You are listening to, you've got this Episode 342. 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. In this episode, I'll be sharing my second update on my annual goals progress for the year, and this is just as a reminder my last episode before I do my restful July, so you will not see new content from the podcast in July.

But I'll be back in August. So this is a great, uh, point to just do a little bit of reflection and kind of updating on how things are going with my annual goals. So, just as a reminder, in 2023, similar to previous years, I drafted a shorthand list of my goals that I can refer to throughout the year. And this is 23 goals for 2023.

And then I left four slots empty for goals that I planned to add during each quarter of the year. And I kind of update that as the year goes along. So now that we're kind of halfway through the year, it's time to check in, kind of see how things are going. So I'm gonna run through each of my 23, uh, goals for 2023 and the progress that I've made so far.

So, not surprisingly, I had a ton of reading goals. Um, and these are ones that I find to be so fun and they help me to keep my life, you know, nice and balanced when I have a lot going on. So my first goal was to read over 300 books throughout the year. This was something I was able to do last year as well.

This is on track. I crossed over about 175 books read in quarter two, so I'm like 25 books ahead of schedule and I will link my Goodreads account in the um, show notes in case you wanna connect with me there. That's how you can see kind of what I'm reading at any given time. I also wanted to read at least 23 books each month in 2023.

So far, I have been able to do this in the first six months of the year, and then I continued, uh, in what I call my alphabet reading challenge, which is where I choose a random letter, um, and pick five books from my Kindle that start with that letter. And this is really just to get me reading more books that I already own.

And I love this challenge. It really helps me to dig into kind of my back list. And I was able to complete this for the first six months of the year so far. Um, including a 900 page book I added to my list in June, cuz I'm crazy like that. Um, you can always check out my YouTube channel to see videos about this challenge and kind of what I'm picking each month.

I will link that in the, the show notes as well. I also had as a goal to complete what I'm calling a self-designed challenge. Um, and it's basically to take books off of the book of the month list and read them. Now, if you're not familiar with Book of the Month, it's basically a way to order books online.

For a little bit cheaper than what you would get for kind of hard covers. And I do not have a Book of the Month Club membership, so let me be clear about that. But I do look at the list that they, that they put on their website and I use that list to design this challenge. So I wanted to read 24 books off of this list this year.

I. And, um, in the first six months of the year, I've read 21 books that were Book of the Month Club, um, books. And this has been really fun cuz a lot of these books are popular fiction that I just haven't had a chance to get to yet. So it's been really fun to kind of dig in and read some books that I know a lot of other people have really read and enjoyed.

Okay, next up I wanted to complete and get current on 23 different book series throughout the year and, um, I ended up devoting the month of May to series reading. I really wanted to get kind of a kickstart on this, and so I've completed or caught up to 17. I. Different series thus far. And I'm also, uh, recently I posted a, uh, blog post of kind of the rundown of my annual goals as well.

And I linked to all of the series in that blog post, um, that I've read so far this year. So I will link to that blog post in the show notes in case you're interested in seeing this specific series that I've caught up to. I wanted to read, um, Patricia Cornwell's entire case, Scarpetta series. This is 26 books and it's basically, uh, mystery novels.

And I have read the first four books in this series. So a lot left to go. I really gotta get going on that one. Um, also wanted to read Brandon Sanderson's Stormlight Archive series. Um, this is six books. Four of the six are quite lengthy at roughly a thousand pages a piece or more. Um, I started this series in June with the first book, so I'm on track with getting this done for the end of the year, but I, I need to make this a bit of a summer priority.

I also wanted to read Ella Montgomery's, Anna of Green Gable series. Um, this is an eight book series that's a young adult series that I'm sure many of you are familiar with. I started this series in June, is kind of a pleasure read. It's a bit of a palette cleanser in between books and the audio books are great.

It's been so fun to revisit this series, so I'm excited to dive more into that. And then my last reading goal was to keep up with posting at least two videos per month to my YouTube channel related to books and reading. And again, I'll link to that in the show notes if you wanna check it out. Primarily what I do is I post a, uh, video about what I'm hoping to read each month, and then a video about what I actually read each month.

Um, and it's fun. I like having that documentation so, All right, so next up I had some goals that support my wellness and my health. And the first one was to practice intuitive exercise. And basically what this means is like, listen to my body and do what my body feels like doing in terms of exercise. And um, I, I'm happy to report that I feel like toward the end of quarter one I started to kind of, Pick up a little bit and get into a groove with exercise.

