You're listening to, you've got this episode 281. 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. On this episode, I wanted to offer an update on how things are going with my 2022 goals, because we are wrapping up quarter one.

It's kind of amazing to believe that we are already a fourth of the way through the year. But I always love to use the end of every quarter to really kind of assess how are things going with the goals that I set for myself. And are there any changes that I want to make to goals now, I will remind you that I had 22 goals for 20, 22, but I left for.

Empty for goals that I might want to add during each quarter of the year. So I'm going to talk about the goal I'm adding for quarter one and also just do kind of a check-in on how things are going with what I was hoping to accomplish this year. So, um, I will go ahead and link to this original list in the show notes.

If you want to take up. Um, but I broke up my list into broader categories and the first category was reading goals. So I wanted to post at least two videos per month on my YouTube channel related to books and reading. And so far that is working out well. I've posted eight videos about reading to my YouTube channel in the first quarter of the.

And while I'd like to do maybe some extra reading flogs in quarter two or beyond. Um, right now I'm really focused on, uh, to be read video and then like a debrief video of what I read every month. And that seems to be working pretty well in terms of. I also had wanted to read about 150 books, uh, throughout the year.

And I'm definitely on track with that. I passed 50 books read in March, so I'm over a third of the way complete with this goal as quarter one is wrapping up. I also wanted to read Robert Jordan's wheel of time series. This goal is definitely on track. I've read the first three books in this. So far, which is just shy of about 2000 pages.

And I am like really enjoying this series. It's super fun to talk about it with my partner who really loves this series. He's read it since childhood and I'm looking forward to continuing that throughout the year. I also wanted to read the 17 books in Louis Penney's inspector garage series. That goes also going well.

I've read five of the books in the series in quarter one. So looking like I'm on track to complete that this. I had also set a goal for myself to complete an alphabet reading challenge each month to read more books that I already own. And this is basically where I pick a random letter from the alphabet.

And then I pick five books that start with that letter to read. Um, and so in January I read five books that started with the letter T in February. I read books that started with the letter. And March were books that started with the letter M um, and it's been a really great method to diversify what I'm reading to read in different genres.

And I'm really, really enjoying that. My other goal was to contribute to a little free library in my neighborhood. I have not done that yet, but I have identified where they are. So I've driven around and kind of found the little free libraries, but I haven't yet, um, shared anything with them. So that'll happen in court.

I had also wanted to visit all of the 26 different branches of the Denver public library and choose my favorite one so far, I've visited two of these branches that are the closest ones to me. I actually went to a third branch, but it was closed. So I need to do a better job of figuring out what am I going to do this?

And what are the right times that I can visit? Because there are limited hours due to budget cuts, and many of those hours are during my work schedule. So I'm kind of trying to figure out the logistics of this and hope to visit more branches in quarter. And then I also wanted to maintain my daily Spanish language practice.

Um, this is so that I can eventually read more fluently in Spanish as well as speak Spanish. And I've been able to practice daily, but I've mostly been reviewing what I already know versus learning like new vocabulary and skills in this area. So I need to devote more time to this. It's really been getting kind of like the bare minimum, just cause I haven't had a lot of time to devote and I'm hoping later in the year I'll be able to carve out a little more time.

All right. The next category of, uh, goals were ones that supported my mental, physical, and emotional health. And, um, the first goal I had here was to experiment with an Archer. And eventually I wanted to fill a 240 page sketchbook that I bought for this purpose. And I started the year with some play in that journal, but it's been really sporadic.

Um, I'm, I'm definitely planning to do more throughout the rest of the year. I think one of the most important things about this is I've really, um, given myself permission to not do this. Well. I think it's really important that when you have. Uh, experimentation and especially playful experimentation that you don't put a bunch of expectations about like what that's going to look like.

And I am certainly not a trained artist. And so a lot of what I'm doing in the search journal, probably no one will ever see. I mean, it's really just for me and my own kind of play and experiment. I also wanted to meditate daily for at least 15 minutes. Um, I have done this some days. It is definitely not happening every day.

And I like to find a more consistent time to engage in this. I'm also starting to track this more so that I could actually do that. Hold myself accountable to doing it. I wanted to complete at least one 30 day yoga challenge. Um, I haven't completed a 30 day challenge, but I have been doing yoga daily since early March.

So that feels really good. It's getting back into my routine. I'm looking forward to doing more daily yoga in quarter two, and I'll have to just find the right month where I feel like I can be a little bit more disciplined in terms of actually completing like one of the 30 day yoga challenges that's available in.

