You're listening to You've Got This, episode 378.

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'm going to offer some reflective questions for a quarter to reset.

Now, just last episode, I talked about my annual goals and how things are going, but I know that not everybody sets annual goals, and also sometimes it takes a while to settle into the year.

I feel like now is the perfect time as we're headed into quarter two to really ask ourselves what is working well, and what might need to change.

I have created a ton of different categories that I'm going to talk through in this episode, and I would encourage you to take a pause and see if there are any kind of resets that you want to bring into your life as we head into quarter two of 2024.

So I'm going to keep this super simple.

I'm just going to ask in each category what is working well and what might need to change and then move on to the next category and see if there are things that I want to highlight as possible resets in my own life.

So the first category that I thought of here was self-care.

And what is going well in this area for me is I found a salon that is like two blocks away from where I work that stays open past five o'clock and I can go on a regular basis now, get a haircut after work.

It is like super easy to build this into my schedule before I was going to a salon that was by my home and they had like horrible hours and I could never get in.

And this is like way more consistent.

I also found a waxing place.

I get my brows waxed on a regular basis.

one's closer to my home, but they have later evening hours.

So this feels like I have got some consistency going on with some of these self care activities and places that I can go and make appointments.

And that feels really good.

In terms of what might need to change in this area, I have been starting to question whether or not I need some kind of better skincare routine.

Now I feel like as soon as I turned 40, like I started having all of these like breakouts on my face and I feel like a teenager and I want to do better with taking care of my skin.

Now I don't really care about aging, but I will say I have some sense of vanity about like breaking out on my face and I don't wear makeup.

So this is something that I don't tend to try to cover it up.

I just kind of deal with it.

Um, and I do still mask on a pretty regular basis and I'm sure that's not helping the situation at all, but this is something I want to give a little bit of like time, attention, and thought to, um, because I have vanity and want to try to keep my face from breaking out.

So I accept any and all recommendations, by the way, if you want to email me, feel free to email me at hello@drkatyloonder.

com and tell me what's working.

Uh, if you have, uh, solutions for this, the next category is boundaries.

What I feel like is going well is I am leaving work mostly on time at the end of the day.

This is typically roughly around five o'clock.

And I'm also able to take quite a few lunchtime walks lately, which is a wonderful way for me to like break up my day, get outside, get some fresh air.

So it's feeling really good in terms of those boundaries of my time.

What might need to change in terms of these boundaries is my daily meeting count is still super high.

And this past week I ended the week and I actually had some like energy on Friday night.

And I'm like, why does this feel different?

Cause normally I get to the end of the week and I am like running on fumes.

Like I'm exhausted and that's not good.

I just want to acknowledge that's not good.

And I looked back at this past week and I realized that my daily meeting count was like seven or eight meetings a day instead of like my typical 12 to 14 meetings a day.

And so I will talk with my assistant and see if we can kind of do more of the former and less of the latter because I think that that really ends up helping my energy throughout the entire week.

Okay, next category is projects.

What is going well?

I have a couple large projects at work that have been like the entire academic year.

We've been working on these projects and they are almost wrapped up.

And this is going to feel really good to get these off my plate.

Cause there've been a lot of time invested in both of these projects.

And I think they're both going to wrap up successfully, which feels really good.

Uh, the project that might need a change is figuring out my writing project for this year.

I still have not like after the spring break week where I spent some time writing, I ended up dabbling in a few different projects.

And I feel like I really haven't narrowed down what exactly I want to be writing this year, but I do want to be writing something.

So I want to be kind of contributing to a larger project on a pretty regular basis and I feel like I need to figure out what that is.

All right, the next category is goals.

What is going well with my goals?

I would say my reading goals are going awesome and my annual goals generally are going pretty well.

After I did my quarter one check-in, that's feeling pretty good.

What might need to change is definitely goals that I have related to writing.

So like I mentioned that writing project, I'm still trying to figure out.

Also, I had a goal around journaling that I still haven't really chipped away at yet.

I want to get back to a regular journaling practice And I need to, to give some time and attention to that.

Next category is health and wellness.

And I'm thinking about this more as like bodily health and wellness.

