You're listening to, you've got this episode number 303. 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 do another quarterly check in with my annual goals list.

It is crazy to think that we are closing out quarter three and we're heading to quarter four of 2022. And if you've been following along for a while, you know that this year I made a list of 22 goals for 2022. And every quarter, I like to check in about how things are going with this list. There's quite a few things that I've been making progress on and checking off throughout the year.

I've also been adding in one goal per quarter that I wasn't necessarily planning on doing at the very beginning of the year, but I knew that there would be stuff that would crop up throughout the year. So, um, let's jump in and share the progress. now a lot of my goals were related to reading. This has been a reading year for me, for sure.

So I wanted to post at least a couple of videos per month in my YouTube channel related to books and reading. And so far, I have been able to do that. I have wanted to do a little bit more vlogging, um, this year with different reading days and things like that that has been harder for me to do, but I'm definitely getting up my, uh, monthly to be red.

My, my videos on that and then debriefing what I've read each month and that's been super. . I also wanted to read over 150 books throughout the year when I decided to add the goal of reading 22 books a month, every month for 2022. Um, that number I, I knew I would obviously surpass it and I definitely pass that in quarter three.

So I can officially mark that goal as completed for the year. I actually think if I stay on track, I'll read like over 260 books this year with that, that 22 books a month goal. So, uh, headed in much more of. Productive direction with a lot of the reading I've been. I also wanted to, as part of that reading read the 14 books in Robert Jordan's wheel of time series, that goal is moving forward and I'm definitely picking up the pace in quarter four.

I have six books left that I need to read in that I've read, uh, nine books in the series so far, and now I'm reading a couple a month to make sure that I can meet that goal and really, really enjoying. . I also wanted to read the 17 books in Louise Penn's inspector Gommage series, which is a series I had started a while ago, but then kind of have never been able to get through it.

I have five more books to go before the year wraps up. And so that is definitely on track. And then I also wanted to complete what I'm calling an. Alphabet reading challenge every month. And this is to read more books I already own that are on my Kindle. So I pull a random letter from the alphabet out of this like jar of letters that I have.

And I actually do this live on my monthly YouTube videos. And then I pick five books from my Kindle that start with that letter. This has been so fun. I'm definitely gonna keep this up in the future. I really enjoy picking out like these random things and not knowing what I'm gonna be reading until I decide live on the video, what I'm gonna be reading.

And so that's been super, super fun to. I had wanted to contribute to a little free library in my neighborhood. I've done that a couple of times. There's actually a couple that are close to my house. And then I also wanted to visit all of the different branches of the Denver public library and choose my favorite one.

And I picked up the pace with this goal in quarter three, because I, I had to like take time off of work to do this. So I would take like an afternoon off and my partner and I would drive around to all these different libraries. Now you might think. So weird, but I have to say what a wonderful way this has been to get to know the city of Denver.

Like we go to all these different neighborhoods. We drive around town. It's great to spend the day together. We go to lunch. Like it's been super, super fun. So I have visited actually. Let's see, I think 16 branches so far, and I, I have seven left to go. Um, a couple of the libraries are currently under construction, so I've crossed those off my list, but I've got seven left and it's been really, really fun to travel around and look at those.

And then another goal I had was to maintain my daily Spanish language practice. And, uh, actually what's been really fun is duo lingo, which is the app that I use for daily practice recently did kind of a user experience reboot. And it got me way more involved in the app. I've made a lot of progress in the app and, uh, actually passed the 365 day practice mark with that app, which has been a nice milestone, still enjoying learning Spanish.

So I also had some goals that I set to support my mental, physical, and emotional health. And one of these goals, I am retiring. So I had wanted to experiment with an art journal and in quarter three, I officially decided to retire this, this goal. Although I liked the idea of having an art journal, I really was not motivated to engage with this at all.

Um, and I decided to swap that goal out for what I did instead in quarter three, which was refreshing my home. So I ended up buying a standing desk. I got some new monitors. Um, I was able to kind of get some new bookshelves in my office and kind of totally refreshed it, which I've really been enjoying. So I went ahead and swapped that for that, uh, art journal goal.

I also wanted to meditate daily for at least 15 minutes. Totally not happening every day, but I do love to meditate. And when I can fit this in, it has so many positive benefits. So I'm gonna keep this. Um, I, I would like eventually to get into a daily practice again. Um, but it's okay. It's okay. That it's not fitting in right now.

I also want to do a day long yoga retreat that I will self design. I have not done this yet, but I'm wondering if the Thanksgiving holiday weekend would be an ideal time to do this. So I am possibly gonna build that in a little bit later in quarter four, I had wanted to explore at least five different walking trails on the Denver area.

