You're listening to, you've got this episode 255. 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. I'm your host, Dr. Katie Linder. In this episode, I want to offer an update on my 21 goals for 2021, because we are now 75% of the way through the year.

If you're looking at your calendar, you're realizing it is the end of. Three now I find it really helpful to do monthly check-ins with my goals, but also quarterly check-ins with my goals. And if you've been listening to the show for a while you heard I'm a quarter one at my quarter two check-in. I will go ahead and link to those in the show notes.

I also usually update this on my blog as well. So I will also link to those posts, um, including the one I put out last week on my quarter three, in case you want to see any of this in writing. But, uh, it's amazing to me, there were already three quarters of the way through the year, and it's a great time for all of us to be kind of thinking about our annual goals if we had them and think about a plan for quarter four.

So what I wanted to do today was kind of give a bit of an update on where I am with my remaining goals. And then talk a little bit about quarter four and my plans for what I want to tackle in the country. So where we left off at the end of quarter two, as I had nine remaining goals, but you may have also heard in an earlier update that I changed out some of my annual goals because of my recent move to Denver, as well as my recent change in jobs.

So I'm going to talk a little bit about that today, just to kind of refresh, uh, where they annual goals are in terms of what I'm doing. Um, but, um, I'll give you kind of a spoiler alert that I'm actually feeling pretty good about where I'm at this point in the year. And, um, it's, it's making me excited to kind of plan for 2022 and start to think about what goals they might have in that.

So I'm in my, my nine remaining goals. One of them was to accredit my coach training program through the international coaching Federation. And that is officially done. I found out over the summer, so I was able to cross that off my list. I've updated my coach training website with a bunch of information about what that means, and I can link to the coach training in the show notes, if you want to take a look at that, but that was really a multi-year process.

Designing the curriculum. Actually offering the curriculum, graduating people through the curriculum and then applying for the accreditation, which was a lot of paperwork and documentation. And, uh, so that's a, that's a big one for this year that. I also had a goal this year to read over 100 books throughout the year.

And I decided to push kind of hard on that in the summer. Hopefully reading a hundred books by the end of August, and that did indeed happen as I record this. I'm up to 122 books that I've read. So. I'm not sure if I'm going to aim for a particular goal by the end of December, but I've really been enjoying kind of, um, bringing in some professional development books into my reading schedule as well.

And I recently talked about that, um, in, uh, an episode about having an intentional to be read list. So I will go ahead and link to that in the show notes, if you will. I also had a goal where I wanted to, uh, match or surpass this year's business revenue, uh, in my business. And this was a goal that I kind of decided to retire.

I didn't want to spend a lot of time in, um, the remainder of quarter three and quarter four, really pushing for more revenue because I knew I was going to have a lot of brainpower and creative energy going into my new. Now that said, uh, at this point in the year, we're about 80% to last year's revenue goal, which feels pretty good.

I actually feel really good about that. So, um, but this was a goal that I decided to, to not really push too hard on at the end. I had another goal for my old house to hire someone, to install cabinets in our laundry room. And I ended up switching out that goal for selling house and buying a new one and I'm calling that one done.

So, uh, that particular goal was just a small renovation. We were thinking about for the house we were living in. We're actually in the process right now of planning for some additional renovations in our current house to our kitchen and our bathrooms. So you'll probably be hearing me talk about that a little bit more.

That'll be starting probably in October. All right. So I had on this list, uh, as a goal, ordering a new mattress for our bed. This is done. Uh, we ordered it, the mattress hasn't arrived yet, but it's on its way. Um, and I'm really excited about that. We did also order some new bedding, um, just to kind of refresh, you know, our some blankets that we had for the bed.

Um, and so that'll be, I think, fun to kind of style that we haven't had bedding that has been refreshed. I think, um, It's been a really long time. I won't even say how long it's been. Um, but we have some amazing sheets that we've had for years that we really love, but like the blankets and, and, um, do they cover and things like that needed to be refreshed.

So we went ahead and. Uh, okay. I also had a goal in here to figure out the next book that I was going to write and make progress on the proposal and manuscripts. And if you remember, from earlier in the year, I even hired a book coach to help me do this. And several months into the year, I knew that this was going to be a bit of a challenge as I was, uh, on the job market.

