You are listening to, you've got this episode 317. 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 share my 23 goals for 2023.

Now, goal setting is one of the favorite things that I do every year. I really love to think ahead and get super intentional about how I wanna spend my time and energy in a coming year. And if you've listened to the show for a while, you know, I adjust goals throughout the year. Swap them out. I'm pretty flexible about goals, but um, I do like to start the year with a pile of goals that I'm trying to accomplish.

And taking a, um, inspiration from Gretchen Rubin. She has created these lists of a certain number of goals that are tied to the number of the year, so I'm going to do 23 goals for 2023. . Now, I'm also gonna be releasing these goals on my blog this week. Um, so you'll have a written version of them as well.

I often like to do, uh, quarterly updates on these goals throughout the year where I will refer back and kind of check in about how things are going. Um, but without further ado, let's go ahead and dive into what I have planned in the coming year. Now, the first set of themed goals are around reading. This should surprise absolutely no one.

Such a fun time with my reading goals for this past year and decided to, um, create a number of goals around reading just because I enjoy it so much. Now, one of the things I think you'll notice about my list this year is it's really focused on things that I find fun and enjoyable and things that I'm doing outside of work.

So there's not really anything on this list that are goals tied to work projects, and I just wanna point that out. Now, it doesn't mean that I'm going to not do work projects. For example, I have to work on a book project this year, but you're not gonna hear about it on my list because I really wanna focus on things that I can do outside of work just to have that sense of balance.

So the reading goals that I have on my list, uh, the first one is a pretty ambitious goal. It's to read at least 300 books throughout the year. Now I did do this in 2022, um, which is, uh, amazing to me. And I think that part of the reason I was willing to set this goal so high again, Is, there were so many books that I read in 2022 that were incredibly long.

I read a lot of books that were 500 to a thousand plus pages, and if I was able to read 300 books throughout the year with all of that, uh, I think I can also read 300 books throughout the year, given that every like thousand page book is the equivalent of like three smaller books that I would read. So, um, I love to have a reading goal and so why not go big?

So 300 books throughout. last year, I also had a goal to read 22 books every month of 2022. I've decided to, um, keep that goal up to read 23 books every month of 2023. Now if you do the math, you might be pulling out a calculator that does not add up to 300 books throughout the year. So that means that some months I'm gonna have to read more than 23 books every month.

But really what this, um, kind of forces me to do a little bit is to. A range of books that I'm interested in reading and to have a bit of a plan of when I'm trying to read every month. And so I really liked that aspect of the last year and I wanna go ahead and keep that up. also, something I'm keeping up from last year is my alphabet reading challenge of reading books that I own.

This was super fun to randomly pull a letter of the alphabet every month and pick five books from that letter that I already own on my Kindle and read them throughout the month. I really felt like this helped me to be more spontaneous about what I was reading throughout the month, and also to make sure I was getting into the back list of things I already owned.

So that, that was an awesome, um, challenge that I set for myself. This year I've also added a couple of additional challenges that I'm going to be working on, um, throughout the year. The first one is kind of a self-designed book of the month challenge. Now, you might be familiar with this concept of the Book of the Month Club.

To be clear, I am not a member of this club. It's basically a way to get kind of discounted hardback, new releases. And because I use my library so much and I have kind of other ways of getting books, I am not a member of the book. Club, but there are several books When I was kind of browsing past years, a book of the month.

There are a ton of books I have not read. So every year they release about 60 books through the book of the month, and you get to kind of pick and choose which ones you want. And so I went through and looked, and there was no year where I had read more than eight of the books that they had put on their list.

So what I decided to do was to read at least 24 books from the Book of the Month Club in 2023. Now, I chose the number 24 instead of 23 because it just means a couple of books on average every. And I have a bunch of these actually, that I already own, so it's another way for me to kind of dig into that back list of books that I already have copies of.

