You're listening to You've Got This, Episode 411.

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 a final debrief on my 2024 annual goals.

As the year is coming to a close, it is the perfect time to do a reflection on what I was able to accomplish and what maybe I was not able to accomplish in this last year.

And also stay tuned for next week's episode where I'm going to talk about some side quests that I'm doing in 2025 that I'm pretty excited about.

But first, let's wrap up 2024.

And you may remember that I decided to organize my goals around the principles of my radical self-trust taxonomy.

So I have different categories of goals.

And then I also had several goals that were part of my like TBD each quarter.

I didn't know what was going to come up throughout the year.

And so I kind of held a space and those are going to be in this list as well.

And all of this made up 24 goals for 2024.

So let's get into the progress of what I was able to complete.

So first, I had a section on living my core values with intention.

And there were three goals under this particular section.

The first one was to pay off 25% of our remaining mortgage.

Now, if you are someone who's been listening for a while, you know, I've been pretty aggressively trying to pay down our mortgage for the last couple of years now.

And we were able to get to this number of that 25%.

And I think we did it in like the third quarter of the year, actually.

And so we were able to even make some extra payments before the end of this year.

So that was awesome.

I also had under this goal to go on a self-designed business retreat.

And this was something I was able to do at the end of June through the first week of July when I took my summer vacation.

And it ended up that I designed a new project for 2025, my project management by design courses and trainings, which I can link to in the show notes.

And that was not something I was expecting, but it was a really exciting outcome of that particular business retreat.

And then the third goal I had was to add a weekly guided meditation option to the prolific events calendar.

Prolific is the online community that I facilitate where we do live events.

And every Sunday evening, we do a live guided meditation session with different themes that are personalized to each week.

And so I did add that in this year and I can check that box.

The next section of my annual goals was one that I call nurturing my superpowers.

And in this particular section was basically where I put all of my reading goals is what landed in this section.

So I did want to read at least 24 books per month and 300 plus books throughout the year.

I was able to do that.

I think as I'm recording this, there's still a little bit of time left in the year, but I'm going to get close to actually 400 books read in 2024.

So a lot of really good things on that list.

I also wanted to complete a monthly box set challenge where I read box sets of books that I already own and I had 12 of them either in ebook form or physical copy.

And I did read all of those box sets.

So I will link all of these in a blog post about this annual debriefing.

And if you want to take a look at any of them, you can look in that blog post.

I also had a goal to read a particular series by an author that I love named Duval McDermott.

It is her Karen Pirie series.

And this was actually adapted into a television series.

So I read the series and I also watched the first season of the show, which was really fun.

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

This is something I've been doing for a couple of years now.

And I love sharing what I'm reading kind of in real time and then talking about what I thought about those books that I read.

And so I was able to do that every month of this year.

I had 12 nonfiction books that I already own physical copies of that I wanted to read.

And that is also done.

I will list those in the blog post if you want to take a look at the nonfiction books that I read this year that were things I was trying to kind of check off my list of things that I already own.

And then the last goal in this section was to read a physical book in one setting, which I also did.

I read a book.

It was kind of a novella called the Mistletoe Motive, which I really enjoyed.

All right.

Then I have a section on playfully experimenting.

This had two holes in it.

One was to try climbing at an indoor rock wall.

And I did this over my spring break vacation in March.

I will say it was a great thing to try.

It's definitely something that I'm not going to be doing all the time, but I'm glad that I did it.

And I'm glad that I tried it out.

And then I also had under the skull to complete my alphabet reading challenge each month.

This is when I choose a random letter from the alphabet.

And then I pick five books from my Kindle backlist that start with that letter.

This is really about helping me read more books that I already own.

And so I talk about this in those YouTube videos.

And it really does keep my reading like spontaneous and help me explore new authors.

So I was able to do that every month this year.

The next section of goals is called seeking self-knowledge.

And the first goal here was to return to a regular journaling practice.

Now I have kept up my five-year journal throughout this entire year, but I got back to my daily journaling practice over the summer.

And I actually recorded a podcast episode about rebooting that routine, which I can link in the show notes.

But I'm so glad to be back to that regular journaling practice.