Also in this category, I had to explore, uh, at least five different walking trails in the Denver area. I haven't really made progress on this school, but I'm going to blame the colder weather. We're just warming up now. And so I think in the spring and summer, it's going to be a lot easier to do that. I wanted to walk 10 K steps per day, the majority of the days of the year.

And that would be 183 days or more. This is definitely a goal that is a work in progress. I've hit 10 K steps only about 20 days this year. So I'm definitely working on adding to this number in quarter two. Like many of you, I'm sure I am like changed my day. Like most days and, uh, it does not help with my step count.

So I really have to figure out how I can kind of squeeze this in lunchtime. Walking is definitely going to be helping me. I also want it to walk or run over a thousand miles throughout the year. On average, that would be a little less than three miles a day. And I got out of the habit of treadmill walking and running this quarter, but I was able to log a little over 60 miles before I switched over to the more steady yoga practice that I've been doing.

So I'll keep adding to this number throughout the year. I'm thinking a thousand miles, maybe a little optimistic, but we'll kind of see where I land. And then the last school I had in this category was to walk a half marathon, which has not happened yet, but I did do a 10 K, which felt really great at the end of March.

So I'm still looking forward to a half marathon sometime in 2020. I had a third category that was goals with my partner. And one of the goals we have together is to pay off about 15% of our mortgage. And as we wrap up quarter one, we have paid off just shy of about 5% of our total mortgage. So we were able to make a couple extra payments in the last couple of months.

So we're about a third of the way to the school. I'm really happy with that progress. And that this goal is on track at this point in. We also wanted to double the amount in our current savings account by the end of the year. And we've been able to add a little bit to our savings. Um, but we also learned of some additional updates that we need to make to our house that are kind of spendy.

And we have the money to do it sitting in savings and some things we actually need to do. Uh, pretty quickly just to kind of make sure that we're kind of resolving a couple issues that we found. Um, but I, we may have to adjust this goal. Like I'm just not sure that we're going to be able to double our current savings and do these other projects that have come up with our house.

Um, that said, I see that kind of thing. Isn't an investment. It doesn't really bother me that we have to do that. I'm really glad that we have the savings. Um, so once we get all the estimates for that work that we need to do, I'll have a better sense of. And then the last goal I had in this area was to watch all of the star Trek movies with my partner.

We have made progress on this goal. We've watched two of the movies so far, there's 11 left, and I need, my partner provides a lot of context for this kind of thing. Cause I just had. No background whatsoever in star Trek. I never watched any of the television shows. I've never seen any of the movies. I just don't really understand anything about this world or worlds, plural.

Um, and so he's giving me a lot of context and helping me understand the characters and the storylines of these movies. I will admit for the first two movies. Um, I did fall asleep in the middle of both of them. We tried to watch them on a weeknight and that just did not work well for me. Um, so I'm hoping to build in time, maybe on the weekends to actually watch these movies all the way through which is I know what my partner would prefer.

Um, so yes, uh, we are two movies in and, uh, plenty more on this. Okay. So the last thing I wanted to mention is I did have these four slots for goals that I would consider to be like, to be decided throughout the year. So the one for quarter, one that I decided to add is one that maybe you've heard me talk about in a couple of different places.

And that is to try to read 22 books for every month of 2022. So far, I have been able to do this for January, February, and I'm on track to do this in March as well. This is just one of those things. Again, it's totally for fun. Um, I'm not gonna. You know, make myself crazy over it, but, um, because I've been able to do it for the first quarter, I'm like, well, let's try to make this a goal and see what happens.

So, um, I am debriefing the, the books that I'm reading on my YouTube channel every month. If you are curious about what I'm reading, I'm also doing my. To be read list there as well. So you can always check that out. I'll link to that in the show notes. If you want to take a look, you can also always follow me or connect with me on good reads, which is where I log a lot of what I'm reading in real time.

And I always love to have new friends on that platform as well. So I would also love to hear how things are going with your annual goals now that we are headed into quarter two. And if you are kind of thinking like, well, I never really set annual goals. It's never too late. If there's something that you're wanting to tackle this year, there is 75% of the year left.

There is still plenty of time to dive into a new project or something that you're kind of trying to set up as a routine or a habit. So if there's anything along the. That you are working toward. I would love to hear it. You can always email me at hello at Dr. Katie linder.com. And I'll be very curious to see where I stand with all of these goals and projects at the end of this next quarter.

So wishing you a wonderful quarter two. Thanks so much for.

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 reviewing the show in iTunes. Thanks for listening.