You are listening to, you've got this Episode 316. 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 giving my final check-in of my goals for 2022.

So at the beginning of this year, I had set myself up with 22 goals for 2022, and actually it was more like 18 goals plus I was gonna add one a quarter. Um, and so there were some to be decided goals that I added throughout the year. And now it is time for my final wrap up. Now what you are going to hear.

Some goals got achieved, some goals got switched out, some goals did not get achieved. And all of that is completely fine because sometimes it's just in the setting of the goal, the documenting of the progress and um, the experimentation and the fun and the playful experimentation that can come along with goal.

So, uh, let me just quickly run through how things went this year with these goals and, uh, stay tuned because of course I'm gonna be sharing my 23. For 2023 on the podcast soon, and I'm excited to kind of unveil what I'm gonna be doing for this upcoming year. But 2022 wrap up comes first. So, um, this year, if you've been following along, you know, I had a ton of goals that were related to reading.

So one of those goals was to post at least two videos per month to my YouTube channel related to books and reading. and, uh, I was able to do this. This was actually a really fun way for me to document what I was reading and talk about it throughout the year. I typically did a video about my two B red pile for the upcoming month, and then I would debrief what I actually read.

At the end of each month. And, uh, so all of those are linked on my YouTube channel and I will link that in the show notes. I also wanted to read over 150 books throughout the year. I was able to hit that goal in quarter three, so that is officially marked off my list. Also, I wanted to read the 14 books in Robert Jordan's Wheel of Time series.

This was in part because, uh, this is a favorite series of my partner. and I just had no idea what it was about. And I did get through all the books in this series and it was so fun and such an investment of time. But I really am glad that I did it. Um, I would say, you know, look into it, if you're kind of intrigued by this, I would do just a tad bit of research to see if this is really an investment that you wanna make.

I had kind of an extra boost because I could talk about this with my partner. , but if you're not big into high fantasy, I, I'm not sure. I would highly recommend this to you If you are into fantasy, absolutely a hundred percent would recommend this. Then I also wanted to read the 17 books in Louise Penney's Inspector Gage series.

This actually turned into 18 books. Because in November she released a, another book in the series and I got them all read. Um, I had attempted to get through this series a couple of times and so it was really fun to kind of finally make my way to the end. And the most recent book is actually like one of my favorites of the entire series.

Would definitely recommend reading in order for this series that matters. There's a lot of plot things that kind of build up over time and, uh, a lot of references to things that happened in earlier books. . Okay. Another reading goal I had was to complete an alphabet reading challenge each month. And this was really to help me read, uh, things that I already owned on my Kindle because I purchased a lot of Kindle books.

This is like the largest part of my library is eBooks. And um, so what I did each month was I picked a random letter from the alphabet, and then I would add. Five books that started with that random letter to my TBR pile for that month. And I actually read every single book that I assigned myself as part of this alphabet challenge.

Um, these are also documented in my YouTube videos if you wanna take a look. Okay. I also wanted to contribute to a little free library in my neighborhood. And this was something I did, I think in like quarter one. I found a couple little free libraries and now I see them like all over town. Um, I've done this a couple of times and would definitely, um, continue to, to donate books to these little free libraries and there is an app to find little free libraries in your area, so I will link to that in the show notes in case you're intrigued by that.

I think one of the most fun goals that I set for myself this year was to visit all of the different branches of the Denver Public Library, and there are about 25 different branches, and this was. fun. It was a great way to get to know the city. My partner and I did this together, um, and we would just drive around like on an afternoon and just find a bunch of these branches and I honestly, this was probably way more fun for me than it was for him.

I'll, I'll admit that, but it was fun just to spend the afternoon together. We would often grab lunch, um, and I really, really enjoyed seeing the different. I will say, and, and maybe I'm a little bit biased here, but the library that is my most local library, the one that I go to all the time, I would definitely put in like the top three of the libraries that I saw across the city.

There was maybe a couple that would rival it, but I actually feel really lucky that we have this local library that we do. Cause it's pretty amazing. . Okay. I also had set a goal to maintain my daily Spanish language practice. I did this primarily through an app, and I was able to do this throughout the year, so I can check that off my list.

And then I also had some goals that were meant to support my mental, physical, and emotional health. In the beginning of the year, I talked about experimenting with an art journal, and I retired that goal in quarter three because although I liked the idea of having an art journal, Actually doing it was just like not motivating or fun to me at all.

And so I swapped that goal out for refreshing my home office, which I did in quarter three. And that involved installing some new bookshelves, um, getting some new monitors, getting a standing desk, like there were several things that I had done with my home office. And so I felt like that was a good swap.

I also wanted to meditate daily for at least 15 minutes. This totally did not happen. So, um, I, I could call this like a failed goal. Like, okay, , this is a failed goal that I didn't do this, but when it did happen, I, I enjoyed it. And even when I do this sporadically, it has positive benefits. So even though I'm not doing it every day, um, it's a, it's a goal that I think is one that I don't regret.

Um, I obviously wish I was meditating more. , I'm, I'm okay to kind of say didn't achieve that. This year I wanted to complete a day long yoga retreat that I self-designed, and I did this over the Thanksgiving holiday weekend with a retreat themed around gratitude, and I blogged about how I organized that retreat day.

