You're listening to You've Got This, episode 377.

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 offer my quarter one debrief of my annual goals.

Now, I don't know if you've looked at a calendar recently, but we are almost to April, which I have to say is kind of shocking in my world.

I feel like the first quarter of the year went by super fast and now it's time to check in on the 24 goals that I had for 2024.

So what I often do is draft goals lists for the year and I do reserve four slots for goals that I plan to add during each quarter of the year because you never know what's going to happen.

about the goal that I've added for a quarter one.

And this year I also decided to organize my goals around the principles of my radical self-trust taxonomy.

I can link to that information in the show notes.

If you're interested, I'll also link to my original goals list for 2024.

But now that we are through quarter one, I thought it was time to check in on these goals and see how things are going.

So in the first category of living my core values with intention, I had three main goals.

The first was to pay off 25% of our remaining mortgage.

This is making some good progress in this first quarter of the year.

We paid off a little bit over 40% of the total number I was hoping to pay off for this year.

So 40% of that 25% is paid off.

And I'm thrilled with that progress for quarter one.

I also had a goal to go on a self-designed business retreat this year.

This hasn't happened yet, but I've done some good thinking so far about some like longer term business ideas that I want to implement and I have some possible tasks that I might want to do in this retreat.

So I feel like I am, you know, moving it forward a little bit just in terms of what I'm thinking about, but haven't, haven't actually done it yet.

The third goal in this area was to add a weekly guided meditation option to my prolific events calendar, which I have done.

I started offering live guided meditation sessions on Sunday evenings, uh, with themes like gratitude, self-compassion, goal visualization, welcoming in a new season, all kinds of different themes.

And that's been really fun.

The second area of radical self-trust is nurturing my superpowers.

And I had mentioned in my original list that I, there are many superpowers I could focus on here, but the one that I'm really focusing on is reading, because this is the one that really helps me to, uh, implement my value around recovery and self-care.

So I had several goals in this particular area.

One was to read at least 24 books per month and 300 plus books throughout the year.

And so far I have done that.

I've read over 80 books in quarter one.

And I will post a way to connect with me on Goodreads.

If you want to see what I'm reading, you can check that out there.

I also always debrief my books that I'm reading on YouTube.

I wanted to keep up with posting monthly TBR to be read and debrief videos on YouTube.

And this has been completed in the first three months of the year.

So I can link to that YouTube channel as well.

I had also designed a monthly box set challenge for myself, where I read box sets of books that I already own.

And I've been able to do this so far for the first three months of the year.

The box sets that I read so far have included Throne of Glass, Thunderpoint, and the Folk of the Air trilogy, which was the most recent one I did in March, and these have all been super fun.

I also wanted to read Val McDermott's Karen Peery series.

I have four books of the seven that I've read so far.

Really enjoying that.

And this was also adapted into a television series.

So I'm looking forward to checking that out once I've read all the books.

Also, I had a goal to read 12 nonfiction books that I already own physical copies of.

I've read three books toward this goal so far.

They're called "The Outermost House," "The Book of Due," and "The Listening Path.

" And then I also wanted to read a physical book in one setting, which I have not gotten to yet.

Okay, the next category is "Playful Experimenting.

" I wanted to try climbing at an indoor rock wall, And I did this, I was able to complete this over my spring break vacation, which was super fun to try this out.

I wasn't sure what I would think of it.

I definitely don't think it's like a new passion.

I'm not going to be like doing this every week, but I'm really glad I tried it because I've always wanted to.

And, um, so it was really fun to check that out.

Also on this playful experimenting areas to complete an alphabet reading challenge each month.

This is when I choose a random letter and pick five books from my Kindle that start with that letter so that I can read more books that I already own.

And I have completed that for the first three months of this year.

The next category is seeking self knowledge.

And I had three goals in this area.

One was to return to a regular journaling practice.

And I am journaling in my five year journal very regularly, but I am still in that back to regular morning pages.

So I'm continuing to work on this.

I also had a goal of finding a good therapist and attending at least six sessions that is done in the first quarter of the year.

I also wanted to add some pieces to my wardrobe that align with my personal style.

And I've started this.

I purchased a couple of skirts, a new sweater, some capri jeans for warmer weather, and then I've also done a couple of closet cleanouts in Quarter One and made donations to my local thrift store.

So I feel like I've made some good progress there.

