You're listening to You've Got This, episode 435.

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 wanted to offer some reflective questions as we come to the halfway point

of 2025 and this is a great time to pause and reflect on a few different areas.

So what I'm going to focus on in this episode is first, taking stock of what's working

well or not at the halfway point of the year.

Second, how to recenter on values and priorities.

The third area is honoring your energy and capacity and then fourth is looking ahead

to the second half of the year.

So for each of these four areas, I'm going to offer some reflective questions that I

have found helpful and hopefully you'll find them helpful as well.

And I'm also going to check in about some of my responses to these questions as well.

So the first area is kind of getting clarity, taking stock, you know, what's working, what's

not working.

And the first question is just what is working well right now for you in this first half

of the year.

And when I thought about this, I thought about how I've adjusted my movement practices as

part of this like hip injury thing that I've been working on, which is going very well,

by the way, and I'm seeing a lot of really good progress and I'm happy about that.

But that's been working well because I've been like very consistent with plugging away

and I've had great accountability of working with a physical therapist and like that's

been going very well.

I'm also seeing some pretty good progress across four of the five areas of my annual

side quests.

And I'll talk about that a little bit more in a second.

But those things feel like I've kind of like prioritize the right things and I feel good

about that.

And the second question is where am I experiencing friction or resistance?

Now when I thought about this question, I thought, I feel like I'm having some time capacity

limits with certain areas where I'd like to spend more time.

So this would include like my yoga therapy training.

I've got some writing projects kind of waiting in the wings.

I've got a new product that I wanted to design for my business.

That was one of my side quests for this year.

And I feel like I need to think about like, how do I want to carve out more time in the

second half of the year?

Now it's possible that some things will kind of just free up in terms of my brain space

because I am transitioning out of one of my leadership positions that was interim.

And so I have some hope that that is going to kind of offer me some like just mental

margin as I'm heading out into the second half of the year.

The third question in this area of taking stock is what goals or intentions did I set

at the beginning of the year and which ones still matter?

Now this year, as you may remember, I organized around those five side quests and I would

say I'm feeling really good about like the YouTube channel, which as I record this, this

week I'm posting my 23rd video.

So it's been like, you know, consistently posting to that, which has felt really good.

I had a business logistics side quest, which I've also been able to kind of check a lot

of things off of that list.

I had my subscription side quest, which I have loved.

That has been so fun to do this year.

And even my running side quest, since I'm like making progress on this hip injury that

I have, um, that's feeling good too.

Like I feel like I actually made quite a bit of progress for that in the first quarter

of the year, more so than I thought I would.

So um, now there's a side quest that I haven't made much progress on, which is this new product

that I want to create.

And I'd like to turn more attention to that maybe this summer, but I feel like, you know,

the, the structure that I created for myself around some of those goals and intentions

in that side quest model has worked pretty well for me.

And then the fourth question in this taking stock area is what have I learned about myself

in the past six months that I want to kind of carry forward into the remainder of the

year.

And there's a few things that kind of immediately came to mind for me.

One was accountability for new routines really works well for me right now.

So especially with my physical therapy, that was something like having weekly sessions,

you know, figuring out what was going to work for this next week.

That that was a really good structure for me.

I also have really learned that I have a lot of agency in choosing a different mindset

when I'm experiencing challenging things.

And I would say, you know, this is definitely something, you know, looking at the first

part of 2025, I think all of us have experienced a lot of different challenges.

It's been kind of a turbulent year and really trying to frame what is the mindset I want

to have and how do I want to react to things that are happening around me has been very

powerful for me.

I've also learned the depth of which I care about convening and supporting teams this

year, because that has been something that's been going on for a while in my job.

But like it became very, very clear to me this year, how much that mattered to the work

that I've been doing.

And I would also say that in the first six months of the year, I just got more committed

to my professional values and thinking about how I want to live those out.

Just given some reflections I've done as I've been like wrapping up the center room role.

So those are all things that have been kind of on my mind, lessons learned.

Now, the second area of reflection is re-centering on values and kind of having the sense of

alignment.

And so the first question is, are my daily actions aligned with what I say I value?

Now this is something that I actually check in with myself about quite a bit.

I have a list of my values.

I think about the actions I'm taking related to those values.

And for the most part, I feel like I can say, yes, my actions are aligned with the things

that I kind of value and care about.

I've got some good routines in place.

I think I'm focusing on the right things.

I feel like there's some light recalibration to do in some of my priorities for the second

half of the year.

But in general, I feel like this is pretty aligned.

The second reflective question is, what have I said yes to that now I wish I had not?

Now when I got to thinking about this, I actually, it was hard for me to like put my finger on

any one thing, but I can say that I feel slightly overwhelmed with everything that I have going

on.

And that's kind of a normal feeling for me because I just have a lot of irons in the

fire at any given time with lots of different projects and things that I'm working on.

So I feel like all the things I do have going on are in alignment with my values.

So that is feeling okay.

I do want to kind of think about again, that recalibration for the second half of the year

and what that might look like for me to create a little more margin.

The third reflective question is where have I made progress that I haven't taken the time

to celebrate?

Now I feel like we're all not great at celebrating things.

We just kind of move on to the next thing.

So I'm really happy with my progress.

This is kind of a funny one on incorporating more TV and movies into my life this year.

My subscription side quest has brought me a lot of joy.

I have just really enjoyed trying out all these different kinds of things on our streaming

services.

And really part of what I think I've really appreciated about it is it's allowed me to

have a different kind of rest that I think I sensed that I needed when I created that

subscription side quest goal in the first place.

So I want to celebrate that.