And I knew that I might be moving and that I was going to have, you know, some other stuff that was going to be happening. And so I ended up switching out that goal. Completing my 200 hour meditation, yoga teacher training and earning a change management certificate, both of which I was able to complete over the summer, right before we moved to Denver, which was great in terms of just timing.

So those were kind of professional development goals that cropped up throughout the year. I didn't know I was going to do them in January, but, um, I'm really glad that. And then I also had a goal to design and launch a new project management offering for my business. And that goal got switched out for starting a new job.

Um, and so I can check that off the list. I did indeed do that. I will say that now that I'm in the role that I'm in. I'm doing a lot of project management work and it is giving me the bug again to like rethink this program and think about how I might be able to do something with it, um, in the business.

But it's probably gonna take a little bit longer than what I had originally planned. So it's still on my mind as a possibility. Um, but I did end up switching that one out, at least for that. Okay. So there were a couple more goals that I had, um, one was to take more walks and this is definitely happening.

A lot of these walks are a part of my commute, or if I do like a walking meeting with someone at work or during my lunch hour, I might go for a walk and I also walk around campus. Sometimes I meet people in their offices for me. Um, so I'm getting in more walking and that feels great. Um, it was not happening pretty much at all earlier in the year.

And, um, the other thing we're planning to do is purchase a new treadmill in quarter four, which should add to the progress of that goal. Um, the treadmill that I had before was kind of an older use treadmill, and it did not come with us on this move. Um, we decided to dismantle it and, and donate it. So that was something that we eventually knew we would replace.

So that's going to be something that we'll probably be purchasing in this next. Now the goal that I have that I feel like I've just utterly failed on, uh, is that I was going to finish all the books in Elizabeth Georgia's inspector Lindley series. There were six books, uh, remaining. All of those books were like a thousand pages long, and I am so behind.

I've not even, I think I started one of them. Um, and then I just kind of abandoned it because. It was too much in terms of everything else that was going on for me. And I'm reading a lot right now, but I'm, I find myself just kind of reading, you know, what I'm drawn to. Um, and I'm really kind of giving into whatever feels good for me to read at any given time.

Sometimes that's professional development. So. Nonfiction or fiction. And I'm also starting to explore some new genres as well, which we'll probably talk about in a future episode. So I don't know what is going to happen with us. I'm, I'm almost positive. I'm not going to be able to finish this series by the end of the year, but I also really like this series.

So I don't mind the idea of not rushing it and just kind of spreading it out a little bit over to. But I think I would like to read at least one of the books in the series before the end of the year and October, November, I think is a great time to read mystery novels when it's a little bit cold and you're kind of cozy in your reading.

Um, so that I think is possible. That could happen. But I think the whole series is probably not going to get read in 2018. So I do have to say, you know, with all the unexpected things that happened this year, that I, I was not anticipating. I'm really happy with kind of where I am in terms of what I've accomplished this year, that was on this list.

And there's definitely some things that I'm kind of eyeing for 2022, in terms of thinking about goals. I know I'm going to have a reading goal. Um, and because we had the goal last year of paying off our mortgage, and then of course we took on a new mortgage. To Denver. We definitely want to pay some of that down.

So that'll probably be a goal for 2022. And, uh, I have some other kind of things that I'm kind of thinking about that I want to kind of process in this last quarter of the year and decide, you know, What gets my time and energy in 2022 in terms of my personal goals. Now I'll also mention just a couple of things that are on my mind in this last quarter of the year, because since many of these goals are done, um, I have a little bit more, you know, kind of time and energy to turn to other things.

So one of them is, uh, this renovation that I mentioned in our house, which will probably be starting in October. And, uh, we decided to switch out some of the cabinets in our house and some of the countertops as well. And that's going to be in all of our bathrooms in, in our kitchen. And, um, as part of that, we're kind of upgrading some of the appliances in our kitchen.

That are original to the house. And because our house is seven years old, um, the technology is, is kind of woefully out of date, which surprises me a little bit, but, um, seven years actually means a lot in terms of appliance technology. So we're going to do some of that, um, in the coming months. And I actually think that that's going to take up a little bit of time and energy for those of you who've gone through any kind of renovation.

