You are listening to, you've got this Episode 314. 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 thought I would share some of my reflections as we are closing out 2022.

I really cannot believe that we are halfway through December. This feels just. incredible to me given where I started at the beginning of this year and how quickly it feels like it's gone by. And last week on the blog I shared seven questions, uh, that are just kind of like reflective questions I've been thinking about as we close out the year.

And I thought I would share my responses to those seven questions on the podcast so you can hear about some of the things that I'm thinking about as I close. This, uh, this last year. So the first question I think is one that you're gonna see on a lot of people's wrap up lists, which is basically what went well this year.

And, um, I would say that there were a couple things that when I really thought about this year that like immediately came to mind for me. One was, , there were some really major progress on different house projects that my partner and I, um, went through this year, and he managed a lot of these projects, but we were listing them the other night and it was just like, there were so many things that we did to this house over the last year, and some of them were unexpected and some of them were expected.

and that felt like actually a really good thing that went well this year. We were able to really like, meet people in town, different kinds of service providers that we needed to help us, you know, with some of these house projects. Um, I feel like we figured out a lot of like our landscaping needs and like, just other things that when you move to a new area can take a while to like figure that out.

And we got a lot of that done this year, which felt really good. I also felt like the, I had my first year Ann. Uh, I guess I can't really call it my new job anymore, but my current job, I had my one year anniversary, and over the past year I wrapped up a couple of pretty major projects that started, like right after I began my job.

And this would've been in like August of 21. , but they ran for multiple months and also launched, you know, a new division this year and, and had a bunch of teams, um, that have been a part of that division. And it's been wonderful to work with them this year. Um, and then recently, as I've mentioned in a couple of places, I got kind of pulled into another really major project, um, at my institution.

I think that, um, that's just a good sign, you know, that, that I got kind of pulled into that and, and people felt like I could help, you know, in this particular project. And at some point I'll probably offer more details on it. I'm kind of in the weeds of it right now, and so it's hard for me to kind of pull up and, and reflect.

But it was a good sign. I think that I was able to kind of contribute in a pretty significant way to this project that that is ongoing and that will continue into 2020. . I also felt like I had a pretty good balance between my day job and my side business. I was really careful about what I took on this year, um, in terms of coaching and coach training and some other things that I do on the side.

Um, and that was something that was really important to me to try to figure out, you know, how I could balance that. So I feel like that continued well this year. . And then I would also say I felt like I really deepened a lot of my relationships at work. I, I, because I got pulled into this project because of kind of other things that I've been working with colleagues on, I feel like I've developed a, a good reputation as a trusted colleague.

And, um, and that's been really nice to see. I, I feel like I've developed a lot of relationships with people that will all maintain for a very long time. Um, and that's always good when you work on good teams and you feel like the people around you are. You know, friends as much as they're colleagues. So that was something that I felt went well this year.

The next question I was asking is what didn't go so well this year? And I think it's always helpful to ask yourself this question with a lot of grace. I certainly don't wanna be kind of judging myself about things that I didn't feel went well. I just wanna notice them and kind of pay attention to things that I wish had gone.

So the first thing that like immediately jumped into my mind is I did not make progress really at all on the book Project that I'm trying to figure out how to work on. And this is the second edition of one of my books. Because of this kind of unexpected project at work, I, there was just no way that I could kind of take this on.

And, um, so I have to figure out kind of a plan for early 2023 and what that's gonna look like. And again, I'm not kind of, you know, giving a lot of self-judgment because there were just other things that needed my attention, but, It was something that I had wished I had made more progress on, and, and it, it didn't work out that way.

The other thing, I feel like I didn't do great this year. I barely took any vacation away from work, and that was due to like a number of circumstances, including onboarding some teams over the summer that I just didn't feel like I could take time away. And, uh, even now coming into the fall, like there's just been a lot going on and so that's something I'm just really kind of paying attention to.

I tried. Like some Friday afternoons off. Um, but I really didn't get any dedicated time away from the office. And I, I think that's something that in the past I've, I've tried to do at least once or twice a year. I would also say pretty clear to me that I struggled with any kind of regular exercise, yoga, meditation practices.

