[MUSIC] You're listening to You've Got This, episode 390.

[MUSIC] 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.

[MUSIC] On this episode, I'm going to offer an update on my annual goals since we are halfway through the calendar year, which is kind of hard to believe, but I love doing these quarterly check-ins to see how things are going with my annual goals.

Where am I behind?

Where am I on track?

It's just a great time to check in to make sure that I am making the progress that I want to make.

In previous years, I did draft a shorthand list of my goals that I can refer to throughout the year, and I did the same thing this year.

I did 24 goals for 2024.

Also, as in previous years, I did leave four slots empty for goals that I plan to add through each quarter of the year.

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

I will link to that kind of information if you want to learn more about that in the show notes.

Also, this is, of course, my second update of the year.

There are some things that I was able to check off in quarter one, but I'm going to run through everything so that you know how things are going with everything on my list.

So the first category is living my core values with intention, and I had three goals in this category.

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

Now, again, if you have been paying attention for the last few years, you know that I am aggressively trying to pay down our mortgage, and so I'm often throwing extra mortgage payments at our mortgage to try to get that number down.

One of the wonderful things about putting those extra payments in, of course, is that it raises the regular payment that you're making the amount that goes to your principal.

So this year, we are actually halfway through the year over 80% complete with the number that I was hoping to pay off this year.

And typically what I am using to pay off our mortgage is money that is coming in through the side business that we have.

So when we have money that comes in through the salary draws that we make from that, I am typically putting a pretty large chunk of that toward our mortgage.

And so far, the business has been doing pretty well this year.

So we have had extra that I've been able to put toward that goal, and we are tracking ahead of schedule, and that feels amazing.

The second goal was to go in a self-designed business retreat.

And actually, I am in the midst of that goal right now because I decided to do the retreat over my vacation, which is happening in the last week of June and the first week of July.

I have loved having dedicated time that I can put toward focusing on the business.

It's been really lovely.

I will share more out about this and what the retreat looked like when it's fully complete.

And also a brief reminder that I'm doing my restful July, which is when I take time off of content creation.

So you're probably going to get the debrief for that retreat in August.

I also had a goal here under living my core values with intention to add a weekly guided meditation option to my prolific online community.

And I did that starting in January.

So I offer a live 30 minute guided meditation session on Sunday evenings.

And it's been on a range of themes.

And I just have really enjoyed holding that space both for myself and for the participants in that community.

Okay, the next thematic area is nurturing my superpowers.

And the way that I define superpowers, which is part of the radical self-trust taxonomy, is the areas where one's strengths overlap with one's values.

Now I have many different superpowers that I could probably identify, but the area that I chose to focus on is reading because that overlaps the most with my value around recovery and self-care.

So I have several goals in this area.

The first is to read at least 24 books per month and 300 plus books throughout the year.

And I am currently on track to do that.

I read over 180 books in quarter one and quarter two of this year.

And I will link to my profile on Goodreads if you want to track and see what I'm reading in real time.

I also had a goal to complete a monthly box set challenge where I read a box set of books that I already own.

And I have been able to do this so far in the first six months of the year.

My box sets read so far include Throne of Glass, Thunderpoint, The Folk of the Air Trilogy, The Mortal Instruments, The Infernal Devices, and The Summer I Turned Pretty.

Now there, as you can imagine, as I'm going through kind of talking through this, there's a ton of different links.

I'm actually going to put a debrief of my annual goals on my blog so you can have links to all of these different things that I'm mentioning, but I'll put a few in the show notes as well.

The next goal that I had on this list was to read the Val McDermott Karen Piri series.

This is a mystery series about a cold case detective, and I was able to finish this in quarter two.

This was also adapted into a television series, so I watched the first season, which is actually the plot of the first book, and I really enjoyed that as well.

I had a goal to keep up with posting monthly to be read and to be read debrief videos on YouTube.

This has also been completed in the first six months of the year.

And then I also wanted to read 12 non-fiction books that I already own physical copies of, and I have read six books toward this goal so far, and I will go ahead and make sure those are linked in the blog post.

And then I also wanted to read a physical book in When Sitting, and I was also able to complete that goal so far this year.

Okay, the next category is called Playful Experimenting, and the first goal I had was to try climbing at an indoor rock wall.

I was able to complete that over my spring break vacation in March of this year, and then I also am working through completing alphabet reading challenges each month.