Um, you live in chaos for a little while. And so, um, we know that that's going to be our life. I will say though, I, if you all have been listening since way back in, uh, Oregon time, when we renovated our kitchen, And some of you reached out to me cause we moved like right after that happened. And you're like, but you just renovated.

And that was actually on my mind. Um, when we were thinking about renovations in this house and my partner and I talked about how nice it would be to actually be able to live in the renovation. For a while we plan to be here for a while and rather than waiting, um, to do them at a later time. And so that was kind of part of our motivation to do it.

Now, when we've only been living here a couple of months, so we've been working with the local company to get those details worked out, but I know that's definitely going to be a part of the fall. The other thing that's really going to take some of my time and attention, uh, in the latter part of this year is I'm launching a project at work and it's a project that will take multiple months to do.

It's kind of around strategic planning. And, um, that is something that I know is going to take a lot of my time and energy and kind of creativity as we're working through the steps for that. So, um, I'm looking forward to. And then the other thing that I'm really going to try to do in these coming months is settle into a bit of a routine.

So I have some things in my routine that have worked out really well. Um, and one of them for example, is journaling, which I do every morning that has not taken any kind of break, but I've had a tougher time with building. Other things like an exercise routine. And I'm just getting to a place where I feel like I'm starting to use my weekends really effectively in terms of prerecording content and doing some meal prep and things like that.

And actually as I record this, um, I have been recording some of the, the most recent episodes, like literally on Tuesday night, you know, before they were going out. And I'm recording this on a Sunday afternoon. I've spent the day, you know, prepping content for this week, including my blog posts, my monthly newsletter.

I was able to get my food prep done and I have breakfast and lunches, like ready to go for the week. So I think that there's definitely like a groove that I'm starting to get into. And part of that was really just going back to the office. Like it took me a while to kind of figure out the timing of that.

And so it's been really helpful for me to experiment with some different things. I think getting a treadmill is going to help me as well in terms of being able to do some workouts. In my home, especially as we get into the winter months and we may have a little bit of snowy weather and it's just going to help me to have a little bit more of a consistent routine.

I'm also really looking forward to getting back to yoga and meditation, which I will be completely honest with. You took a bit of a backseat as I've been trying to deal with a lot of these other transitions. I know, as well as all of you know, that those are the kinds of things that help when you're feeling stressed or overwhelmed.

Um, but I've really been giving myself a bit of a pass in terms of anything that feels like too much, um, or just trying to add too much into my schedule, I'm pulling back on it. And, um, so I think I'm getting to a place where I can add some things back in now that feels really good. Um, I'm at the six week mark of my job, for those of you who are like.

What is the point at which that happens? If you're in a transition for me, it feels like it's about six to eight weeks. You know, where, where I've kind of settled in. I have my feet under me a little bit, and I kind of know what my projects are. I've met enough people I've talked with enough people and I have a sense of what I'm supposed to be working on.

It allows me then to kind of layer in some of these other things that are priorities for me. Um, and that I know that I want to make sure. So as I go into quarter four, you know, I have some projects that I'm focused on, both at work and personally, but also really starting to think about what is that regular routine that is going to allow me to set myself up for success.

Um, as I'm looking toward 2022 and the things that, that year, maybe. So, this is a great time to check in on your annual goals if you had them. And I also just want to mention, you have heard me talk about how I switched some things around. I retired some things. I decided that certain things were going to be a priority and other things were not.

I would encourage you to do the same thing. Whenever you do these kinds of gold, check-ins, it's not a time to feel guilty about what's going on with your goals, but it is a time for kind of a reality check of what can you actually get done and not done. And actually, when I think about, you know, the reading, for example, the series that I wanted to finish, it's just not that big of a deal, but I didn't get to it this year.

Excited to have more books to read into the future. So there's always kind of these mindset shifts that we can do around our goals to kind of reset in terms of what got done and what didn't get done and allow ourselves to really lean into the reality of what's happening in our current experience so that we're not overestimating what can go on our.

So I would love to hear if you're doing any kind of check-in with your goals as we close out quarter three. And if you have some things you're excited about, about quarter four, I'd love to hear about that too. You can always email me at hello at Dr. Katie linder.com. And I'd love to hear about how this part of the year is going for you so far.

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.