I mean, it seems kind of like a silly thing to celebrate, but for somebody who struggles

with rest and I am one of those people, this is a great way to build that in for myself.

And then the fourth question in this area of alignment is what do I want to be known

for at the end of this year?

And I've been thinking about this recently just because of this feeling of like slight

overwhelm. And I think I want to be known as someone who's able to continue to juggle,

you know, all the things while also maintaining a sense of balance and self compassion.

So recognizing that, you know, I'm not always going to get things perfect or I'm going to

need to rest or I'm going to need to create some margin for myself as I continue throughout

the rest of the year.

Now, the third area of reflective questions is on honoring energy and capacity.

So the first question is what is fueling me right now?

And when I think about this, I'm really fueled by my reading.

This is something that has always been true for me.

It allows me to have kind of my introvert time, you know, that I need to kind of refuel.

And also I would say I'm fueled by some of my more other consistent routines that are

helping things feel more stable in the midst of just a lot of uncertainty in the world.

And so grounding in my values, you know, checking in with myself through journaling, keeping

up my movement practices, you know, all of these things have felt really helpful.

The other thing I would say that's really fueling me right now is my client work in coaching

and other programs.

I launched, you know, a project management program this year.

I launched a couple new courses this year, and it's been really energizing for me to

just go through those programs with people and experience, you know, kind of facilitating

those conversations in a slightly different way.

And so I'm actually trying to create more space for that, you know, where I can, because

it is something that's really fueling me.

Now, of course, the next question is what is draining me.

And you know, I would say that I've had a lot of change at work.

I've had two new bosses.

I'm leaving behind the Center Room leadership role.

I'm launching, you know, there's new initiatives that we're doing at work.

And it's all fine, but it just feels like a lot all at once.

And I don't think I'm the only one, you know, I think I'm actually supporting a lot of other

people around me who are also struggling with like a lot of change that's happening.

And there is such a thing as change fatigue.

And I think, you know, some of us are really feeling that.

So that's feeling a little bit draining right now.

The third question is, where am I pushing through and what might it look like to pause

or reset?

And I feel like this is such a good question.

There are definitely some areas that I feel like I'm pushing through with my content since

I don't have a lot of extra time or energy to give it at the moment.

And that's one of my like creative practices and routines that I keep up even when I'm

feeling like a little bit low energy in that area.

And so I'd like to take kind of my normal restful July break, which I always do and see

how I feel after that because it is kind of normal for me this this time of year to start

to feel a little bit fatigued.

And so that's why I've kind of done that in July.

For the past several years, I kind of take this break from my content creation and kind

of get re reset and rebooted before I go into the rest of the calendar year.

And then the fourth question in this area is what kind of support do I need that I haven't

asked for?

And when I thought about this, I actually have been leaning into my partner much more

this year than usual.

I think there's just been a heavy load that I've been carrying in a couple different areas.

And he's just been incredibly supportive.

And I expect that that'll just continue as I'm moving forward throughout the rest of

the year.

Now, the final area of reflective questions is looking ahead.

So the second half of the year, first question is what do I want more of in the next six

months?

Now, I definitely want to be keeping up with my movement practices.

I had to take like a two month break from even like longer walks because of this injury

that I had.

And I'm back, you know, to doing 10,000 steps a day, which is feeling really good.

I want to keep that up.

I also want to give more time to my yoga therapy training, which I've had to kind of come in

and out of.

I don't feel like I've been very consistent with it.

And I'm excited to get back to that in a more consistent way.

And then the other thing I was just thinking about is I would like more time to just like

regulate my nervous system, which I just feel like I'm kind of go, go, going a lot of the

time.

I have a lot of margin built in to just kind of like rest and, you know, really give myself

a chance to reset a little bit.

So that's something I definitely want to see if I can build in more and the rest of the

year.

The second question in this area is what can I let go of?

Whether that's an obligation, an expectation for myself, an internal narrative, you know,

like what can I let go of?

And one of the things that immediately came to mind for me is I have a few different writing

projects that I'm considering right now.

And I'm going to try and choose one to move forward rather than trying to move all of

them forward at the same time.

Now, you know, me in the past has done all of them at the same time, but this is one

area where I feel like I can kind of slow myself down and be a little bit more measured

in my approach.

The third question in this area is what is one bold or meaningful experiment that I want

to try before the year ends?

Now this has been a year of experimentation in a lot of ways.

I would say the YouTube channel is a really good example of that.

But what I decided to respond to for this particular question is reading more magazines

because I think it's just fun.

And I've subscribed to some new magazines recently.

I will also link to a blog post that I wrote not too long ago about what I called entering

into my magazine era, because I think that there's just so many interesting things out

there and it's, it's a surprisingly robust medium.

I would have thought magazines might have died out.

You know, by this point you can get them digitally, but you can also get them delivered, you know,

physically.

And this is something that I'm just kind of excited to play around with a little bit.

And then the final question in this particular section about kind of looking ahead is if

I imagined myself in December, what would I be proud to say that I had focused on?

And I think that I really want to just end the year better than where I started in terms

of project progress, in terms of my own mental and physical health.

And also I would love to have a clear sense of my priorities for 2026, which even though

it feels kind of early in the year to be kind of thinking about next year, this is around

the time that I start to kind of like turn my attention a little bit to like, what are

the major things I want to focus on in the year ahead?

Because some of it needs some dedicated planning time.

So I do like to think about that.

And I would love to kind of be in December in a place where I really feel like I know

what those priorities are.

So of course, I would love to hear where you are sitting at this midpoint of the year in

response to these questions.

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

As you know, I always do love to hear from you.

Thanks for listening.

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