You're listening to, you've got this episode 294. 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 life. I'm your host, Dr. Katie Linder. On this episode, I'm going to offer an annual goals check-in for quarter two.

But before I do that, I just wanna acknowledge that for many of us, it has been an incredibly difficult last few days. I am recording this the night before this episode will post and with the news about Roe V. Wade. It shook a lot of us to the core. So I just wanna acknowledge that even though I'm talking about goals and kind of my progress on these things over the last few days, um, it's been really challenging and I'm, I'm right there with any of you who are kind of struggling to process.

And part of why I don't wanna go into too much depth in this episode is cuz I am still processing. what this means. And, uh, what my response will be. And I know a lot of people are responding pretty quickly. You know, there's a lot of activism, there's a lot of protest. Um, and I think that I'm someone who takes a little bit more time to kind of think through these things and, um, decide what it really means for me and, you know, my commitments and the kinds of things I wanna support.

Um, and so I just wanna say, you know, if you're having trouble with this news, um, I think a lot of us. I've had a hard time sleeping. I've had a hard time being motivated to do a lot of things. Um, I've had a lot of processing conversations with colleagues and friends and family, and just, uh, I'm right there with you.

if you're struggling with this news in any way, I know there's a lot of emotions tied up into it. And just wanna say, I'm, I'm here in solidarity with that, but in this episode, which is my last one, before I go on break for my restful July, uh, I did wanna talk a little bit about how things are going with these annual goals as of quarter two.

So I'm gonna do that, then I'm gonna take a break from some of this content creation for the next month or so, and then I'll be back in August with fresh new content for the rest of the. So as you may well know, I did draft a list of 22 goals for 2022. I did leave four empty slots for goals that I thought would come up throughout the year.

And, uh, I had a bunch of different things that I've been kind of trying to make progress on. Many of them are longer term goals that take me a while to complete. so I wanted to give a quick update on how things are going, and there's at least one goal that I'm pretty sure I'm going to retire and maybe replace with something else.

So you'll get to hear about that on this episode as well. This is just a reminder. If you do have things like annual goals, you can switch them up at any point. This is like totally up to you. You get to own your goals. And part of why I do these kinds of check-ins is to really share that process of, you know, deciding if something's not working for me anymore.

Or, you know, celebrating the progress that I am making on things that I do care. so one of the things I had, uh, set up for myself this year was to post at least two videos per month to my YouTube channel that are related to books and reading. And so far, I have been able to do this in every month of the year.

There's about 14 videos up there so far, and, uh, happy to link to this in the show notes. In case you wanna take a look at that YouTube channel, this is really just me talking about what I'm planning to read and the, what I actually read each month. And I'm really enjoying doing. I also wanted to read over 150 books throughout the year.

I'm currently definitely on track for that. I passed 130 books read in June this month. So well on my way to completing this goal. And especially because I had a new goal added in quarter one to try to read 22 books a month for each month in 2022, reading 150 books is not gonna be. Challenging given that, that load of reading that I'm doing, which I have been able to keep up with.

I also wanted to read the 14 books in Robert Jordan's wheel of time series. This is happening slower than I thought it would, to be honest. I partially, I think it's because I'm listening to these on audio, which I highly recommend, but they're just long. And so it's taking me a while to like devote the time to make sure that I'm getting through this.

So I've read four of the books in the series so far, um, hoping to dig back into this again in quarter. . I also wanted to read the 17 books in Louis Penn's inspector gomage series. And I've read nine of the books. So far of the 17 on the 10th book. Now I'm actually enjoying this a lot and I ended up reading like a couple extra books along the way that I wasn't necessarily anticipating in this series just because I got so sucked in and I wanted to keep going.

So I anticipate that I'm probably gonna finish this earlier than I thought in the year, just because I'm really, really liking it. Highly recommend this book. Um, basically about a series of different mysteries taking place in a relatively small town in, uh, Canada, right outside of Quebec. And, uh, it's great.

I just I've loved every single book in the series so far. I also set up an alphabet reading challenge for each month to read more of the books that I already own. So what I do in these YouTube videos that I post is I pick a random letter and then I find five books that are already on my Kindle that start with that letter.

And I assign them to myself to read for the month. So if you wanna go back and see what I read January, I read books that started with T February were F books. March was M books. April was N books may was books that started with B and June was books that started with you. So it's really helped me to diversify my reading and also work my way through books that I already have, which has been really great.

I had a goal this year to contribute to a little free library in my neighborhood. And I actually was able to locate a couple of these and, uh, that are like walking distance of my house. There's an app for this. If you want to look this up in your own neighborhood and I've contributed books a couple of times, so that's been really.

I wanted to visit all of the 26 different branches of the Denver public library and choose my favorite one. So far, I visited two of these definitely one challenge for this is they have really limited hours and they're not often open at times when I can go. So I'm trying to figure out how to like fit this into my schedule.

Maybe like take a day off and hit a bunch of branches at once. Like I'm not entirely sure. So I'll have to figure out how I can do. and I also wanted to maintain my daily Spanish language practice, which I have been able to do, but, um, similar to my quarter, one update, I'm not getting a ton of new learning in I'm really just like practicing the stuff I already know.

And I think part of that is just, there's a lot going on. And it's really hard for me to take on something extra at this point. Um, so hopefully at later in the year I can. Up my game there and be learning more new content, but I'm not gonna pressure myself too much there just because I know that there's a lot on my plate and kind of is what it is.

So, um, here's the goal that I think I'm going to retire. I had a goal to experiment with an art journal and I bought a 240 page sketchbook, and I did a little bit of experimentation with this, but honestly I love the idea of this goal. I am not super motivated to actually implement it. And I, I. I don't know.

