You're listening to, you've got this episode 269. 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 share my 22 goals for 2022.

I decided to keep the same general structure of a list when I thought about my goals for this coming year. Um, but as you'll see, as I kind of talked through them, there are definitely some categories and themes that are coming out of my goals this year. And I also wanted to leave. Base for, uh, goals that could come up throughout the year.

I feel like if we learned anything from 20, 20 and 2021 it's that we need to hold space for the unexpected. And I certainly had some goals and things that came up in the last couple of years that I just did not have on my horizon at all. And, um, they ended up being really important for my year. So I want to acknowledge that we can't know all the things that are going to happen in a year in January.

And I think it's really important to hold space for some of those other things that might be kind of significant. So as I'm kind of reading through some of these goals, I'm going to talk a little bit about why I chose them for this year. And, um, I think that one of the big themes you're going to see in my goals this year is a lot of them have to do with reading.

And this is something that when I was kind of writing down my goals for 2022 and kind of brainstorming what I wanted to do, I really started to lean into goals that I wanted to look forward to, that I was excited about that I thought would be fun for me. And reading has just been. Um, such a important part of my life really forever, but especially in these past couple of years, I have just found it to be incredibly helpful as a coping strategy for the pandemic period as a form of kind of familiarity and consistency when I've had a lot of change going on.

And, um, so I leaned into that and I would say, you know, almost half the goals on my list are somehow tied to reading goals. I also decided to create a category of my goals that are really about focusing on my mental, physical, and emotional. And one of the things I think you're going to notice about the goals for this year is I really tried to focus on things that I could control.

I think there's a lot of things that I can't control in this next year. Um, and so I don't really have any goals related to things like travel or seeing other people. Or engaging in like a yoga retreat or something like that, just because I don't know if that's going to be possible. And I'd rather kind of keep my goals, at least for right now in a realm that I feel like I can have some control over what I can actually accomplish and feel successful about.

So maybe in the future quarters, in those blank spots that I have, you know, one for each quarter of 20, 22, I might add in something. If I feel like. The pandemic in particular kind of changes course. And there are some things that open up for me in terms of what I can do, but for right now, I wanted to kind of contain things, um, in a way that felt comfortable for me.

And also that I had, you know, control over how I could be successful with these. And then I also have a few goals that I have just with my partner and I we're going to need to work on these goals together. And so I put those into kind of a separate category. So, um, I am going to post these on my blog later this week.

And so I'll have a written version of them to share as well. And then of course, I'm going to do my quarterly updates throughout the year about how these are. So, uh, let me go ahead and dive in and share my 22 goals for 2022 or as I should say right now, my 18 goals, because I'm reserving for as to be decided goals for later.

So in the reading goals category, the biggest one I would say is I want to start posting videos on YouTube, about books and reading. In other words, I'm going to start becoming a book flogger this year. This is super exciting to me. I think it is such a fun goal. I've been following book bloggers for a while now.

I think that it's just an incredibly, um, fun category of videos that you can find on YouTube. I find book bloggers and people who are on social media, talking about books to be incredibly positive, generous people. And I love the idea of just sharing something that I'm really passionate about in that medium.

I have already posted my first video on my YouTube channel and I kind of organized it a little bit differently than how it had been before. So it's kind of easier to find these videos that I'm posting them. The first video I'm talking about my January to be read pile and the books that I'm planning to read in the month of January, I'm going to be doing, um, Minimum like a monthly to be read video and then a debrief video at the end of the month.

But I'd also like to post some videos in between, but to start myself off at a reasonable pace, I'm saying two videos a month and we'll see kind of how that goes and how many I can put up there. The other thing, since I'm talking about YouTube, that I'll mention, and I'll definitely link to this in the show notes is I happen to have a video on there about my recent, um, kind of kitchen and pantry reorganization.

And that was something that I posted. I dunno, maybe a couple of weeks back and I'll make sure to link to that as well for people who want to see me organizing my kitchen and pantry, if you happen to like that, of. Okay. The next school is to read over 150 books throughout the year. Um, this year I ended up reading, I think 164 was the final, um, tally of the books that I read this year.

I feel like 150 bucks is a bit of a, um, it's kind of a stretch, but it's also reasonable given the pace that I read. And I've also been getting a lot more into. This year, which is really helping me to get through more books during a lot of times where I'm kind of doing other things like walking on the treadmill or cleaning my house or something like that.