I had a goal to find a good therapist and attend at least six sessions.

I've actually been attending therapy sessions pretty much this entire year.

And that's been super helpful.

It's a great way to manage stress and also to just be seeking self-knowledge and be self-reflective.

So I'd love doing that.

And then the third goal under this section was to add pieces to my wardrobe that align with my personal style.

And throughout the year, I bought a bunch of different kinds of clothes.

I have some skirts, some new sweaters, some capri jeans that I got for the summer.

I had some work pants and capris that I picked up.

So there were a number of things that I was able to find in particular stores that are really nice fit for my style.

All right.

The next section of goals is practicing loving kindness toward myself and others.

And there were three goals in this section.

The first one is to log 20,000 minutes in the Peloton app by the end of the year.

So over a 12 month period, and I was able to complete that, I actually logged over 23,000 minutes in the Peloton app.

And this is through the classes that you can take.

It's through just measuring the time you do on the machines.

Like I have the tread, the row, um, and the bike.

And also if I go on like a walking meeting, I can track my walking through the app.

So this includes like all of that, including yoga, meditation, all of those things.

So check that one off the list.

I also wanted to rewatch 12 nostalgic movies and these were movies that were kind of nostalgic to me.

And I actually got this done in like the first month of the year.

So I rewatched 12 movies in like quarter one.

And then the last goal in this area was to find a dentist and get back to regular appointments.

This happened in September.

I had no cavities and now I'm back to regular appointments every six months, which I was really, really pleased to check that off my list.

Now the last area of radical self trust is settling into my life's purpose.

And I had three goals in this area.

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

And I did actually do this like at the very tail end of the year.

I had a few more hours I needed to get in and I did it.

So check that box.

I also wanted to read for coaching related books, which I also was able to do throughout the year.

I'll go ahead and link these books in the blog post that I'll put in the show notes if you want to check out what they are.

And then I also had a goal to write a nonfiction book and the goal was at least 50,000 words.

Now I ended up adjusting that goal to include the training manuals that I drafted for my new project management by design training series, because those clocked in at over a hundred thousand words all combined.

There were four different manuals for that.

So I'm calling that goal done.

Now I also had the four goals that I added during each quarter of the year.

So the first goal for quarter one was I wanted to complete all the final book publication tasks for the second edition of the blended course design workbook, which came out later, well, technically earlier this year in 2024.

And I needed to get all of those things wrapped up.

I did have a runner up in quarter one, which is I took on some new work responsibilities, which I have done throughout the entire year.

It's the interim leadership role that I've taken on this year.

And so I gave that in honorable mention in quarter two, I had that I launched a side project for my business.

And this was actually the new course for my coach training program on coaching neurodiverse clients project management.

My design was not even like in my brain in quarter two yet.

Um, but I started the research and reading for that project in quarter two.

And that's continued on throughout the year in quarter three, I gave Michael as designing project management by design.

It was totally not on my roadmap for this year's goals, but I dove in over that summer break and I was able to make major progress on designing that project.

It launches in 2025.

There are still spaces for the January course, which I will just mention, and it has a brand new website, which I will put into the show notes.

If you haven't had a chance to check it out and then kind of connected to that, my fourth quarter, uh, goal that I wanted to mention was getting new headshots and launching a refreshed website.

So my last headshots were done over five years ago.

It was definitely time to get them updated and the website refresh gave me a great opportunity to do that.

So I did engage a web developer, which I talked about on a previous episode.

So I will link that in the show notes.

If you want to take a look and, um, you can also check out that new website and the new project management by design website, which I will link as well.

Now, as a runner up for quarter four, I also put in that I announced a new ask me anything series for 2025, which was also totally not on my roadmap for this year.

Um, and that was really exciting to, um, announce that and to have people signing up for it.

So I'm excited to launch into that in 2025.

So it was a full, full year in 2024.

And one of the things that I actually really love to reflect on is the surprises, the things that I was not expecting to focus on and that kind of snuck their way into my year.

And I'm always excited to see what will happen in the coming year in terms of those surprises as well.

So I would love to hear what are you most proud of accomplishing in 2024.

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

I always love to hear from you.

Thanks so much for listening.

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