Um, it, it's been really hard for me to take. relatively large projects and keep healthy routines when I feel like there's like fires to put out and my schedule's changing, you know, or my schedule's just really full and I don't have a lot of margin, you know, outside of work. Um, and I just feel like when work life gets really full, it's hard to kind of stay in, in good routines.

And I'm sure that some of you kind of experience that as. now. The silver lining, I think, is that it gives me good practice for later because I don't anticipate that my work life is gonna slow down anytime soon. I think I'm gonna continue to be busy, I'm gonna continue to get pulled into pretty large projects.

And, um, so it's just like, okay, I gotta figure this out. Like I have more time to practice it and, and try to understand what that can look like. So I also asked myself the question, what did I do in 2022 that aligns with my vision of my future self? And the thing that kind of came to mind for me for this was that I really leaned into solitude practices this year as a form of rest and recovery.

I, I really chose not to go to social events when I didn't have the energy to do that. Um, if you've been following me, you know that I've been reading a ton this year, which is definitely kind of a solitude practice for me, and it's been really wonderful. I did pull back, I think, you know, even more from social media.

I ended up deleting Twitter, um, and really chose to share information in the channels that I enjoy. So, um, on YouTube, on the blog, on the podcast. Um, and I will also say I did some things that were just for me this year. that I have not publicly shared about, and at some point I will, it'll, it'll kind of come into my 2023 goals that you'll hear a little bit more about this, but choosing to kind of keep some things private and, and not sharing them, you know, even with like people at work or you know, family or whatever, like, it was just nice to have some things that were just kind of private things that I was working on and that I felt really good about.

And that felt tied in with kind of my vision of my future. . Um, okay, so then I asked what lessons did I learn from 2022? And these were the things that kind of immediately came to mind. Um, one of them is what I was kind of just referring to. Sometimes I can do something that's just for me and I don't have to share my process or like my reflections on that publicly until it's done or even like never at all.

And for somebody who's been podcasting and blogging, Six years, you know, pretty consistently. I really do share a lot of like what, what I'm thinking about, what I'm reflecting on, what my process is for various things. And this year I like intentionally chose to do a couple of things that I wanted to invest in and I just wasn't gonna talk about it.

Um, and, and that actually felt really good to have something that was like just for me and that I was able to like, set aside time and energy to do the thing, the special project that I've been working on. Um, and it felt. . The other thing I would say that was a big takeaway is just because I can do something well doesn't mean that it aligns with my larger vision of my future or my life's work.

And this is something I've really been reflecting on, is I've been able to kind of flex into different leadership skills at work and, and other kinds of, of things that are coming out in some of these projects that I'm working on. And it's helping me to kind of differentiate, you know, the stuff that I would consider to be like my strengths with things that I really want to be kind of my larger contributions.

And, um, I'm still reflecting on that. I don't feel like it's a complete, like lesson learned. It's more just kind of an area that I want to be paying attention to as I continue into 2023. , the next couple of questions are really about where I want to continue to spend my time, energy, and attention in the new year and where, what do I wanna discontinue?

So I, I see those things as kind of connected. So the things that I definitely wanna continue in 2023. Um, I have loved my reading this year. It's been wonderful. I've read really broadly, I've read really deeply. I've read a lot in terms of just kind of, um, the amount of reading that I've been able to do, and that's been really great.

So I definitely wanna continue doing that. I also feel like I put a lot of energy this year into just being a good colleague at work. Um, making sure that I was like checking in with people, offering my support, complimenting people, passing along compliments when I heard them, you know, about someone else in a meeting where they weren't there, you know, that kind of thing.

Just really trying to, um, make sure that I was supporting people in the best ways that I knew. . I also feel like I wanna continue to learn in topic areas that have direct applicability to questions or challenges in areas that are kind of on my plate, whether that's work, personal, you know, spiritual, whatever that might look like.

You know, I think it's helpful for me to just kind of commit to learning things that are new to me, and that's something that I, I definitely leaned into in 2022 and, and definitely wanna continue that in the new year. Now the stuff that I, I want to discontinue, these are things that I spent, you know, a good amount of time, energy, and attention on that.

I'm, I'm probably going to release in the new year. So one of them is studying Spanish Daily. Now, I'm so glad I did this and I really enjoyed it, but it became more of an obligation than something that I found to be fun. Um, and I, I just found myself kind of like not learning substantively because I couldn't give it a lot of time.