I can read while I'm doing that. So I'll go ahead and post a link to my profile on good reads. If you want to follow what I'm reading in any given. I also have a reading goal to read all 14 books in Robert Jordan's wheel of time series. Now this is a series that, um, if you're aware it recently was adapted to, um, television forum from Amazon prime.

And this is also a series that is beloved by my partner and I've never read it. So I wanted to dive in and read that. And then the other series I have on my goal list to finish is Louise Penny's inspector gammas series. Currently 17 books in it. I think I've read the first four or five. Um, but I want to start it over from the beginning and basically binge that series, kind of like what I did last year with, um, Elizabeth George's series.

So I have a couple series on my list this year that I'm going to embed into the other kinds of books that. Now, one thing that I think is really fun that I'm adding to my goal list this year, and you can actually see an example of this in that YouTube video. I mentioned of the January to be read, um, planning video that I shared is I want to complete an alphabet reading challenge each month to read more books that I already own.

And I talk about what I mean by that alphabet reading challenge in that YouTube video, but basically it's choosing a random letter from the alphabet and then looking at the books in my. Kendall and seeing what are the books there that start with that letter and choosing randomly five of those to read in the month?

I did this in January. I think it's super fun. And I'm really excited to do this throughout the year, just to keep myself diving back into books that are. Another reading goal I have is to contribute to a little free library in my neighborhood. I will link to a website where you can find little free libraries in case you're not familiar with that concept, but it's basically like neighborhood book sharing.

And I have a couple of them local to me that I want to continue. And the ultimate, uh, nerdiest goal of all time. I think I want to visit all of the 26 different branches of the Denver public library and choose my favorite one. Um, this, I think is just a way for me to get to know the city a little bit better, because we haven't really had a chance to explore Denver all that much.

This will depend a little bit on how things are going with the pandemic as well, but I'm hoping that I can go visit the different branches throughout the. And then the other thing I put into this category is to maintain my daily Spanish language practice. I would eventually like to have reading fluency in Spanish.

And so, um, by kind of continuing with that work, hopefully I can apply that skill throughout the year. Okay. So those are all of my reading goals for the year. Then I have goals that support my mental, physical, and emotional health. And there's some goals in here they're a little bit more experimental and also goals in here that really fall back on things that are more familiar to me.

Um, one of the goals that is more experimental is to play around a little bit with an art journal and I purchased a 240 page sketchbook that I got just for this purpose, really, to kind of play around with it. I'd like to do various forms of art in this journal. I've never had an art journal before, and I think it's just a really cool medium, and I happen to love journaling.

So I really like to try out different forms of it. So, um, this may turn into a bit of a reading journal. I'm not sure. Um, I might do some collage or other forms of art in it. I really don't know yet, but I want to experiment with it and see what yeah. I want to meditate daily for at least 15 minutes. Um, this is something that I got back into over the break and it's been really, really helpful for me.

So I want to make sure I keep that up throughout the year. I would like to complete at least one 30 day yoga challenge, and I haven't picked out which one that I want to do yet. Um, I do have a January challenge from yoga, with Adrian, and I'm kind of looking at, and, um, is something that I might dive into.

Um, I'm open to what this looks like. I just think that getting into yoga on a consistent basis will be really nice. Uh, I have on this list to explore at least five different walking trails in the Denver area. And as you can imagine, there are a ton of different walking trails, um, in Denver. And I like to kind of challenge myself to get out a little bit.

See if there are some that I like, or if I can start to do some outdoor walking, when the weather gets a little bit better, the majority of the days in the year, I want to set a goal for myself to walk 10,000 steps per day or more. And that's about 183 plus days in a year. I think that that's reasonable.

Um, I. I have gotten back to more regular step counts, just because of being back in the office. We are starting with remote work, um, this January at my work. So this is kind of an encouragement for me to kind of stay. Um, engaged with movement because when I remote work, I think it's harder for me to get these, these steps in now that I have a treadmill, it's a little bit easier.

So this also ties in with my goal to walk or run over a thousand miles throughout the year. And on average, that's a little less than three miles per day, which is basically what I do when I'm on the treadmill is maybe three, four or five, six miles, depending on how much time I have. So, um, I'd like to really keep this regular it's, it's been a really helpful thing for me to manage stress by doing that kind of.

And then the last goal I have in this area is to walk a half marathon. I think it would be fun to do a little bit of training. Um, and I don't want to run it. Um, but I think walking, it is a reasonable goal for me. And I have been able to walk a few different 10 Ks, which is about half that distance, um, during this kind of winter period.