What I would say is going well is I'm doing a pretty good job of like bulk food prep on a regular basis.

So I have pretty healthy meals that I'm taking to work every week.

And I feel like I'm getting like the nutrients I need and a pretty balanced diet.

What may need to change is dental care.

I have got to find a dentist.

This was on my annual goals list.

I need to do it sooner rather than later.

So I need to look into this.

And this is kind of similar to the self-care situation where I just need to find one that's convenient.

It's not really that I don't want to go.

I just have had a hard time like booking it into my calendar.

So I need to figure that out.

Next category is mental and emotional health.

What is going well?

I have a regular therapy, uh, therapist that I'm going to see.

And that practice has felt really good this year.

I knew taking on some additional stuff at work.

I was going to have some additional stress and I definitely wanted to kind of work that out through therapy.

And I feel like that's been a really good investment.

Um, what needs to change is I have found myself recently having just a little more negative self-talk toward myself.

And typically around, I would say things that I'm like procrastinating a little bit.

And partially it's just because I'm feeling overwhelmed or tired.

And so I'm really trying to turn that around and try to encourage myself to take rest when I need it and that that's okay.

And I can kind of be flexible with myself.

So I'm continuing to work on that.

The next category is fun.

What is going well in this fun category is I am watching more movies this year, which has been super fun.

And I want to continue doing that.

I ended up watching like 12 movies in the first quarter of the year.

So I'm going to try to keep doing that.

And then what might need to change is just having more time carved out for uninterrupted time in my schedule.

When I have more time that I can just kind of spend how I want to spend it, I'm more likely to do like more spontaneous things that are fun, like go out to lunch or something like that.

And I just don't have a lot of that margin right now.

So I would love to see that shift.

Okay, next category is finances.

What is going well?

I would say right now our business revenue is really healthy and so I've been able to make quite a few extra mortgage payments this year and that has felt really good.

We're almost halfway to our goal of what I was hoping to pay down on our mortgage this year just in quarter one.

And so that's that's feeling awesome.

What might need a change is I need to be better with like the regular bookkeeping for the in the first couple months of the year, I kind of combine them.

And I normally do this like religiously every month.

Um, and I did do it in March, so I'm feeling good about that.

Um, but I want to make sure that I'm like keeping up with that.

That's one of those things that I was kind of procrastinating and not being very nice to myself about.

Um, and so I want to make sure that I'm building in enough time and routine that I can get that done.

Um, okay.

And then the last category that I had set aside for this was habits and routines.

And what I think is going well is definitely my exercise morning routine.

I am still trying to do all of the gold badges in Peloton.

And this is for like days spent being active in the app every month.

It is for biking, rowing, walking, slash running, and strength training.

And thus far this year, I have hit gold in every badge every month of this year, January, February, and March.

And I'm really trying to keep this up.

I have found that these morning workouts that I'm doing really help energize me for the day.

And also like by the end of the day, it is so much less likely that I'm going to do a workout.

And the kinds of stuff I'm doing, it's getting more and more consistent.

It's feeling easier to do.

And so I'm really glad that I've been able to keep that up.

That just feels really, really positive.

In terms of what might need to change, I feel like I need an evening routine that will stick even when I'm super tired.

And part of this I think is coming off the wintertime where the cold just super zaps my energy.

And by the time I get home, I really just want to crawl into my comfortable clothes and like veg out for the rest of the night and not do very much.

And I think that I need to rethink how can I preserve my energy, even doing things earlier in the evening and like not right before I go to bed, um, might help with this.

So I want to give this a little bit more time and attention to think about how I can, um, have a better evening routine that sticks and is more consistent.

Okay.

So I would love to hear how you would respond to some of these questions and what categories might you add in your life?

What categories do you feel like I'm missing here?

You can always email me at hello@drkatieLinda.

com.

I always love to hear from you.

And if you are feeling like you kind of stumbled in through the first quarter of the year and you're trying to kind of do this reset, I hope you find this helpful.

It's never too late to kind of like take a breath, you know, look at everything and make some, you know, small, medium, or large changes to kind of get yourself back on track.

Thank you so much for listening to this episode.

And I'm wishing you a wonderful entry into quarter two of 2024.

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