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

And I always do this live on my YouTube videos.

If you want to watch those, you can see me doing this.

This has been completed for the first six months of the year, and I love this challenge so much because it keeps my reading spontaneous, and I also get to explore some new authors.

Okay, the next category on my list is Seeking Self-Knowledge.

I had three goals in this area.

One was to return to a regular journaling practice.

Now, I'm journaling in my five-year journal, but I am still not back to regular morning pages, and I miss it, but I'm also trying to be kind to myself that I have a lot going on right now.

And so this is something that I'm right now prioritizing my workouts in the morning, which is when I was typically journaling in the past, and I still need to figure out how I want to fit this back into my schedule.

I also had a goal to find a good therapist and attend at least six sessions that is completed, and I also wanted to add some pieces to my wardrobe that align with my personal style.

So in quarter one, I purchased a couple of skirts, a new sweater, some capri jeans, and then this past quarter, I purchased a couple new pairs of work capris for the summertime, and I also completely refreshed my leisure clothes with some new sweatpants and sweatshirts, which was well overdue.

I also ended up buying some new camisoles and things like that that I wear underneath my work clothes, and so I also, as part of that, did a few closet cleanouts in the first half of the year and made donations to my local thrift store.

All right, the next category is called Practicing Loving Kindness Toward Myself and Others.

I had three goals in this category.

The first one is to log 20,000 minutes in the Peloton app by the end of the year.

So far, this is on track.

I've logged over 12,000 minutes for the year so far, and this is mostly through biking, walking, rowing, yoga, and meditation.

I also wanted to rewatch 12 nostalgic movies, and I define nostalgia as whatever you define it as, so this is very personal for if you want to do this challenge yourself.

This is done.

I actually rewatched 12 movies in quarter one of this year, so I finished this really early on.

And then the third goal I have in this area is to find a dentist and get back to regular appointments, and this hasn't happened yet, but I am committed to doing it over the summer.

All right, the final category of the Radical Self-Trust Taxonomy is Settling Into My Life's Purpose, and I had three goals in this area.

One is to cross the 1,800 plus coaching experience hours mark in my coaching log, and so far this is making pretty good progress.

I'm on track to hit 1,800 or very close to that by the end of the year.

I also wanted to read four coaching related books, and I have completed one out of the four.

I recently read Widen the Window by Elizabeth Stanley, and that is one that I've counted in this category.

And then I also wanted to write a non-fiction book with a goal of at least 50,000 words, and while I made some progress on this over my spring break, I also ended up kind of questioning my original plan for what I was hoping to write about, but I will say like, and at that point I was like, okay, this is maybe like 20 to 25% completed because I was dabbling in like a bunch of different writing projects over the spring break, but I need to decide what I want to do with this project, and I keep coming back around to like what my original goal was, and I'm still very intrigued by it.

I think my challenge is I'm not quite sure how I want to execute it, so I'm hoping to make progress on this.

I don't know that I'm going to get to 50,000 words, but I'm keeping this on my list because I still want to keep chipping away at it.

Okay, then I have the four slots for goals that are TBD throughout the year, and just as a reminder, my extra goal for quarter one was completing the final book publication tasks for the second edition of the blended course design workbook, which did come out in quarter two, and then my runner-up for that was also I took on some new work responsibilities in quarter one, so that got an honorable mention.

For quarter two, I decided that my extra goal was going to be launching the side project that I've been working on for my business.

I decided to create a new course for my coach training program on coaching neurodiverse clients, and I've mentioned this again on previous episodes, and so I started the reading and research for this project in earnest in quarter two, and that I'm sure will continue into quarter three and four as I'm continuing to work on building out that course.

So, so far, a lot of pretty good progress on these annual goals.

I also find them to be really fun and interesting, which I think helps a lot in terms of making that progress, but I would love to hear how things are going with your 2024 goals now that quarter two is wrapping up and we are halfway through this year.

You can always email me at hello@drkatylinder.com.

I always love to hear from you, and as we are continuing our transition into the remaining half of the year, I am wishing you all the best with your goals.

Thank you so much for listening.

Thanks for listening to this episode of You've Got This.

You can access show notes and transcripts for each episode at drkatylinder.com/podcasts.

If you found this episode helpful, please also consider reading and/or reviewing the show through Apple Podcasts.