You're listening to You've Got This, episode 351. 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 want to share an update on my annual goals.

Now it is that time as we are wrapping up the third quarter of the year, which I mean, every time we get to one of these kind of debriefs, I'm shocked at like how quickly the year is going by. Um, but we have a quarter of the year remaining, we are 75 percent of the way through. And so I thought it would be a great time to kind of check in on my goals and let you know how things are going and what I'm really trying to give my time and attention to as we close out 2023.

So, um, similar to previous years, just as a reminder, I did draft a shorthand list of my goals that I call my 23 goals for 2023. And what I ended up doing, and I did this last year as well, it worked out really well, is I left four slots empty for goals that I plan to add in each quarter of the year. And, um, so now that we're kind of wrapping up this third quarter, I'm going to let you know how things are going.

I have also, um, Um, I've done like a debrief of this on my blog and there's some things that are linked there that I'm not going to link in the show notes, but I am going to link that blog post. So, um, you'll, you'll hear in a bit, like what are some of the things I'm linking in that blog post in case you want to check them out.

Um, but let me go ahead and break down these goals. So I had a ton of reading related goals and this is something that I often talk about on my YouTube channel where I'm debriefing what I'm reading throughout the year. The first goal that I had was to read 300 plus books throughout the year, and this is on track because I crossed over about 275 books in quarter three, so I'm about 60 books ahead of schedule.

And um, I am gonna link my Goodreads profile, um, if you want to connect with me there. That's where I'm always sharing what I'm reading in real time. So if you want to, um, kind of have the latest updates on what I'm reading, you can always connect with me on Goodreads. Um, I also had set a goal to read at least 23 books each month in 2023.

I have been able to do that, in part because I've had just such a high volume of reading this year. Um, you'll note that 23 times 12 months is less than 300 books, so this is really more about just consistency across the months and trying to hit a certain number, um, in every month of my reading. I continued on from last year what I call my alphabet reading challenge, which is to choose a random letter from the alphabet and then pick five books from my Kindle that start with that letter.

And this is really to encourage me to read the backlist of books that I have sitting on my Kindle, which I refuse to be embarrassed by the amount, but let's just say it's very high. I have a lot of books on my Kindle. And so this is a challenge that I love because it helps me to dig back into that list.

And, um, so far I have been able to complete this challenge in each of the first nine months of the year. I had also set for myself this year a challenge, it was kind of a self designed challenge, uh, about Book of the Month, and the different books on this Book of the Month Club list. Now, I am not a Book of the Month Club subscriber, but they do publish their list of, of all the books that are on this Book of the Month Club list, and I'm going to link to that in the show notes in case you want to check it out.

And so I've just pulled, you know, I wanted to read at least 24 books from this list in 2023, so a couple a month. And this year I actually have finished this so far. So in quarter three, I hit 24 books that were from the book of the month list. And I'm planning on reading actually more books from this list just because I've really enjoyed it.

And, um, I have found the reading to be, it's usually very popular fiction and fiction that a lot of people are talking about. So it's nice to kind of catch up on some of that. Okay, then I also wanted to complete or get current on 23 book series throughout the year. I am a huge series reader. I have talked about this on previous podcast episodes, and I actually checked this off in quarter three.

So I've caught up or completed 25 series so far this year. And this is one of those things that I'm not going to link in the show notes, but I will link in the blog post. So if you are interested in these series that I've been reading, it is a mix of usually like mystery. Romance, there's some YA in there, um, and there's a little bit of sci fi as well, and kind of fantasy books.

Um, also I, I included, of course, some of my other goals of series that I've been trying to complete this year, um, which I will get to next, because I was able to check some of those off my list as well. So, if you want to check that out in the blog post, I'll link it in the show notes. I also wanted to read specifically three series.

One of them is Patricia Cornwell's entire Kay Scarpetta series. This is a series of about 26 books that has um, a medical examiner as the main character. It's a mystery series and I am officially at the halfway point of this series. I have read 13 of the 26 and I am on schedule because I have put together a schedule of what I have to read the rest of the year to, to get through this.

So I'm, I'm currently on schedule with that. I also had wanted to read Brandon Sanderson's Stormlight Archive series. You heard me talk about this in my summer bucket list in my debrief. Um, I did finish that in August, so um, it's really exciting that that is done. And then I also wanted to read L. M.

Montgomery's Anne of Green Gables series. This is one that I had read like the first few books in this series. But I had not read all of the books in the series, and so I actually was able to wrap this up in September, um, and I just found this series to be so lovely. It was really fun to read through the end of it, since I had, uh, not encountered some of these books in the past.

Okay, and the last reading goal was to keep up with posting at least a couple videos per month to my YouTube channel. related to books and reading. And I have been able to do this thus far in the first nine months of the year. I typically post a video of what I am hoping to read and then I post a debrief video of what I actually read each month.

So if you want to check those out, I will link them in the show notes. Okay, the next category of my goals were goals that support my wellness and health. And so I had as one of these goals to practice what I call intuitive exercise. And this is basically just to listen to my body and, and like do what it wants to do.

So I try to have quite a bit of variety that I can, I can include in my movement practice. And I definitely got into more of a groove with this at the end of quarter one and have been able to keep up with it for for up until now. Um, and this is mostly as I've mentioned on previous episodes, walking, biking, yoga.

And I had set the summer goal of 6, 000 minutes on my Peloton app, which I was able to accomplish. So I'm trying to achieve 20, 000 minutes before the end of the calendar year on that app as well. Under this goal about wellness and health, I also had take a week of vacation off from work at least one week, and I did this in late March, and then I also took a two week period off in June and early July, which I have talked about on a couple different episodes.