The other challenge that I set for myself is to complete or get current on at least 23 different series Now, this past year, um, as I was getting into all of my, my reading and books, I went back and kind of started to catalog different. Series books that I own, or different series that I wanna be kind of like tracking or following.

There used to be a website that helped me to do this, and then that website went away and that was really challenging for me because I didn't have all my series like listed in one place. And there are several now that I am. Actively reading. So, um, when I look at the list, there's probably between 35 and 40 series that I'm actively reading right now.

Some of them are just a few books long. They're like a trilogy. Some of them are like 18 books long, like a couple of the series that I read, um, in the past year. So I wanted to, um, start to kind of work my way through some of these series to make sure that I'm staying on track with them. Now there's also, I would say, easily a hundred series that I kind of have my eye.

But I have not started yet, and there's also maybe about 15 to 20 series that I'm currently, um, caught up with. Like I've, I've read all the books in the series and I'm just kind of like waiting for new books to come out. So what I have done is tracked all of these series in Asana. So I have a list of where I track these series, and I also kind of make a note of whether or not I own the books in the series, either on audio, on ebook, as a physical copy.

Um, just so that if I wanted to dig into a particular series, I know how easy it would be for me to like, track down the books, especially if I already own them. So, in, uh, the spirit of getting current on 23 series, I've chosen three series that I'm setting as specific goals of things that I want to read in 2023.

So the first one, is a series that I've tried to get through now twice and I have failed and I really wanna get through it. This is kind of how it was with Louise Penney's, Armand Gama series, which is what I set as a goal for last year. I love to kind of hold myself accountable to working my way through this.

So the first series is Patricia Cornwell's case, Gar Petta series. This is a kind of mystery thriller series, um, about a woman who is like a medical examiner. Um, and she does autopsies and is like a coroner. And I have started and stopped this series twice. The first time I tried to read this series was in grad school, so this would've been like 10 years ago.

And then I think maybe four or five years ago, I tried to do it again. Here's the challenge. I get like 13 or 14 books into this series. There's like 26 now, so I'm maybe about halfway into the series and it gets a little strange. And I remember the first time this happened and I was like, oh, you know, like, try it again.

And I tried it again and, and the books kind of take a weird turn. And I have not been able to like, get past that hump, but I am going to do it this year. , I'm going to read through this entire series, move past kind of the middle part of the series that gets a little bit strange and keep going. Um, this author is still producing books in this series, so there's, uh, a most recent one that came out, I think even in the past couple of months.

So that's series number one. Series number two is Brandon Sanderson's Stormlight Archive Series. Now I read the Mis born series by Brandon Sanderson last year. He is also the author that was chosen to wrap up the Wheel of Time series when, uh, Robert Jordan was dying. And so I've kind of gotten a little bit into Brandon Sanderson's universe.

The Storm Line archive series is four, um, main books, and then there's a couple like smaller books in between that I think were written kind of like as prequels. and each of the four books is between 1,012 hundred pages each, so I've already gotten them on audio. This is the only way I really get through books of that length, and I'm really looking forward to diving into another part of this universe that he's built in 2023.

The last series that I added, um, as part of this, uh, challenge for myself of like specific series I wanna try to get through is Anna of Green Gables. So I've read the first couple of books in the Anna of Green Gable series. I don't know, maybe half a dozen times, but I've never gone through all eight. So this is a series that I've loved since I was a kid.

Um, it's basically about a girl who is orphaned and she's taken into a foster home. It takes place in Canada. And she basically, um, becomes like this very special member of the community that she is fostered into. And, um, I would love to read all of the books in that series this year as well. . So, um, if you're paying attention, those are eight goals that I have on that list for the reading list.

And there is one more tied to reading and that is to keep up my, um, TBR and debrief videos for YouTube each month. I had so much fun, um, making those videos. And while I don't think I can commit to making like additional videos, like vlogging videos, which was my hope, um, even last year to do, I do think I can commit to, um, doing at least a couple of videos a month on what I'm planning to read and then debriefing what I read at the end of the.