I have not made progress on this partially, cuz it's, it's kind of hard to carve out the time. So, uh, I I'm hopefully going to be able to do that in quarter. . I had also set a goal for myself to walk 10,000 steps per day. The majority of the days in the year, which would be over a 183 days. And I got a little bit of progress on this in quarter three.

This has been a very up and down goal for me. It depends a lot on the weather. And it also just depends on like where, where my energy levels are and things like that. So I have crossed the 60 plus days mark, which officially means I cannot meet this goal this year, just with the number of days that are left in the year.

But I've gotten into playing Fitbit, bingo, which is super fun. Um, one of my sisters is willing to do this with me on a regular basis, and that is helping me to get in more steps. So even if I don't do this, the majority of the days of the year, I know I'll get close and that's good enough for me. I also wanted to walk or run over a thousand miles throughout the year, which is on average, a little less than three miles a day in quarter three, I neared the 200 mile mark of mileage.

And I definitely know I'm not gonna hit that thousand miles this year, but I'd like to add a couple hundred miles in the next few months. So we'll see if I can do that. I'm just kind of adjusting this goal as needed. I would also say that I do a lot of walking informally and really what I'm counting for this goal.

And maybe this is like a wrong way to do it is I'm counting what I do on my treadmill. Um, because it's easier for me to track what I'm doing, but, um, I walk a lot like at lunchtime or I'll go on like a walking meeting and none of that is getting counted here. So I would imagine this mileage is actually more, um, but in terms of what I'm technically counting on my treadmill, uh, I'm nearing the 200 mile.

and then also I wanna walk a half marathon. I have not done this yet. I am excited to try to figure out when I can squeeze this into quarter four at the walking pace I'm planning to go. This will probably take me a little under four hours to do so. I really just need to find a four hour block that I can just jump on my treadmill.

Maybe listen to an audio book or watch a couple movies or something. And that is gonna be. okay. Then I had set a few goals with my partner. One was to pay off 15, one, 5% of our mortgage. So far we've paid off just shy of 12% of our mortgage. So we are on track with this and given some other stuff that has happened that we've had to like fix around our house.

Uh, this is. Pretty good. I'm, I'm happy that we've been able to do this. I also had another financial goal to double the amount in our current savings account and here's the update. So we actually had several things that we had to do with our house that were unexpected. We ended up replacing the trim around our house.

We also ended up like adding pylons to our garage because the. Soil here in Denver, like things sink. And so we had to like add in extra foundational support for our garage, which is attached to our house. So it's important that the garage have strong foundation, so it doesn't impact the house. Um, so all of those things were not cheap.

I'll just say that. And, and so I'm actually changing this goal instead of doubling the amount to just hold steady with our savings number from the beginning of the year, since we had so many unexpected expenses and, um, feeling really good about that. The other thing we found out when we were doing all that other work is we also need to replace our roof.

Now, thankfully, we found out that that is covered by our insurance. Uh, so we will have a roof being updated this year, too lot of changes with our house this year. Um, but feeling good about the kinds of things that we were able to get done. now. I also wanted to watch all of the star Trek movies with my partner.

We have now watched six of these movies so far and have seven left to watch. And my partner has added in the extra challenge of having me watch some of the TV episodes so I can get some background on what's actually happening in these movies because with zero background, it's actually kind of hard to understand what's going on.

So we'll probably add in some TV episodes to that goal as. and then of course I had the goals that I've added throughout the year. So as a reminder, the quarter one goal was to read 22 books for each month of 2022. So far, I have been able to do that every month. This year, the quarter two goal was to complete a change management certification with Prosci, which I also was able to mark that goal as completed.

The goal that I set for quarter three was to complete all of the new accreditation materials that I had to do for the international coaching Federation level two requirements because they updated their accreditation and that is done. I'm officially a level two program, which is super, super exciting.

And then the goal for quarter four, my extra goal is to make good progress on the writing that I need to do for the second edition. Of the blended course design workbook, which is, um, the second book that I ever wrote and my publisher is asking for a second edition. So I have pulled in a wonderful co-author and, um, I'm excited to kind of make progress on that throughout the end of this, uh, year.

I am anticipating that as a project that will, um, bleed into 2023. Um, but looking forward to making some progress on that before the end of the year. So that's the goal that I'm officially adding per quarter. now as we make this transition from quarter three into quarter four, I would also love to hear how things are going with your annual goals.

If you decided to set any. And remember, it's not too late, there's still a whole quarter left in the year. If you wanna set some goals for things you're trying to accomplish before we turn that calendar over into 2023, you can always email me at hello at Dr. Katie leonard.com. I always love to hear from you and, uh, thanks so much for listening to this latest update on my 22 goals for 2022.

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