And so that's something I'm gonna release in 2023. If you were listening, uh, early in the year, you know that I was doing some kind of point values for different tasks that daily routines and things like that, that I was tracking. I released that maybe like three quarters of the way through the year, and I, I stopped doing as much track.

partly because I was just having a hard time, you know, keeping up with some of these routines in the midst of other things going on. But that was something that served me at the time, but it, it doesn't necessarily serve me moving forward. And this is actually, I think a really good question to ask ourselves is like, what doesn't serve me anymore?

Like it, it served me at the time and I'm really glad I did it, but it doesn't serve me now. I would also say I really kind of pushed myself to try to have some daily routines around things like yoga and meditation. And it just was, this was not the year for that. And I don't wanna kind of, um, really push myself in ways that, that feel either like restrictive or like, I'm not gonna feel good, you know, if I, if I don't get certain things done, I'm, I'm really trying to figure out a different way of having more flexibility around the movement practices I wanna have and the meditation practices I wanna have.

So I think I'm gonna have a new goal in this area for 2023, which I'll share soon, um, about how I wanna tackle. . So then the last, uh, question that I wanted to ask myself is, what have I learned about myself in 2022 that I didn't know before? And one thing that like immediately came to mind is I, I really do thrive with very large, complex projects, um, that I've been doing at work, but I need to balance.

Those projects with like rest periods and recovery periods. And that is hard sometimes, just depending on kind of what's available to me. But I think that, um, recognizing the size of the project that I, I really enjoy. Um, I haven't had always opportunities in my work life to like tackle these really massive projects.

And in the last year I've had like three and. . It just feels really good to, to dive into something of that size and scale and scope. So that's something I really noticed this year. I would also say another lesson is that the older I get, the more solitude and quiet that I need outside of work, um, when I'm just surrounded by people all day.

And you've definitely heard me talk about this in the past. I've got to have time. With quiet and, and without other people. And, um, I find all kinds of ways to do this. I think reading was definitely the, the thing I leaned into this year that helped me with that. And thankfully I have an introverted partner and so this like doesn't bother him at all when I come home and I just wanna sit in the quiet.

He totally gets it. Um, and then the last thing that I, I feel like I kind of figured out this year was that reading really became a form of like mental health, self-care for. Um, in terms of just like allowing my brain to take a break, to slow down, to focus, you know, in on something. And also just to give me that solitude time and to make sure that I had rest and recovery time in the midst of other things.

And I haven't really ever looked at reading in that way before. I've always seen it as more of like a hobby or something fun, but I really am viewing it more now as like a requirement for my own health and wellbeing is that I I have lots of, of ability to. , and that's something I've really ended up investing in a lot this year.

I've made sure that I had, in addition to kind of like my library subscription, I wanted to have, you know, like audiobook subscriptions and, and various other things that I would have access to a lot of different materials if I wanted to read something and I have it on my phone, I have it on my iPad. You know, I've, I've really tried to kind of make this work for myself and, um, it really does feel like I'm, I'm.

connecting with like a very deep part of who I am, you know, like that, that I am a reader and this is the big part of what I do and it it's part of kind of my wellness practices. So that felt like a, an important takeaway, um, from this last year. . So of course I would love to hear what your reflections might be as you're closing out 2022.

And I also just wanna mention, if you're in a mode right now where you're like, I am tired, , as, as I am wrapping up the year, I'm, I'm right there with you and I think it's okay to save some of this reflecting for early 2023. There's not a deadline of of when We can look at the past year and kind of understand what it means to us and what we wanna take away from it.

Like you can do this on your own terms, but I had a few minutes to kind of reflect on these questions and it was helpful for me to just kind of think about what are some things that I wanna bring with me as I head into this new year. So if you wanna share with me some of your reflections, you can always email me at hello dr katie leonard.com.

I always love to hear from you, and I especially love to hear what kinds of reflections are coming out of these questions for you. Thanks for. Thanks for listening to this episode of You've Got This. You can access show notes and transcripts for each episode@drkatielinder.com slash podcasts. If you found this episode helpful, please also consider rating and or reviewing the show through Apple Podcasts.