You're listening to You've Got This, episode 409.

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 thought I might share some of the things that I am especially grateful for as we close out 2024.

I find the end of the year to be such an incredible time for reflection, of course, and also for focusing on gratitude.

It's one of my favorite ways to think about the past.

So I like to have a gratitude practice all the time, but I think at the end of the year, looking back over the course of the year, it can be really helpful.

Now I have to admit, a year is a really long time to try to think back through all the things and all the things you might be grateful for.

And so I will share that I did pull out my calendar.

I did look at my annual goals.

I tried to jog my memory as to all of the things that I might be interested in expressing my gratitude for in this episode.

And so it's okay if you're like, "I cannot remember January, February, March, what was going on," and having to go back and look into your lists and your calendar, because I definitely had to do that too.

So here are some of the things that immediately came to mind.

And also when I did a little bit of digging that are on my 2024 gratitude list.

Now the first one is my colleagues at work.

I have a ton of just really amazing colleagues who are institutionally minded.

I learned from their leadership.

They helped me through my own leadership transition this year as I took on an interim leadership role.

And also as we're going through a chancellor transition, these have been just wonderful people to lean on.

And so I just feel like I have a wealth of wonderful colleagues in my job.

The second thing is just this opportunity that I had this year to take on new leadership challenges.

I am about to hit a year in this interim role at the end of 2024.

And I have just learned such an incredible amount during that time.

And this is a role that I took on in an area that I didn't know very much about.

And I have had such graceful colleagues and people who report to me and people who are in the division, who've really helped me to kind of learn and grow in this space.

Now I want to be clear as I have made clear to them too, I did not apply for this role to be a permanent role.

I was really just there to help out in this interim period.

And so I'll probably be in the role a little bit into 2025 as well, while we're continuing the search for a new vice chancellor.

But it was just a really wonderful and continues to be a wonderful learning experience for me as a leader.

The third area of gratitude was all of my collaborators this year.

So I did have a book co writer that I was working with as we launched the second edition of the blended course design workbook.

I have co editors that I'm working with a wonderful group of colleagues on this edited collection on coaching and higher ed.

And then also part way through the year, I started to collaborate with a web developer to work on a couple of website projects, which I will be sharing about soon.

And actually I'm going to do an episode coming up about that experience of working with a website developer in case you're interested in that.

But all of these people have just helped me in my own creativity so much.

And also it is just wonderful to share a load when you're doing creative work, when you have these people that you can trust and rely on.

And so that's been really wonderful this year.

The fourth thing that I thought of in terms of my gratitude list was the time that I've had to pursue creative projects.

And in particular, what stands out to me this year is my summer writing time and the opportunity I had to really do a deep dive on project management by design, which is a new series of trainings that I'm launching in 2025.

And being able to just immerse myself in that over the couple of weeks that I took off from work in the summer, it felt so incredibly amazing.

And it just stands out to me as just one of the more creative periods of this year for me.

The fifth thing that I thought of that I'm grateful for this year is getting to see family at different points of the year.

We had people who came to Denver.

And then of course, as I recently talked about on the show, we traveled to see some folks as well over the Thanksgiving holiday.

And we just love having people visit town.

We love going to see our family members, and we certainly don't do it probably as much as we might want to.

And so that was really wonderful to share.

I also had some really important opportunities for learning this year.

I mentioned that leadership learning, but also the deep dive that I did this year on neurodiversity, which resulted in a new course for my coach training program.

And I'll link my initial reading list in the show notes.

I had kind of this neurodiversity reading list that I started with.

And this was something that really expanded my knowledge in an area that I just didn't know very much about.

And I feel like I was able to do a pretty broad range of reading and podcast listening and trying to get a lot of different perspectives on this.

And just taking the opportunity to do that is something that I'm really grateful for this year.

The seventh area of gratitude is my health.

So one of my annual goals was to go back to the dentist this year.

So that was definitely part of my health.

And also I started the year really strong with movement practices.

And then I took a break in the middle because I got that illness that I talked about, um, briefly on the podcast, which was very disruptive for a couple of months.