I had not taken that amount of time off work in I don't know how long, and it was wonderful and very rejuvenating, and I understand why everybody does this, so I'm excited to continue to build that into my annual schedule, and then I also wanted to get a massage. This is one of my annual goals, and I did this in late September, and it was really wonderful, and this is something I'm actually hoping to do on a much more regular basis now.

I may try out a couple different places in town, but getting this kind of like Checked off my list, felt really good. Okay, then I have some goals in my own professional and personal development. And one of these was to listen to at least five podcast episodes each month. Now, in quarter two, I had talked about falling behind on this goal.

And I caught up in quarter three. And part of how I did that was I found some fun and kind of short book review podcasts that are kind of daily shows that made this goal a little bit easier to squeeze into my schedule. Um, but I am just not listening to podcasts as much now that I am doing so much audiobook listening.

And so, um, this is an area where I want to continue to kind of stay in the loop about kind of like what are some good podcasts that I need to be listening to. So, um, I'm gonna keep thinking about that and how I can continue to build this into my schedule. Now I also have kind of a secret goal that is to celebrate turning 40 in a way that's meaningful to me because I turn 40 a little bit later this year.

And the project that I'm working on for this personal celebration continued to make great progress in quarter three. I am definitely on track to wrap it up, um, in the latter part of this year and I'm planning to share about this more in quarter four. So keep, uh, an eye out for that. And then the last goal I had in this particular category of professional and personal development, Was to journal through the questions in Debbie Millman's, The Remarkable Life Deck.

Um, the subtitle for this is a 10 year plan for achieving your dreams. And I started this journaling in quarter two. Um, and as we get closer to 2024 and I'm starting to think about my goals for this next year, I'm definitely looking forward to doing more journaling, um, from this particular deck. Okay.

Then I had some miscellaneous goals. So the first goal under the miscellaneous was to pay off 20 percent of our current mortgage balance. And I have to admit that in September, I got a little bit impatient with this, and I talked with my partner, and I was like, Can I just pay this off based on, like, some savings that we've accumulated?

Because, like, doing this kind of, like, monthly, you know, payment, when we can just, like, pay it and, and check this goal off my list. Like I was really feeling kind of impatient about kind of getting this done. So that's what I did. I took a chunk of our savings and paid the remaining amount that we would need to get to 20 percent of our current mortgage balance, which led to a really exciting milestone, which I'll talk about in just a minute.

Also in this miscellaneous category is to watch the entire Dawson's Creek television series. I watched a few additional episodes in quarter three, but I am like woefully behind in terms of getting this done. And so I am trying to figure out how I'm going to build this into my schedule on a more consistent basis.

I am looking forward to actually, I have to get my updated vaccine shot. And so I'm trying to clear a weekend just to kind of, um, let myself recover from that. And I'm planning to do some Dawson's Creek binging over that weekend if I can. This is also kind of the same deal for the X Men movies that I said I wanted to watch.

We have done three movies of the 13. I had did not make progress on this in quarter three, and so I am just like, uh, needing to pick up the pace. So I'm also kind of figuring out how can I Do like one of these each weekend or something like that for the rest of the year, so I'm, I'm kind of making a plan of how I can build this into my schedule.

And then the last thing in this miscellaneous category was to listen to every Taylor Swift song and album order. And I've listened to the first two. I did not listen to more in quarter two and quarter three. All of the stuff that's like media related is just not... sticking in terms of like making its way into my schedule, so I will keep working on this.

It also doesn't help that Taylor Swift keeps putting out more albums, so I keep, my list keeps growing in terms of what I have to listen to, um, but I do find this very enjoyable, so I'm looking forward to making more progress on that in the final quarter of the year. And then as I mentioned, I think at the top of the episode, I also had four slots for just kind of open goals that came up throughout the year.

So the first slot in quarter one went to, um, applying for and receiving approval for a level one coach training accreditation with ICF. I had originally been a level two program, but the level one program, Bridges the, um, credentialing process a lot easier for the people who come through, uh, my coach training program.

I won't go into all the details as to why, but just to say this was something really helpful for people in my, um, coach training program. And so I got the application completed and submitted and then it was approved in the quarter two of this year. And then my quarter two goal was to transition into new job responsibilities.

So I have talked about on the show that I took on some new responsibilities at work. I inherited a new team and, um, adjusted my title and I have some new responsibilities. So this was something that I hadn't really expected. It's the perfect. reason why I have these kinds of open slots to add goals in throughout the year.

And then the quarter three goal that I am adding in for this quarter is that we officially paid off one third of our total mortgage by achieving that 20 percent goal of what we were hoping to do from this this past year. So we've been chipping away at this for a couple of years now, ever since we moved to Denver and purchased our home here.

And we've been making pretty, what I would call them aggressive, uh, extra mortgage payments. This is something that we're really committed to, to paying off this mortgage. And, um, this equates to slightly more than 10 years of fewer payments because we have a 30 year loan. So as you can imagine, it saves us a lot of interest over time.

And it was really exciting to kind of hit this milestone. I'm really proud of our progress on this particular goal, and I'm looking forward to seeing how quickly we can pay off the total. So this will probably show up on my annual goals for next year as well. Okay, so that's the rundown of how things are going with my annual goals in 2023, and of course I'm always curious how your 2023 goals are progressing so far and what you're trying to accomplish, what you're adjusting, and what you're, you know, really pushing on to get done before the end of this calendar year.

If you want to share with me, you can always email me at hello at drkatylinder. com. I always love to hear from you, and I am looking forward to updating you at the end of the year to see if I could wrap up. Some of these pesky goals that I am still trying to chip away at. So, um, I hope your goals are going well and, uh, I hope you'll take a minute and share with me about your progress.

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