And so just upping that mileage, we're doubling that mileage really over the year, I think. Right. Okay. And then I just have three goals left. These are goals that I have with my partner. Two of them are financial and one of them is fun. So the financial goal, the financial goals are to pay off 15% of our mortgage.

Um, this shouldn't surprise you, given that I had the goal last year of paying off our mortgage in Kansas, which we did, and I want to start chipping away, hit our mortgage here in Denver as well. And I'd also like to double the amount in our current savings account. By the end of the year, we did dip into our savings to complete our kitchen and bathroom renovation.

Um, it is important to us to not go into debt when we do those kinds of things with our house, but it means I want to basically replenish what was in there. And so I think doubling the amount in our current savings account is going to allow me. And then the third goal. Um, and this is the last one that I've written down for this year is for my partner and I to watch all of the star Trek movies together.

Now, last year I chose the Marvel movies and I had never watched them. I'm choosing star Trek movies this year, because again, I have never watched them. This also happens to be an area that my partner really loves. So I like to build in goals throughout the year of things that I can connect with my partner around.

So this year it's Robert Jordan's wheel of time series and the star Trek movies. He has really different cultural tastes than I do. And, um, I respect his cultural tastes. I think that he has a lot of knowledge about these different genres and, um, areas that I just have never explored. And a lot the stuff he's been engaging in since he was like an adolescent.

So he has a lot of kind of historical knowledge of it too, which is really fun to talk about when we watch movies together or read books together. So that's a goal that I think is going to allow us to kind of connect throughout the year and I'm looking forward. So in addition to those 18 goals, I also have slots for four that are to be decided, and I'm reserving one for quarter one quarter two, quarter three and quarter four.

And really what I like to do every year with my goal setting is to think about what do I really need from my goals that I'm setting for the coming year. And this year I needed some flexible. I needed some fun and I needed some things that were really going to kind of shore up my, um, mental, physical, and emotional health as we head into this third year of the pandemic.

Now I think that one of the things I'm really focused on is how do I create routines and habits that are really giving me, um, what I need. So my cup when I'm also supporting a lot of other people. So one of the things you might notice about my goal is this year is it's kind of like the introvert's dream goal list.

It's a lot of stuff that's offering me an opportunity to be by myself. And part of the reason I do that is because I am not by myself in a lot of other parts of my life. So working with a lot of coaching clients, leading the, um, coach training program, and then of course, my day job where I'm engaging with people pretty much all day long.

I really need a break from that. And so this goal list really helps me to build in all kinds of different things that allow me to kind of fill my cup again, um, at the end of the day and on the weekend. Now, the other thing that I'll say is you might be asking, you know, why don't you have goals on this list for your job that are related to, to the new job that I have.

And I really keep kind of a separate space for that. Um, in my tracking system that I use, which is in click up and also when I'm kind of thinking about goals and goal setting with my. Boss and my supervisor and the leadership team at the university. The other thing that I kind of keep in mind for that is right now, at least the, um, kind of metrics that we measure around goal setting for my job are actually tied to the academic year.

They're not tied to the calendar year. So if I was to give like an annual report or something like that to my boss, it would be in June. So it makes sense to me to kind of keep all of that separate and, um, to look at that in a totally different category. Then what I do here with my goal setting, which is really more about kind of my personal goals and what I'm trying to do throughout the year and this year, as you can see, it's really about kind of caretaking myself and giving myself a chance to kind of turn inward as I need to throw that.

Now, the last thing that I will mention is I am kind of noodling around with my word of the year, which I have chosen a different word for the past couple of years. Last year word was practice, and this year his word, the word that's come to me is the word live. And the word limber is, um, defined in a couple ways that really draw me to it.

One is that it focuses on resilience and then the other is that it focuses on, uh, flexibility and how you can be flexible and resilient at the same time. The other part of the definition of the word limber that I really like. Is that it also means capable of being shaped. And I love this idea of going into a new year and thinking about how will this year shaped me in ways that maybe I.

Can't see right now. And I don't know what that looks like. So having the ability to kind of stay agile, nimble and resilient in the midst of being shaped by this next year, uh, makes this word feel pretty meaningful for me as we head into 2022. So I'm calling it now. I think my word of the year is going to be like.

And I'm excited to see how that shows up for me in the coming months. So of course I would love to hear if you have goals that you're setting for 2022 and what that looks like for you. And, uh, if you have a word for the year, I'd also love to hear that as well. You can always email me at hello at Dr.

Katie linder.com. And I'd love to hear what the next year has in store for you as well. 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. Um,