You're listening to You've Got This, episode 437.

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 would offer an update about my annual side quests that I

started this year because it is about halfway through the year and it's a great time to

update on how things are going, what's working, what's maybe not working so well, and also

I have some maintenance goals and TBD goals that kind of came onto my plate throughout

the year.

So now that we're at the halfway point, I want to check in about how each of these side

quests are going.

Now the first side quest is the YouTube side quest, which you've heard me talk about throughout

this year.

I have this new channel called Workflow where I'm publishing weekly videos that translate

project management tools and approaches into higher education contexts.

So this is tied to my PM by Design trainings that I launched this year.

And also I have a blog where I'm doing an A to Z guide of all of these different project

management tools and approaches, which I will link to in the show notes if you want to take

a look.

In quarter one, this was all about the launch.

I was trying to just get into a habit of producing regular videos, creating a shooting and posting

schedule, growing followers for the channel, you know, all of those kinds of things.

And the main thing I would say for quarter two was just consistency.

So I wanted to produce a video every week and I have done that.

And that feels like a massive win given the fact that there's so much else going on in

the world, going on in my life, my work life.

This has been a really important thing for me to be able to prioritize this year.

So I'm really thrilled with that.

Right now, as I record this, I think there's a little bit over 190 people who have subscribed

to the channel, which is great.

I'm thrilled to see people hopefully finding this material to be helpful.

And one of the stretch goals that I had for this year was to also kind of in this area,

post on LinkedIn and start to kind of promote these videos to the people that I'm connected

with there.

And I have also been doing that every week of the year.

Now kind of a fun thing that has also happened tied to this side quest.

And this was certainly not a goal that was tied to it, but I had someone reach out not

too long ago and they wanted me to do a speaking engagement around the topic of project management,

which was like a very cool thing that I was not necessarily anticipating coming from this.

And for those of you who've been around for a while, you may remember that I started my

business with like speaking, keynoting workshops, you know, all those kinds of things.

And it's something I've done a lot in my past, but haven't done it very recently.

So that was a cool opportunity that I'm going to be looking into.

And I'm excited to see where that may go.

The second side quest I had was around business logistics.

And this is also one that I kind of front loaded in quarter one.

I focused on things like learning more about MailChimp, which is my email marketing platform.

I reviewed and adjusted some of my business expenses, but I need to do a deeper dive on

that a little bit later this year.

And I started to kind of think about my standard operating procedures and I'd made a lot of

changes around like reorganizing some things on my website and also thinking about different

kinds of technologies and tools that I wanted to be using for things that I hadn't kind

of checked in on in a long time.

Now what is still on my plate for the rest of the year with this is to continue to grow

my weekly and monthly mailing lists, which is just an ongoing thing that I'm doing.

And then I'm continuing to host new quarterly retreats and prolific, which is my online

community that's kind of around meaningful productivity.

And the first two are done.

I hosted the quarter one retreat at the end of March and then the quarter two retreat

at the end of June.

So that was very exciting.

And then lastly, I've been hosting these new monthly ask me anything sessions and the first

six are done.

So in quarter one, I had sessions on goal setting, radical self trust and movement practices.

And then in the second quarter of the year, they had a topics like mental health, creativity,

and project management.

Now if you like completely missed out on this and you have no idea what I'm talking about,

you can go to my website.

I will link it in the show notes and you can sign up for these AMA sessions.

And basically signing up does not mean that you have to come live.

You just get access to all of the recordings.

So you're welcome to send me questions about any of the upcoming topics, or you can just

view the recordings of past sessions if you want to hear me talk about any of these things.

So I feel like the business logistics side quest, the main thing that's coming up that

I really want to get done, um, during this kind of like upcoming vacation time I have

is the business expenses.

And that's actually something I want to kind of sit down with my partner and do together.

So I think that's something we can devote time to.

All right.

The next side quest was the new product side quest.

Now you've heard me mention this a couple of times, basically to say, I'm not making

much progress on this right now.

And what happened in quarter one is that when I started to dive into it, I thought it was

one thing and ended up being three things.