So I'll link to that in the show notes. Um, okay. Another field goal. . I talked about exploring at least five different walking trails in the Denver area, and this totally did not happen this year. I mean, I, I would go on walks, especially around work, but it was usually places I had gone before. I wasn't going to a lot of places that were new and, um, I think.

I mean, I could like say there are lots of reasons why I didn't do this, but it just means I have more to explore in the future. So I'm not gonna be like completely down about this, but I think what helps me is to have a plan and to set aside time to execute the plan, which is basically what I had to do for the Denver Public Library visits.

And I just did not make time or plan. For this particular thing of like understanding what trails I could go to, where they were, how long it would take, you know, carving out the time. Like I just didn't do any of that. So, um, hopefully I'll be able to do it in the future. . All right. So I also wanted to walk 10,000 steps a day.

The majority of the days in the year, that would've been 183 plus days. Um, totally did not do this. This year I would say I probably hit 10,000 steps, maybe a third of the days, maybe even less than that. Um, I found that my most walking happened in the summer, which is not surprising because it's the nicest weather that we have here, and it's also when I.

Less, uh, meetings and, and things happening at work. Um, it's definitely harder for me to get out in the middle of the day when my work life is very busy. So, um, also was not able to get to this one this year. , I wanted to walk or run over a thousand miles throughout the year on average, that would've been a little less than three miles per day.

In the beginning of the year, I was tracking this with my treadmill mileage. Um, and then I realized that my Fitbit, I was actually averaging about three miles per day. So I, I'm calling this one good. I, I feel like I was getting my three miles a day, even if it wasn't unlike dedicated workouts. And I also wanted to walk a half marathon.

I did complete. The weekend before Thanksgiving and it was super fun to check that off my list, so I was really happy with that. . All right, so then I had some goals with my partner. The first one was to pay off 15%, one 5% of our mortgage. And we did that. We just barely did it. This is one of the goals that I think I'm most proud of this year because we had so many things come up with our house, like house projects that we needed to do that were kind of siphoning off, you know, discretionary income and, uh, we still were able to hit this goal.

So that felt. and then kind of connected to that. I had a goal to double the amount in our current savings by the end of the year, and that was starting with the number that we had in our savings at the very beginning of the year and midway through the year, because of all these house projects, I adjusted that goal to just hold steady, to try to end the year with the same amount in the savings account is where we started, and we were able to do that.

So I, I felt good about that. , you have to just adjust these goals. Life like throws things at you throughout the year and sometimes it just does not work well with the goals that you've set in January. So I'm a big fan of like adjusting as you go. . I also wanted to watch all the Star Trek movies with my partner.

This was so fun to do and we ended up watching some of the more, um, kind of, um, canonical like Star Trek episodes as well, so that I could kind of understand what was happening and understand the characters and, um, it was fun. Like this was something I knew absolutely nothing about going into the movies.

And so I felt like it was a really fun way to spend time with my partner. . Okay. Then I had four to be decided goals, um, that I added throughout the year. So quarter one, I wanted to add, uh, an additional reading goal to try to read 22 books for every month of 2022. And I was able to do that for every month of the year.

I'm not entirely sure how, but it did happen. And that's also what I talked about on my YouTube videos and quarter two, I wanted to complete a change management certification with Prosci, which I was able to do, so I checked that off my list. In quarter three, I had an extra goal to complete the accreditation materials for the International Coaching Federation level two requirements.

They adjusted their accreditation, so I had to go through some paperwork for that and I was able to check that off in quarter three. And okay. Quarter four, I had this goal. I was trying to make progress on the work I need to do for the second edition of one of my books. Totally had to set that aside. I had something come up at work that was just really taking all my time.

And so at the very, very end of quarter four i e, in the last week or so, I swapped out that goal. to try to read 300 books this year because I was close, I was close to 300 books and as I record this, it is December 27th and I'm like seven books away. Um, so this has not been achieved yet cuz I had to record this a few days before the end of the year.

but I am on track. I am on track to read a couple of books a day, um, or more for the remaining days of the year. And I think I'm gonna be able to hit this goal. So, um, that's been super fun. I have spent a ton of my winter break reading, um, and getting books from the library and reading some more, and that's been really wonderful.

So I do plan to debrief my, my winter break. As you know, I had a bucket list of things that I was trying to do and so, um, look out for that soon. Also, look out for my 20, uh, three goals in 2023, which I'll be sharing as well. But I would just say I'm happy with. Where things landed with my goals for 2022, I definitely see areas that I need to work on in terms of some daily habits, especially around movement.

This is always a challenge for me. I so much prefer to live in my head that in my body, it's something that I've just done for years and years and years, and it. So much easier to be cognitive instead of physical. But I continue to strive and see what I can do in that area and I'll continue to do that in 2023.

Um, in the meantime, I would love to hear how your goals went for 2022. If there's anything you were tracking or really trying to check off your list, you can always email me at hello dr kidney lender.com. I always love to hear. Thanks for listening. Thanks for listening to this episode of You've Got This.

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