You're listening to You've Got This, episode 398.

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 give an update on my 2024 annual goals.

I do this every quarter at the end of each quarter, and it's now the end of quarter three.

It's time to check in.

We have 25% of the year left to see what is happening with these goals.

Similar to previous years, I drafted a shorthand list of my goals that I can refer to throughout the year.

I've got 24 goals for 2024.

I'll drop the link into the original list into the show notes if you want to look at the original blog post.

I always leave four empty slots for goals that I plan to add during each quarter of the year because it never fails that something shows up in the year that I was not intending but is big enough that I want to add it to my goals list.

For 2024, I also decided to organize my goals around the principles of my radical self-trust taxonomy.

This is something that I have done in the past, and this was just a good time to revisit that for me this year.

You will hear me describe the core tenets of radical self-trust as I've won through these goals.

I will also just mention I choose several goals every year that take me a while to achieve.

I get to look forward to them all year long, and I have some goals that are relatively easy to check off the list.

Let's go ahead and dive into the progress I have made on my 24 goals for 2024.

My first tenet of radical self-trust is to live my core values with intention.

I had three goals under this particular category.

One of those goals was to pay off 25% of our remaining mortgage.

If you've been around for a little while, you know that every year I have been aggressively throwing extra money at our mortgage principal to try to bring that number down.

I will say that three quarters of the way into the year, we are now over 100% complete with the original number that I was hoping to pay off this year.

So I'm going to call that goal done, but I've got some extra payments I'm planning to do over the next few months as well to get it as low as I can possibly get it.

So that is a goal that I'm feeling really, really good about.

The next goal was to go on a self-designed business retreat.

As I mentioned in my last quarterly update, I did complete this retreat over my vacation that happened at the end of June through the first week of July.

And having concentrated time to really focus on my business felt so, so good.

And I ended up designing that new project for 2025 called PM by Design, project management by Design.

The last goal that I had under this particular concept of living my core values with intention was to add a weekly guided meditation option to prolific, which is the online community that I run.

And we have an events calendar and I started this in January.

So every week I offer a live themed guided meditation session.

That's about 30 minutes for people in that community.

And it has been super fun to design those and also to facilitate them.

All right.

The next section of my radical self-trust taxonomy is nurturing my superpowers.

And how I define superpowers is as the areas where your strengths and your values overlap.

I've got a bunch of superpowers that I would say I can identify, but one of the ones that really overlaps with my value of rest and recovery and self-care is reading.

And so I focused a lot of my reading goals in this particular area of my goal list.

So the first one is to read at least 24 books per month.

And that, that doesn't quite add up to, but I wanted to hit 300 plus books throughout the year.

I can link to my profile on Goodreads if you want to see what I'm currently reading at any given time.

And I've read over 300 books in the first three quarters of the year.

So this is going just fine.

I also wanted to complete a monthly box set challenge where I read books that are box sets that I already own because I was collecting quite a few of these, both in ebook form and physical form.

And so I have done this every month of the first nine months of the year and I will include a link to the blog post where I talk about my annual goals check-in and you'll be able to see all the different box sets that I've read this year.

In 2024, I also wanted to read a particular series.

It is Val McDermott's Karen Perry series.

And this is seven books that is a mystery series that I've been wanting to get to for a while.

And I was able to complete that earlier in the year.

I also wanted to keep up with posting monthly to be read and to be read debrief videos on YouTube.

And this has been something I have done for the first nine months of this year.

And then I also wanted to read 12 nonfiction books that I already own in physical copy.

And I have read 13 books so far towards this goal.

I will also link these in the blog post if you want to take a look at what those books are.

And then lastly, I wanted to read a physical book in one setting and that is also completed.

Okay, the next subset of radical self-trust is playful experimentation.

And these are things I have been able to check off as well.

So I wanted to try climbing it in indoor rock wall.

And I did that during my spring break vacation in March.

I also wanted to complete what I call my alphabet reading challenge each month, which is where I choose a random letter and pick five books from my Kindle that start with that letter so that I could make sure I'm reading books that I already own.

And I have been able to complete that for the first nine months of the year.

It's actually one of my favorite things to randomly choose books every month that I want to read.

The next category of my radical self-trust taxonomy is seeking self-knowledge.

And I had three goals under this particular one.

The first one was to return to a regular journaling practice.

And I am happy to say I am doing this.

I am back to daily journaling, which feels great.

And I actually podcasted about how I rebooted that routine.

So I will link to that in the show notes if you want to take a listen.

I also wanted to find a therapist and attend at least six sessions.

I have been seeing a therapist regularly since January and I've had way more than six sessions.

So I am counting that as done.

And I also wanted to add some pieces to my wardrobe that align with my personal style.

And in all three quarters of this year, I have purchased various things.

So in quarter one, I got a couple of skirts, a new sweater.

In quarter two, I got some more work pants and like new sweatpants and sweatshirts.