And I think honestly that intimidated me a little bit.

Cause I just thought, Oh man, that's going to take a lot of time.

So I have not yet done a lot of the production of what I need to do to get this product off

the ground.

I'm going to play with it a little bit during my vacation and just see how far I can get

in terms of, um, this involves like video scripts and things like that.

So I'm going to try to kind of like play with that a bit and see if I can make some progress

and see what that looks like.

This is a side quest though, that if I can't make a decent amount of progress in my, my

summer vacation, I'm not sure I'm going to be able to do it this year.

Like there's just so much involved in it.

Um, so I need to give that some thought and decide if this is a side quest that maybe

is going to move into 2026.

My fourth side quest this year was around running and I wanted to do more running this

year.

I in quarter one ran a consecutive mile, completed a 16 week run walk plan.

I did like a Peloton 5k plan.

I ran a 5k, which was super fun.

And then I started to up my speed. Um, cause one of my goals was to run a mile in under

10 minutes.

Speed unfortunately was not my friend and I ended up injuring my hip, like a tendon

in my hip.

And so I've been in physical therapy.

It is so much better.

I mean, if you can imagine, I was like literally limping around in pain and I, I should have

gotten it taken care of sooner than I did.

But finally went in at the physical therapy has been amazing.

It's really been helpful, but if you know anything about tendon injuries, they can take

a long time to heal.

So I have not been running.

I have been walking.

I just got back to walking.

I can also now walk on an incline, which has been great.

I can do biking, but I can't really do running yet.

And I probably will not be able to do running again until like August based on what I think

is happening with the progress for this.

So my plan is actually to not run a mile in under 10 minutes.

My plan is to run a mile before the end of the calendar year.

So basically to get back to, um, and actually I should say run a mile by the end of the

calendar year and not have to have pain associated with it.

Um, so I would like to basically get back to running where I feel healthy about it.

And I feel like I'm, I'm able to do it without kind of like stressing this part of my body

that's been, um, injured.

So I am taking that very seriously.

And um, I love running.

I actually find it really fun and I've loved the classes and like slowly working toward

like mileage.

I don't think working towards speed is something that I'm going to be focused on in the future

because I actually don't really care about that.

I care about the time that I'm on my feet.

So more to come about that, especially at the end of quarter three, I'll be able to

update you on what that looked like.

All right.

Then the last side quest that I had for this year was what I called my subscription side

quest.

Now my partner and I have kind of an embarrassing number of media subscriptions.

There are a ton.

We have everything from the typical ones, which I would say like Netflix is a good example

of that.

But we also have, you know, Brit box.

We have apple plus Disney plus HBO max, you know, like all these different ones.

And then I also have subscriptions for things like books.

I use the ever end app, which is a way that I can get audio books.

I have Kindle unlimited.

I'm engaging in net galley, which is a way of getting advanced readers, copies of things.

And I have audible and audible premium that I have access to.

So one of my goals this year was basically to use all of these things every month for

a couple of reasons.

One was just to ensure I'm actually using the stuff that we are purchasing, which I

will say my partner is also a pretty heavy user.

So I don't feel super guilty about this, but I just had not watched TV and movies in a

really long time.

And so I was also thinking this would be kind of fun.

The second reason is I wanted to actually see if there are particular streaming platforms

that I like more than others.

Like are there some that I find a ton of things that I want to watch and engage with and others

that I'm like having a hard time finding things.

And actually that has started to become more apparent to me that there are some of these

platforms that it's like really easy to find things.

And then there's other platforms where I'm like digging around and seeing what I might

want to watch.

Now what has been really cool about this side quest is I have found so many interesting shows

that I just don't think I would have found otherwise.

And some of them are just so lovely.

And I've been updating on this in my blog, so I will link to the couple of posts where

I've talked about some of my favorites that I've been watching.

But I will say one that didn't make the most recent blog post, because I just started watching

it is a show called Heartstopper on Netflix.

And this will probably be something I talk about in my quarter three update, even though

it's coming in at the fairy tale end of quarter two, but I just want people to help myself.