Okay. So other than the reading category, I also have a wellness and health category. This is something that is very common for me to put things into this category. And what I've found, uh, in the past is I put in like daily goals and I like fall off the wagon with the daily goals almost immediately in the year.

So I've tried to take a different stance this year in terms of the goals I'm doing around wellness and health. So the first goal that I've put is to practice intuitive. And this is something that you may or may not be familiar with. If you've ever heard of intuitive eating, it's kind of the same idea, but it's basically like listening to your body and then picking what your body needs at any given time.

So whether that's like walking, yoga, bar, running, you know, whatever it is that I'm feeling, it's hopefully gonna allow me to have a lot of flexibility in terms of what I'm choosing to do each day. It allows me to plan around things like the weather and also to plan around how I'm feeling in my body at any given day.

So, Practicing intuitive exercise is on my goal list for 2020. , I'm also going to take at least a week of vacation off from work. This is obviously something that is very challenging for me to do. I have not done this in the past year and a half that I have been working in my new job. Um, I'm really bad at taking vacation and partially cuz I have to plan so far ahead for it and then stuff comes up and I end up canceling or whatever.

So I'm really gonna try this year to take at least a week of vacation off from work, probably at some point in the summer. And, uh, Probably try to schedule that in like sometime within the next month just to make sure it gets on my calendar. The, uh, next goal that I have under wellness and health is to get a massage.

I have not had a massage because of the pandemic since like 2019, and I am hopeful this year I will feel comfortable enough kind of going back to, uh, masseuse and, uh, getting a massage because I felt like I've needed one for a very long time. So, putting that on my list for 2023. . Okay. Next. I have a category called professional and personal development.

And, uh, this category is basically stuff that I wanna do that's kind of just for me. So, um, the first goal is to listen to at least five podcast episodes every month. I have really gotten out of listening to podcasts. I used to do this a lot on my commute. I don't have a commute, um, by myself anymore because I, I spend that time in the car with my partner, and so I've.

Gotten away from listening to podcasts, trying new podcasts, and I miss it because I just really enjoy a podcast as a medium. So I'm gonna challenge myself to listen to at least five podcast episodes each month. I am also going to journal through all of the questions in a tool called The Remarkable Life Deck by Debbie Millman.

I will link this in the show notes in case you wanna, um, check it out. This is, uh, a deck that has a tagline, a 10 year plan for achieving your Dreams, and it's basically a series of questions to help you plan where you're headed 10 years from now. so that you can start to kind of write some things down and get a sense of where you wanna go.

Um, so this is a, a deck that I bought, um, in part as like a coaching tool for my clients, but I thought it would be really fun to run through all of these questions myself. There are about 30 questions in the deck, so I figure if I tackle roughly one a week, I'll be able to work through this. Um, but I would also imagine I'll probably set aside some longer periods, almost like retreats where I can just do some journaling and really think about the questions in.

Okay. The third thing that is in my professional and personal development goals is this year in 2023, I am turning 40. And, um, I am someone who loves aging. I think it is wonderful. I think we've become older and wiser over time. Um, I have no issues at all. Aging, but I am not someone who really enjoys my birthday because I don't like a ton of attention.

And so I actually often like go super under the radar with my birthday. Um, but one of my goals for this year is to celebrate turning 40 in a way that is meaningful to me. I have already chosen what this is. I have actually been working on it for a few months cuz it's gonna take a while to do and I'm not gonna talk about it until probably the last quarter of the year because it'll take me a while to complete it and I will then like share with all of you what that is.

But I have this on my goal list just to kind of remind myself that I'm tying in this kind of large project with this milestone birthday, which I think it'll be a really fun way to celebrate it. So, um, look forward to learning a little bit more about that in the last quarter of 2023 when I do the update at the end of the year.