Like I refreshed my leisure clothes, which was super fun.

And in quarter three, I purchased some additional sweaters for the winter season.

So as I've been doing this, I've also been cleaning out my closet and trying to make donations to my local thrift store.

Okay.

Next category that has three goals in it is to practice loving kindness toward myself and toward others.

And the first one I have here is to log 20,000 minutes in the Peloton app by the end of the year.

This is definitely on track.

I've logged at this point over 16,000 minutes for the year so far.

And this is through like biking, walking, rowing, running, yoga, meditation, you know, all the things that count toward this.

And I can also count things like even when I do walking meetings at work, um, I can like log that through the Peloton app.

So I often do that.

I also wanted to rewatch 12 nostalgic movies and I define nostalgic movies as just like things I wanted to revisit basically.

And I actually did this in quarter one.

I watched all 12 movies in quarter one, which is super fun.

And then the last one for this category, which I am super proud of is I needed to find a dentist and get back to regular appointments.

This happened in September.

I'm happy to report that after many years, which I was very ashamed to admit I had not gone back to the dentist.

I had no cavities, which is shocking to me.

And now I am back on track with regular appointments every six months.

So I guess I have like good genes to thank or something because I got really lucky with that one.

Um, so I have a regular dentist and I am back to regular cleanings.

And then the last category is what I call settling into my life's purpose.

And for me, I see as part of my life's purpose, helping people create and engage in meaningful change.

And so I do this through leadership, coaching, writing, like all kinds of different things, um, that I've included in my life.

And so I had three goals under this category.

One was to cross the 1800 plus hour coaching experience, um, hours mark in my coaching log.

So I have a coaching log of how many hours I've done.

And this is what eventually helps me level up to a different credential.

And so I track this and this is still making good progress.

I think I'm on track to hit 1800 by the end of this year.

I also wanted to read for coaching related books.

I was able to do this.

Um, I will go ahead and link these books in the blog post in case you want to take a look, but I will give a heads up that one of them that I really enjoyed is a book called feel good productivity.

That is one of the latest productivity books that has come out, um, by Ali Abdaal.

And if you are interested in productivity, you might want to check that one out in particular.

And then the last goal I had under this was to write a nonfiction book.

And I had a goal of about 50,000 words and I basically adjusted this goal to include the training manuals that I drafted for my project management by design courses because they clocked in at over a hundred thousand words.

When you combine the project management by design and also the manual I wrote for my new coaching course on coaching neurodiverse clients, uh, that was a lot of words.

So I am calling that goal done.

Now I also mentioned earlier in the episode that I do TBD goals for every quarter.

So just as a reminder, my first goal of the year was to complete the final book publication tasks to have my second edition of the blended course design workbook come out.

And that happened.

Um, so I finished all the tasks and, um, that book did come out this year.

I had a runner up for that goal, which was also taking on some new work responsibilities in quarter one because I had an interim, uh, continue to have an interim leadership position at my institution.

So that one got an honorable mention.

The goal for quarter two that I added in was launching a side project.

And that was when I thought I was just designing a new course for my coach training program on coaching neurodiverse clients.

So I started to do the deep dive on reading and research for that project in quarter two.

And then what I'm putting is my, uh, goal that I'm recognizing for quarter three is that I designed project management by design.

So this was not on my roadmap for this year's goals.

It was like not even an inkling that I would do this in January, but I dove into this over my summer break and I was able to make major progress on designing this project.

And that's going to launch in 2025.

So it was really, really exciting to see someone's progress on that.

And I wanted to make sure it got into my quarter three goal documentation for this particular list.

So that's how my 2024 goals are going at this point, I have goals left, but they are primarily kind of what I would call the maintenance goals of things that I'm trying to do kind of like every month to make sure that I'm staying on track.

And I will give you a little bit of a heads up that when I started to design my 2025 goals, I actually pulled all of these maintenance goals out into a separate category.

And I talked about on a recent episode, how I'm going to do kind of side quests as my goal structure in 2025.

And so all of these maintenance goals got kind of pulled out onto a separate list so I can keep track of them, but they're not like the central goals that I'm going to be working on in 2025.

So just a reminder that you can make your goals list your own.

If you have ideas of what you want to be doing or how you want to make a change with your goals, you can do that at any time.

You can abandon goals, you can add goals, you can modify goals at any time of the year.

So I am excited about the progress that I'm making on these goals.

I'm also really looking forward to heading into a new year of goals in 2025.

And of course, I will be back at the end of the year, giving a full rundown of how everything went with these annual goals at the end of the year.

And then shortly thereafter introducing my 2025 goals.

So I would love to hear how your goals are going for 2024 now that quarter three is wrapping up and we are 75% of the way through the year.

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

I always love to hear from you.

And I do hope that you are making the progress that you were hoping for in this year.

Thanks for listening.

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