I just like to be creative in different ways. And I think that like, it's, it's just not fun for me to do this, so maybe I need to take a class or do something that's a little bit more like formalized or organized, but this is something that I'm definitely considering swapping out for something that's more interesting to me later in the year.

I had a goal to meditate daily for at least 15 minutes, and this is definitely not happening. So I wanna just put that out there and be truthful about it. I do love this habit when I can squeeze it in daily practice is a little bit challenging for me right now. Um, but it's on my list. I'm gonna keep it on, uh, for quarter three and quarter four, because I do really enjoy it when I get a chance to do.

I also had on my list to complete at least one 30 day yoga challenge. And, um, I actually think this is gonna be super ambitious given the schedule that I have and other kinds of fitness goals that I'm, I'm devoting time to. So I might replace this goal with like a day long yoga retreat, even if I'm like designing that myself instead and call that good, because I think part of this is just having a commitment to my practice and I'm happy to do that in a number of different ways.

So I, I may kind of reconsider that goal as. I wanted to explore at least five different walking trails in the Denver area. No progress on this goal, but I have gotten some really great recommendations from some colleagues about some good trails that I could try. So, um, hopefully we'll carve out some time later in the year to do that too.

I also wanted to walk 10,000 steps per day, the majority of the days in the year. And this is a goal that I feel like in quarter one. I just, this was not a priority for me. And then in quarter two, I started to really get into a more consistent walking practice, particularly with my treadmill. And so right now with the two combine 'em at like 42 days, probably more based on when I was, uh, joting this down last week.

Um, but I'm excited to see how much progress I can make on this in the second half of the year. I will say that walking has been a wonderful, like solitude practice for me. It's definitely how I'm processing stress and, um, I also wanted to walk or run over a thousand miles throughout the year. And I have added at least another a hundred miles in the last month of quarter to alone.

Um, and so I'm, I'm starting to get into more of a regular cadence where I'm hitting at least a hundred miles a month right now. And that is, I think hopefully will help me get closer to that goal. And then the last kind of, um, wellness or fitness related goal that I had was to walk a half marathon. And the longest mileage that I've walked this year is a 10 K.

I've done that multiple times, um, throughout the year, including this morning, actually, as to record this, I walked to 10 K before I, I went to work and, um, I don't know how I'm gonna build up to a half marathon. I probably need some kind of plan and, uh, cuz it's about double the distance of a 10 K. So I gotta think about that.

Um, but I still think it's possible to do later on this. . I also had some goals with my partner. I wanted to pay off 15% of our mortgage. And so far we've paid off just shy of 7% about halfway through the year. So we're actually pretty close to being on track with this. Um, I'm actually really curious to see how close we're gonna get to hitting this goal.

If we, if we can hit it by the end of the year. And then I also wanted to double the amount in our current savings account. We did have, I think I mentioned this in my update for quarter one, we had a couple things that we found out that we need to update with our house. And one of them is kind of, um, just something that was really unexpected and it's important.

And, and it's gonna be a little bit pricey. So this, I may adjust this goal kind of later in the year, we're still waiting on some estimates for things and trying to figure out timing. Um, and so I, I still think that if we can kind of keep a stable amount in our savings, I'll be totally happy. This was a bit of a stretch goal, and I'll just adjust it later on if I need.

And then the other goal I had with my partner was to watch all of the star Trek movies. And we have had no progress on this recorder too. However, part of the reason for that is my partner and I have started to watch bones and we're like halfway through season six, really have been enjoying that. That's where a lot of our TV watching is going right now.

So I anticipate when that's done, we'll switch back, you know, to something like the star Trek movies. And I still am totally committed to finishing them this. And then the extra goal that I added for quarter two was to complete a change management certification. And I did that with Prosci. So I am now a, uh, certified change practitioner, I think is the official title.

And I am using a ton of that change management work in my job. So, um, I would say it's a little bit of a mixed bag. I mean, a lot of things that I'm able to move forward in quarter two, some things that honestly feel kind of stalled out and I'm kind of just paying attention to those. To see what adjustments I might wanna make, but I am super happy that I've gotten back to walking.

It's been so good for kind of managing stress. I'm also really pleased with all the reading that I've been able to do and kind of the diversity of reading and also reading a lot of things that I already own, which has been really wonderful. I'm a huge library user as well. And then the other thing I would say that I've enjoyed so much this year is just doing a even more deep dive into audiobooks, which is something that I've loved for a really long time.

I just find them to be so comforting and especially when I'm feeling, um, this is like a great coping strategy actually for like the stress of the last few days. Um, just like listening, like having someone read to you can be really relaxing and, um, comforting, especially depending on the kind of story. So I've totally been going back to some stories from my childhood and things like that and listening to them on audio and it's been really, really wonder.

so all that to say, um, I feel like my goals are progressing and, uh, don't ever be afraid to like mix things up with your goals just because it's halfway through the year. It doesn't mean you can't add something else or change something or remove something or adjust something. These goals are. Yours and you get to do whatever you want with them.

So I will continue to adjust as needed, but I would love to hear if you have any annual goals and the progress that you're making on them, you can always email me. Hello at Dr. Katie linder.com. I always love to hear, and I will be back in about a month after taking a break from content, both on the blog and the podcast.

I really am wishing all of you, a restful July. Or just a bit of time away or time off or vacation or fun, whatever it is that you most need right now. I hope you find it in this next month. So I'll be back in August. Thanks for listening. Thanks for listening to this episode of you've got this. You can access show notes and transcripts for each episode at Dr.

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