Okay. Then I also have some goals that I've kind of put into a miscellaneous category, and the first one is finance related. So I want to try to pay off 20% of our mortgage this year. Now, last year the goal was 15% and because we paid off a pretty good chunk, now I can kind of up that percentage and we will see if we can do it.

Now, this year we had a. Unexpected house projects that kind of, um, put this goal in jeopardy, but it did work out at the end of 2022. And so I'm gonna see if I can, if I can get close to that 20% now, this is one of those goals where it's like, aim for the moon and land among the stars. Like, if we get even close to this, I'll be really happy.

And so it's not like hitting the goal itself has to happen, but it's a, a good kind of stretch goal to make sure that we're paying attention. The last three goals that I have in this particular category are really meant to be completely fun. Um, they will take some time to do, and I can also do a couple of them with my partner.

I always try to pick a couple of goals in that category. So the first goal is to watch all of the X-Men movies. There are currently 13 of these movies. If you've been following along for a while, you know that a couple years ago, , we watched the Marvel movies together this past year. I watched, uh, the Star Trek movies with my partner.

So I always try to pick something that we'll enjoy together, and this was what I chose for this year, so roughly one movie a month. It never works out that way. I always end up having to binge some, especially towards the end of the year, but I think that that'll be really fun. . The other thing that I added to my list is to watch the entire Dawson's Creek series.

Now, some of you may or may not be familiar with Dawson's Creek. It is a show that when I was like an adolescent in high school, it was very popular. Um, did I have a Dawson's Creek poster on my wall? Of course I did. It was right next to my Leonardo DiCaprio, uh, Romeo and Juliet poster. So I am totally in that age bracket as a late stage millennial.

And I never finished this series. It kind of kept going around the time that I went to college and I just never finished it. Like I, I don't know anything about what happens in the last few seasons of this series. So there are six seasons of Dawson's Creek. They're all available by streaming. And so I thought I would work my way through watching that entire series this year just for fun.

And, okay. The last goal I have in this miscellaneous category is also completely just for fun. It is to listen to every Taylor Swift song and album. . Now I am not a huge Taylor Swift fan, but this, this year and last year when she released a couple of her albums I saw on social media just how crazy people went about her albums and how much they love her.

And I have not really listened to her songs other than like, what's randomly on the radio. And so I thought it would be fun to just work my way through, uh, the songs and album order. Now those of you who have followed Taylor Swift, um, if you are a swifty, you know that she's been rerecording her songs, um, so that she can have ownership over her pr intellectual property.

And I'm including those albums as well. So if I count all of those albums along with her older albums, there's about 12. And of course, I wouldn't be surprised if she releases something in this year as well. So I'll add that in as it comes out. Um, but I'm going to go ahead and listen. Every Taylor Swift song and album order so that I can kind of understand what all the hype is about when it comes to this particular.

Okay, so if you've been keeping track, you know that that is 19 goals that I have offered as an overview. And what I'm gonna do with the remaining goals is actually the same as what I did last year. I'm reserving four goals, one for every quarter of the year for things that will come up that I am not expecting that I want to add in to Michael List.

This is actually something that I really enjoy doing because I feel like it allows me to. Kind of create and hold space for things that are gonna come up this year that I'm not anticipating. Um, but that could be big, could be really important, and that I'm gonna wanna like document and, um, debrief with all of you as they come up throughout the year.

So I have four goals reserved for 2023 that will, um, be released kind of each quarter as I do my. . Okay, so I have nine goals in my reading category. Three goals in wellness and health, three in professional and personal development, and then four in a miscellaneous category and four that I'm going to keep going with throughout the year, each quarter.

And um, of course, I would love to hear if you have set some goals for 2023. You certainly don't have to set 23, but I think as you'll see from a lot of these goals, these are about things that are fun and kind of personally relevant to me that I think will be really enjoyable to turn my attention to throughout the year.

If you want to let me know what your goals are, you can always email me at hello dr katie linder.com. I always love to hear from you, and I am wishing you a wonderful launch into this first month of 2023. Thanks for listen. 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.