You're listening to, you've got this episode number 292. 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 want to talk about the concept of complete ism.

Now you may have never heard of this concept, but it's something that I stumbled across a while ago, and it definitely describes me and a range of different situations where I am a completist. Now what this basically means is you collect something until you have. All of the things in the collection, that's one form of complete ism or, um, you are engaging in, you know, actions that allow you to complete something to its fullest form.

So, um, let me give some examples of what this looks like, just so that you can kind of think about if this, uh, falls into your life in any particular way. But for any of you who have a PhD, I would argue you might be a completist because I often find this coming up for me in educational contexts, where I have the option of continuing education up until the point where I can not continue anymore.

So for instance, PhD where you have a terminal degree is a great example of this, where you kind of keep going until you're done. The other thing I would give examples for in this area are some of the credentials that I have. For example, when I continued my yoga training, I didn't really want to stop in the middle.

I wanted to go into like, The quote, unquote terminal degree in yoga teacher training, which is the 500 hours. So I kept going until I completed that. And also I've noticed this too, in some people who come through my coach training program, and this is why I created what I call an all-inclusive package, because even though people don't have to take all the courses in the program to achieve what they need for credentialing.

Some people want to take all the courses in the program just because they're either interested in the program or they want to complete all of the courses. So I see the showing up a lot in kind of educational context. The other place that I find this showing up a lot for me is in content, uh, when I'm taking in content.

So for example, It always kind of bothers me in podcast apps when I don't know how much of the content I've been able to actually listen to in a particular podcast. And it's hard for me to start a podcast in the middle and not like go all the way back to the beginning and listen to the entire show.

And a good example of this is when I started listening to armchair expert, which is an incredibly lengthy podcast episodes or. 90 minutes to two hours long. I wanted to go back to the beginning and listen to the show from the beginning and then work my way back up until present day. And that's not always possible.

It's actually really challenging to do this with a lot of long running podcast shows that you kind of stumble across now to go all the way back. But there's this little itch where it's like, Ugh, I wish I could go back and just listen to the whole. Now I also see this happening for myself in any kind of series, you know, a show that I'm watching or a movie sequence, like the star Trek thing I'm trying to do this year.

You know, we got into the first movie and it was really boring. And my partner, I was like, well, we could just skip it. And I was like, We can't skip it. Like I need to complete the whole series. If I say I'm going to complete the whole series. So it just kind of bothers me when I am not able to complete something to its fullest capacity.

Another example of this is there's a book series that I read, um, that I've mentioned before on the show, the Linley pavers mystery series by Elizabeth George. And at one point in the series, um, she actually kills off kind of a beloved character in this series. And the next book in the series is like backstory of why, um, the killer engages in that act.

And I was so, um, like frustrated by the killing off of this character who I really, really enjoyed that I skipped that book because I was just like, I don't want to know. I I'm just going to keep going in this series, but eventually it's probably going to bother me enough that I'm going to have to go back and read this book and kind of make sure I'm kind of checking that box to complete the series.

So content is another place where I see this I'm yet another place where I see myself doing kind of this form of complete Islam is in some forms of exercise. So for example, I have a Peloton tread and the primary thing that I use in the Peloton tread is they have like a scenic, um, walk feature, or a scenic run feature where you can go to different parts of the world.

And while you're walking, you see, you know, a landscape in front of you that's from that part of the. And it's, it's kind of like a, uh, video feed that comes on the screen of the Peloton. And what I have found myself doing is always going for the things I haven't done yet versus like repeating ones that I really enjoy so that I can kind of check the box because of course, on the Peloton tread, you get a little check mark next to the ones that you've done.

And then the ones you haven't done, you know, are, are unchecked. So you can kind of see which ones you've done and which ones you haven't. So I always find myself going towards the ones that I haven't done. I also find it really effective in different exercise apps. And I currently use Fitbit primarily where I have like streaks that I'm trying to accomplish.

So if I wanted to exercise, you know, six days a week or seven days a week, the little check mark that says like, yep, you've done that. It's been completed is definitely an example of something that is more of a completist approach. And then the last example I can give with exercise is there is this option within Fitbit.

If you have Fitbit premium, or if you know someone who has Fitbit premium to do this game called Fitbit a bingo and I don't have premium, but my sister does. And so she and I have been playing this game. And you get this bingo board and there's specific tiles you're supposed to turn over and the tiles get turned over by how much walking you do, or how many active minutes you have or how many miles you've gone.

Um, and so on this board, there's like a certain number of tiles that you're supposed to kind of turn over first, but then there's all these other tiles. Well, if you turn off your tiles that are not part of the pattern that you're supposed to turn over, sometimes you get extra stuff like it will give you extra miles or it'll give you extra steps, or it'll allow you to kind of, um, lower the amount of activity that you need to do on one of the other tiles.

Like it's kind of bonuses that you can get. And I always try to get as many of these tiles on the board that are not necessarily in the pattern so that I can kind of basically sweep the board, um, with this bingo. Again, very completist approach to this particular Fitbit game. So, as I was thinking about this, I definitely have some suggestions for, if you find yourself falling into this kind of completist approach.

And I definitely don't see myself doing this with everything, but I do see myself doing it with some of the things, especially the examples that I gave today. And the first thing I think is if you are a completist, you are going to be drawn to the check boxes, the, the crossing things off your list. And especially for things like to do lists, you're probably gonna feel extra, um, kind of pain or discomfort.

If you were not completing everything on the list that you put for yourself for any given. So suggestion number one is to create reasonable lists and make sure that you're not just feeling constantly disappointed in yourself for not completing everything on your list. So I think if we can underestimate what we're going to do and check everything off, that's going to feel more satisfying for someone who is a complete.

The other suggestion that I think is really important. And this is one that I really focus on a lot for myself is to make sure that what you're completing is aligned with either your values or your goals, and that you're not just completing something for completing sake. Now I fall into this more frequently than I would like where, because I am someone who's pretty disciplined and I can kind of make myself do things I don't necessarily want to do.

Um, Need to kind of check in with myself and make sure that what I am doing and what I am giving my time and attention to is something that I feel good about. And then I feel like, um, it makes. Now, for example, the yoga training that I did that was very aligned with my values, and I certainly didn't need to do it on the timeline that I did it, but the idea of continuing with that training and deepening that, that source of knowledge made a lot of sense for me to do that.

There've been other things that I've dipped into in terms of my trainings and credentialing that I've decided to not continue with. Um, even though there were other levels that I could have sought out or other experiences that I could have deepened that knowledge, it just wasn't something that was of interest to me.

And so I decided to kind of move on to something else. So the continual checking in to make sure that what you are giving your time and attention to is actually what you want to be devoting your time and attention to. In addition to checking those things off, the boxes is important. So I'm really curious to hear if any of this resonates with you.

If you find yourself being a bit of a completist, you can always email me at hello at Dr. Katie linder.com. I always love to hear how this kind of thing is showing up in your lives, your work and your experiences. Thanks for listening. Thanks for listening to this episode of you've got. You can access show notes and transcripts for each episode at Dr.

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