And then I had to get back to kind of regular routines.

I got back to running again, which has been really fun, but there is nothing like a dip in your health to make you grateful for the health that you have.

And I definitely experienced that this year and, um, just continue to be really, um, thankful that I have health insurance, that I have good doctors that were able to take care of me.

Um, and also that I'm pretty much back to kind of my regular routines and that feels really great.

The next thing that I am grateful for is the prolific community members.

Now prolific is my online community that's focused on meaningful productivity.

I don't even know how many people are in there right now.

Probably like somewhere between like 150 and 175 people I think are in the prolific community.

And I meet with these folks every week for planning sessions and also guided meditation.

We do monthly planning sessions.

We do creative retreats and readathons and all kinds of different things.

And I'm actually really excited this next year.

I'm launching new quarterly planning retreats that we're going to add to prolific in 2025.

And I went in and counted and we have over 125 live events a year in that community and it is less than a hundred dollars for the annual membership.

So if you are looking for a space that supports meaningful productivity with a bunch of just true kindred spirits in higher ed that are trying to live values led lives that are trying to be meaningful in their to do lists, I think it's actually quite the deal.

So I'm going to link to this in the show notes.

If you want to join in, you can join anytime.

But if 2025 is the year you want to join prolific, it is a really wonderful community of folks.

And I love, um, continuing to meet with them regularly.

The next thing that I'm grateful for of course, is my clients, my new clients, my, um, more seasoned or older clients that I've been working with for a long time.

And I love working with clients that I've known for many, many years and also getting to know new clients that I've just started to work with over this last year.

And my clients right now are usually in one-on-one coaching or they're part of the coach training or this little hustle program that I run.

And I get so much energy from working with folks around the world.

And I've got a lot of people in the U S kind of spread out, but I do have clients in, um, Copenhagen and Ireland and Australia.

And it's just really, really fun to find the people who find me, um, and to connect with them and to serve them through, through my coaching practice.

So I really enjoy that.

The next thing that I'm really grateful for will surprise absolutely no one who listens to this show on a regular basis.

And that is the practice of reading, which for me continues to be one of the best rest and recovery activities that I have.

And I am just so grateful for all the books that I was able to read this year.

Um, I will link to Goodreads in the show notes if you want to follow me there and see what I'm reading in real time.

I also of course have the YouTube channel where I talk about reading on a regular basis.

Um, but this is a practice that, um, it just gives so much back to me and it's so simple and I just love it so much.

Another thing from this year that I am super grateful for is getting back to my journaling practice, which I took like a year away from, and I can't even remember why I just fell off of it and came back to it.

And it has been an incredible support for me this year.

I love taking the time to journal typically in the morning and sometimes even twice a day.

And I love reflective practices just generally and journaling has just been a really wonderful thing for me.

Now, before I start to close out this gratitude list, I of course would be remiss if I did not talk about how grateful I am for each of you for listening to the show for hanging in there with me over for some of you, I would guess many years of the podcast.

And I hear from some of you every once in a while who say, you know, I binge this on my ride into work, or you talk about a topic that I was also just like thinking about the other day and those kinds of connections, um, when folks from the listening audience reach out are just really special to me.

So I'm of course grateful for all of you who continue to listen to the show.

And then the last, uh, gratitude thing on my list, and I know I'm not capturing everything, but these are just the ones that were kind of really top of mind for me is of course, uh, my partner and my partner and I actually recently just celebrated our 20 year wedding anniversary.

Um, which means I have been with this person for over half my life at this point.

And we were together before we got married for about a year, maybe a little bit less.

And I don't know if I've ever shared on the podcast, but this is a person that literally after like a month of dating, we got engaged.

Uh, we just kind of knew.

And I, this is my partner is just one of the kindest, most generous and certainly incredibly supportive of me and all of my crazy ideas.

And I just could not ask for a better person, um, to share my life with, and also just to share this year with, which was full of all kinds of just ups and downs and good things and challenges.

And he just continues to be such a rock for me.

So of course I would love to hear what and who is on your gratitude list for 2024.

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

I always love to hear from you.

Thanks for listening.

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