[MUSIC] You're listening to You've Got This, episode 385.

[MUSIC] 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.

[MUSIC] On this episode, I'm going to talk about the concept of logging the now.

And now I first heard of this when I saw people creating what are called now pages on their websites.

And I'll link to a couple of resources on this in the show notes, in case you want to do a deeper dive to the origins of this.

But the idea of a now page is that you're sharing your current projects with people and updating that page on a regular basis.

So some people might think about this as what you do with social media status updates and that kind of thing.

But I think of this as a more comprehensive status update that you would have under your own control.

As we know, sometimes social media platforms, all kinds of things can happen with them.

And so you could do something like this on a website.

But for me, I also just like the idea of having a lot of different things collected in one place.

And so I don't have a now page on my website.

But I've been thinking about creating one soon.

And I decided to make some notes about the kinds of things that I might include on a page like this.

And I want to offer you also the opportunity to kind of reflect, if you were to create a now page or like a now list, what would go on that list?

So first, I think that these kinds of pages can be about more than just projects.

For example, I thought about all of the lists that I create and all of the goals that I track throughout the year.

And here are some examples of those lists.

I do my annual goals, my 24 for 2024.

And I also have a bunch of previous annual goals posts that it would be fun to kind of put all of that into one place, just in case anyone, including me, wants to go back and kind of look at some of that over time.

I also regularly do monthly to-do lists and debriefs on my blog.

So bringing those lists and tasks into a place that it's easy to see all the things I'm tracking at one time would be helpful.

I do quarterly goals check-ins about my annual goals.

And so kind of putting that in a place where people could find it.

My seasonal bucket lists, which I do four times a year as we transition into the different seasons.

And these also often include tasks and projects that I'm working on.

And then I also keep some active reading lists.

So recently I created a 24 in 2024 of books and series that I want to read this year.

And I've been kind of tracking that.

I recently updated that on the blog.

And then I also recently posted a book list on neurodiversity that I'm working my way through for a side project that I'm working on for my coach training program.

And then, of course, if you follow me on YouTube, you know that I do reading lists and debrief videos every month that are broken out by the different books that I'm hoping to read and then what I actually read in a month.

And then the other thing that occurred to me for this as well is it's not a list, but I would also like to include things like my word of the year on a page like this.

So I do have a word of the year for 2024, which is devotion.

And I also have some previous word of the year posts that I could kind of link.

So it's a little bit of like an archive of what are the different projects and lists and goals and things that I might want to put all in one place.

So it's the now, but it's also a bit of like the then as well.

Now, the other piece that I think people often document on these now pages is their current projects or their current side projects.

They might give updates on their families or other kinds of things.

But some of the projects that came to mind for me include creating a new course for my coach training program, which I've already mentioned here.

I'm working on a course on working with neurodivergent clients.

And I'm also, as you know, for my annual goals, trying to draft a nonfiction book manuscript.

The topic for this continues to be in development.

I have some ideas, but what I was originally thinking, I'm not sure if it's what I'm going to do.

Another thing I would add to this list, which I don't know that I think I've mentioned, but I haven't officially named it as a project, is I think I'm basically working on a poetry collection because that was a lot of the writing that I did.

When I was supposed to be writing the nonfiction book, I ended up doing a bunch of poetry writing.

And so that would be kind of fun to add that to my project list in an official capacity.

I'm co-editing a collection on Coaching in High Red with a group of wonderful colleagues and kind of thinking through that.

I've also added as kind of a stretch goal for this year, the project of working toward gold badges each month in the Peloton app through walking, jogging, biking, rowing, yoga, meditation, all the things.

Now, I will say I did this in January and February and March.

In April, I did not hit gold because I got sick.

And I had to basically take two full weeks off of doing workouts.

And that's OK.

I got right back on the horse in May, and I am on track to get back to the gold.

So part of this, too, is just kind of like, what are you attempting to do, even if you're not necessarily sure that you're going to be able to do it?

That is OK, too.

And then another recent project I've been working on that I would add to this list of side projects is cleaning out my basement because this is something I've recently started to do as a project that I'm working on in the evenings after work.

And it's so fun, first of all, to see tangible progress on a project like that.

We had a lot of boxes and things that needed to be gone through.

And it just looks so different in our basement right now because of the work that I've been doing to kind of go through everything.

And so I would add that to my list, too.

It's just kind of like a fun organizational side project that I'm working on.

So I love this idea of having a now list of what am I focusing on right now?

What are the things that I want to prioritize?

What are the things that I'm putting my time and energy and attention to?

And it's kind of a different way of having a very flexible seasonality with your projects because a lot of the stuff that I do around listing and tracking and goals has a defined time.

It's like annual, or it's quarterly, or it's seasonal weather seasons.

And having a now list is kind of like, well, this is the stuff that I'm working on that crosses over a bunch of that.

It's ongoing, and it can be kind of changed and updated at any time.

And I also love the idea of having a now page or a now list that allows you to kind of check in with yourself to say, what are the things that are like my projects right now?

What are the things I care about?

And I think about this in light of my recent discussion of this class I'm working on, the new project around the classroom I coach training on neurodivergence, where I hadn't even realized it was a project.

And then all of a sudden, I was kind of looking at how I was chipping away at it.

And I thought, oh, this is like an actual thing that I'm trying to do right now.

And it allows me to name and define what is on my current priority list, basically.

So in the show notes, I'm going to link a couple of things.

I'm going to link a little bit more information on the concept of now pages from one of the people who kind of created the concept.

I'm also going to link a website that lists a bunch of now pages in case you want to kind of see what other people are doing with this, because this is something that I came across years and years ago.

And if you've been listening to the podcast for a long time, you may even remember that I mentioned this a while back.

I would never be able to remember which episode and what year.

But I wouldn't be surprised if I've talked about this before, because it's a concept that I've known about for a while.

And then I just really love-- I love basically all forms of documentation.

And I feel like now pages are a really creative way of people just thinking about reflecting on and naming what are the kinds of projects and things that they really care about in any given moment.

And I guess the last thing I would say on this is what a cool thing to have an archive of that you can think about at any given point.

What were the projects?

What were the kinds of priorities that you had?

And you can go back and see those things over time and be reminded of things that maybe you really enjoyed working on at a certain point in your life.

So of course, I would love to hear if you would ever create a now page or a now log or a now list and what that might look like for you.

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

I always love to hear from you.

And thanks so much for listening.

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