me to kind of think through and take some time to process like where things are going to go. So one of my goals for the fall is really to just like complete that process over a period of months and really start to feel like I know that where things are landing is a good spot for them, that everything has a place that we have enough storage for everything.

And if we need to purchase storage like bookshelves or something like that, we can go ahead and do it. Now in terms of my job, that the other piece of settling in for me is really going to be getting to know all the players in my job. Um, all the stakeholders, learning people's names, starting to understand the campus, uh, and like where things are.

Um, making sure that I just know how to find my way around if I have to go to different meetings and things like that. And I'd also really like to get to a place where I feel settled into my office environment. It's been a while since I've been back in an office environment and I'm definitely going to be talking about this probably in other spaces of what I did to kind of do that, because I think that, um, it's one thing to come back to an office post pandemic, but also to go to an entirely new office space and have to really.

Find ways that it can feel familiar and comfortable for you. I mean, that's important to me because I spend so much time at work. And I think for all of us who do that, we want to make sure we have an environment that we feel really good about. So I'm, I'm thinking through that, trying to kind of come up with the strategies that are gonna help me to feel really comfortable in that environment as well.

But if I had, you know, like a word or phrase that I was gonna use for the fall, in terms of my goals, I would definitely think settling in. Is, uh, the thing that I'm going to be focused on and prioritizing the most. So I would love to hear how your goals went for this summer period. And if you have a, another set of goals or kind of a theme that you're thinking about as you head into the fall, you can always email me at hello at Dr.

Katie linder.com. I love to hear about accomplishing goals, planning for new ones, all of that. As some of my favorite things to talk about. Thanks for that.

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.