The next category is practicing loving kindness toward myself and toward others.

And I had three goals in this particular area.

One was to log 20,000 minutes in the Peloton app by the end of the year.

And this is on track.

I've logged over 7,000 minutes for the year so far through biking, walking, rowing, yoga, meditation, all kinds of different things.

I really do feel like my movement practice, at least in this first quarter of the year is very consistent and solid.

And I'm really grateful for that because it does help me manage stress quite a bit.

I also had a goal of rewatching 12 nostalgic movies.

And what I meant by this was just movies I've seen before that I've like haven't watched in a while and then I have some like desire to watch again.

So very like subjective in terms of like what this could mean if you were going to do this versus the ones that I picked for me.

I'm kind of shocked to say that I have completed this goal.

I did watch 12 movies in the first three months of the year and or rewatch them I should say.

And some of my favorites just so you know the kinds of things I was watching were now and then uh the Italian job, the newer version, The Martian, Juno, and Spotlight.

And then I watched seven others other than those five.

And it was just super fun.

I find watching movies super relaxing.

And there were a couple of movies on this list too that I was able to introduce my partner to.

He had never seen them.

And they were just ones that I remembered from like, I don't know, mostly, I would say my teen years and my 20s.

And so super fun, loved doing that goal.

We'll definitely keep watching movies throughout the year, but at least the 12 that I put into this goal are checked off.

And then the third goal I had in this area was to find a dentist and get back to regular appointments.

I have not done this yet.

So still have to do that later this year.

The last section of the radical self trust principles is settling into my life's purpose.

And I had three goals in this particular area.

One was to cross the 1800 plus coaching experience hours, mark in my coaching log.

And this is making pretty good progress.

I'm on track to hit 1800 by the end of the year.

I also wanted to read four coaching related books.

I have not made progress on that yet, although I have assigned myself a coaching related book for April.

So we'll see if I get to that.

And then I also wanted to write a nonfiction book, and I had a goal of at least 50,000 words.

And I have made some progress on this over my spring break.

But if you read my spring break debrief, which I can also post in the the show notes, this was a blog post, you'll see that I started questioning my original plan of what I wanted to write for the year.

So I had something that I kind of outlined and I thought was gonna be the thing.

Then I started writing that thing and realized that there was actually another thing within that draft that I wanted to split out.

So I split them out.

And the second thing that I split out, I ended up adding a bunch of words to.

And then there was a third area, which I started to kind of play around with over the spring break week, which is like poetry.

some poetry that I had written and I kind of revisited that and added some poems to a collection that I've been working on for a while.

And so I feel like the goal is like maybe 20 to 25% complete, but it's not like one book.

I just kind of messed around with a bunch of different projects in quarter one.

So I'm still trying to figure out what I want to do there, and that's okay.

I'm happy to let that kind of emerge and be the thing that it needs to be.

Okay, under my TBD goals, I reserve one TBD slot for each quarter of the year because you never know what is going to come up that you weren't anticipating.

And the thing that I decided to do for this particular quarter one goal is completing the final book publication tasks for the book I have coming out later on this year, which is the second edition of the blended course design workbook.

There were a bunch of things that I had to work on over quarter one for this, the proofs and working with my co-author on the index and, you know, various other things.

And a lot of things from the publisher that we'd get an email and they'd be like, okay, can you turn this around in like 24 hours?

So like just a lot of like very rapid, you know, turning things around to try to keep the publication process moving forward.

So I just decided to put that as my, my TBD goal for quarter one.

I will say I also had a runner up, which was, um, as I have mentioned, I think in previous episodes, I took on some new work responsibilities in quarter one.

So I think those get an honorable mention because that has also taken up a pretty significant amount of my time.

So between those two things, I feel like those are pretty important goals, getting the new work responsibilities off the ground, but also completing those final book publication tasks to get that book into publication, probably a little bit later this spring.

So that is how things are going with my 24 goals for 2024.

Pretty good progress in a number of areas.

It also, I think is so great to check in after the first quarter to see like what has made no progress and what are things that I maybe want to focus on in this next quarter.

So I am excited to dive into the second quarter of the year and see what other progress I can make on these goals.

Of course, I would love to hear if you are also making progress on your annual goals.

You can always email me at hello@drkati lindar.

com.

I always love to hear from you and I hope that your annual goals are going in the direction that you were hoping that they would go.

Thanks so much for listening.

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