This is an adaptation of a graphic novel series, and it is so right on.

It's probably the best adaptation I've ever seen ever of anything from print into a film

or TV series.

And it's really, really wonderful.

So I will talk about it more in an upcoming blog post, but I've also really enjoyed several

different like TV shows and movies that are again, like things I wouldn't necessarily

have seen.

And this is offering me a great opportunity to just like relax in front of the TV on the

couch on those, you know, evenings usually where I'm just tired and I want to kind of

just take in something and have a little bit of relaxation and enjoy these different media.

So this has been, I think, more fun than I thought it would be to have something that

at the end of the day, I can just kind of like sink into the couch and watch.

I'm loving this particular side quest, and it may be something that I have to continue

in the future.

Okay.

So for this setup, I also had quarterly TBD goals, and these are basically goals that

came up in different parts of the year that I wasn't anticipating.

So in quarter one, I had as my kind of TBD goal, all of the launches.

I don't think I realized just how many things I was launching in quarter one.

And the runner up for that was securing a book contract for the edited collection that

I'm working on with my co-editors on coaching and higher education.

For quarter two, the goal that I did not see coming and then I wasn't anticipating is starting

a yoga therapy training program to deepen my yoga practice.

That was not on my roadmap for this year, but I think it's going to be something really

important and I was really excited to start that.

And then lastly, I've got some annual maintenance goals.

So these are things that I'm kind of doing in the background that are really important

goals for me and aligned with my values, but they're not necessarily tied to a side quest.

So the first one is to continue to pay off our current mortgage amount.

And I wanted to pay off 35%.

And so far we are ahead of schedule on this goal.

I'm really pleased with that.

And I'm so glad that we've made the progress we've made.

I also wanted to read over 300 books throughout the year and including a list of my 25 for

2025 books.

And I would say this is on track and I'm probably about halfway through, if not a little bit

further than that list of 25 books.

I can link to that in the show notes because I did put it on the blog.

If you're interested in knowing what were some of the books that I prioritized for this

year.

I also wanted to keep up on my YouTube videos for my original YouTube channel on books and

reading.

And I have done that every month.

I always post a video on what I want to read each month and then a video on what I actually

read.

And I talk a little bit about each book that I read and what I liked about it, or if I

would recommend it, I can link to that YouTube channel in the show notes.

If you want to take a look, I also had a goal of logging at 20,000 minutes in the Peloton

app by the end of the year.

And this is also on track at the halfway point of the year.

I have logged over 10,000 minutes, even with taking a couple months off of like physical

activity.

I will tell you, I did a lot of meditation during that period of time in the Peloton

app.

So I'm still really on track to get those 20,000 minutes by the end of the year, which

feels great.

I also had a goal of achieving 2000 coaching experience hours by the end of this year.

I started the year at about 1800 hours.

So at the halfway point of the year, I've pretty much crossed the halfway point for

this.

So that's looking really good.

And then lastly, I wanted to maintain my daily journaling practice, which I had kind of fallen

off of last year and then I got back to.

And so far I have journaled every day this year.

I also have a five year journal that I keep up with on a daily basis.

And recently I added another journal.

I know it sounds a little bit nutty, um, to track some of my stuff with yoga.

And I wanted to make sure that I was really staying accountable to that yoga study and

that yoga practice.

So I have a specific journal where all I really check in with myself about is kind of how

that yoga practice is going.

Um, and it's a great reminder that you can have project specific journals, which I'm pretty

sure I've talked about on the podcast before or the blog.

And I'll go ahead and track that down and link it in the show notes.

If you want to hear how I do that.

So so far I've got a lot of side quests that are going just fine.

I've got one side quest that's pretty stalled that I need to figure out what I'm going to

do with it, but I'm really pleased with how I structured this this year.

And it really gave me the opportunity to deep dive in a few areas that have felt really

good.

So of course I would love to hear how things are going with any of your annual goals or

side quests that you might be working on.

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

I always love to hear from you.

Thanks for listening.

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