And that has kept up throughout quarter two. So I mostly am doing like walking, biking, yoga. Um, and then I set a summer goal of doing, um, 6,000 minutes on the Peloton app. And that's kind of keeping me motivated to keep going. Um, but this has been really good. I feel like I'm just more active overall and it doesn't really matter how I'm active as long as I am active.

And so that feels really good. I had a goal to take at least a week of vacation off from work. I did take a week off in late March, and then of course, um, I'm gonna be taking off some time in, in late June, early July. So I feel like I am killing this goal. This is probably the most vacation in a year I've taken.

I. In, I don't know how long. Um, so I'm proud of myself for doing that. And then also wanted to get a massage, and this is something that I've like, narrowed in on where I think I wanna schedule this, but I'm still doing a little bit more research. So this was one of my goals in June, um, was to get this scheduled.

And, um, I'm still hoping in the couple of days, I'm, I'm recording this a little bit early, so I'm hoping that I can get that done. Okay. Then I had some goals around kind of professional and personal development. The first one was to listen to at least five podcast episodes each month. And I'm just gonna be honest here, I have had a really hard time remembering to do this, I think in part because I listen to so many audio books.

Um, and so I'm just not in my podcast app very much and I just forget to do this. So my progress on this goal has been spotty. I think what I need to do is find a, like a podcast that I really wanna like. Sink into and, and that I would really enjoy. And so that's gonna be a goal for, for quarter three.

Okay. I also wanted to have a goal of celebrating Turning 40 in a way that's meaningful to me. And there's a particular project I'm working on for this that is kind of my personal celebration and I'm making good progress on it throughout the year. I'm planning to share a little bit more about that in quarter four of this year.

I also had a goal to journal through all of the questions in Debbie Millman's, the Remarkable Life Deck. I can link to this resource in the show notes, and I started this journaling project in quarter two. I responded to six of the different questions in the deck, and I just love taking the time to kind of sit and reflect and think about this.

So I'm really looking forward to more journaling in the second half of the year as well. And then I had some miscellaneous goals for this year. One was a goal that I've had for the past several years, which is to pay down our mortgage balance, and I wanted to pay off 20% of that this year. And this goal is making really good progress.

At the halfway point of the year, we've paid off exactly 50% toward that goal of of 20% overall. We ended up having kind of an unexpected tax refund that really helped. So I'm a little bit nervous about whether or not we're gonna hit this by the end of the year, but, um, any progress is good progress. I'm very happy with where it sits right now.

Um, so we'll see. We'll see how that goes for the rest of the year. I also wanted to watch the entire Dawson's Creek television series. I finished season one. I have five episodes left in season two, so some progress here in quarter two, but not a ton. I will definitely need to pick up the pace on this one if I wanna finish it for the end of the year.

This is also true of my goal to watch all of the X-Men movies. I did not make progress on this in quarter two, so first three movies done of the 13, but I've got to, uh, schedule that in. And then, um, also I wanted to listen to every Taylor Swift song in album order. I have listened to the first two albums of 12.

I didn't listen to more in quarter two, so again, I, I just have to pick up the pace. All of these, like media things I'm not doing super great with, but I have a lot going on, so giving myself some grace there. But I, it's fun to like do this stuff too. So I'm hoping I can build in some time for that in quarter three.

And then I have my to be decided goals. Um, so just as a reminder, my goal for the first quarter of the year was to apply for and receive approval for level one coach training accreditation with icf. Now, I was a level two provider, and then I could apply to be quote unquote, like a level one. Bridge is what they call it.

And so I applied for that in quarter one and I actually just found out, uh, at the tail end of quarter two that I was, um, uh, accepted to, to have this. So I, I was approved. And so this has been a really, um, exciting thing for the the coach training program. So that was the one for quarter one. I'm kind of looping all of that, you know, lumping all of that into quarter one.

And then the second, um, T B D goal that I did kind of officially say for quarter two was to transition into new job responsibilities. So I mentioned in a previous podcast episode, which I'll link in the. The show notes that I was asked to take on some new responsibilities at work. Um, I inherited a new team and adjusted my title, and this was not a change that I had expected when I set my annual goals this year.

So it's a really good example of why I leave some of these goal spots open to fill in each quarter, and I'm very excited to see what my goals will be in, uh, quarter three and quarter four of this year. So of course, I would love to hear what kind of progress you have made on any goals that you set for yourself this year.

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