You're listening to You've Got This, episode 413.

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 share about my word of the year.

Now, if you've been listening for a while, you know that sometimes I choose these and sometimes I don't, but I often will stumble upon a word and then that becomes my word of the year.

So this is not always a project that I take on and do like a deep dive in, but I do find it's helpful to have a theme, to have something that allows you to think about where you're starting and where you want to end and what are all the things that could happen in between that could be influenced by a word of the year.

So last year, as a reminder, I did have a word of the year and it was devotion.

And I can link to that episode in the show notes if you want to hear the original explanation of why I chose that word.

But I basically wanted to have care toward myself throughout the year in ways that allowed me to recalibrate and adjust as needed.

And this was particularly helpful as I took on an interim leadership role at work.

And so it was very kind of contextual and purposeful as I was thinking about the year.

And this year, my word of the year is no different.

It is very contextual to what I expect to be experiencing this year.

And so I chose it accordingly.

So for this year, the word that I have chosen is fearless.

And I decided on this word because of a couple of reasons.

One is a big one is I'm going to be putting myself out there more this year and particularly on the new YouTube channel that I'm creating and launching.

Now I will post this in the show notes if you want to subscribe and follow along.

But I have found a lot of fearful thoughts encroaching as I am thinking about this project.

And I'm going to give you some examples because if some of you out there are thinking like, "Wow, Katie has so much confidence.

She does never seem to be scared of anything."

Well, I'm certainly scared of this.

So I've definitely thought about what if I make videos and nobody wants to watch them?

This is a public thing that I'm putting out there.

I'm talking about it.

And people could just not care.

So that is a possibility.

What if this is content that I care about and no one else does?

I mean, I could just be this incredibly nerdy person who cares about project management and higher ed and nobody else really cares about that.

What if I cannot make the vision that is in my head actually happen in reality?

I know what I want this to look like and be and feel like.

I know what I want the videos to look like.

I know what I want the channel to look like.

And there is always the possibility that my technical skills will not be able to match what I have in my head.

I'm also worried I won't be able to make enough time to ensure the quality that I want to create on this channel.

And I know that it's going to be a commitment that I have to find and carve out time to do.

There's always the possibility that people can just make mean comments about me on YouTube.

I mean, strangers come along all the time and say all kinds of horrible things to people.

And I'm also just a little bit concerned.

I might get so frustrated that I just give up.

Like, I mean, what if this is just a really, really hard project?

I could go on and on and on about the various conversations that I've had with myself.

Now I have been plowing through it anyway.

I have built a YouTube set in my guest room.

I have taken a class on how to do this.

I'm like figuring out my editing stuff.

I'm testing my technology.

I'm starting the film.

So I'm going to do it anyway.

But I think I share all of this, not necessarily so that you will provide reassurance to me, although I'm sure some of you are kind enough to do that.

But just to be real about how fear is part of starting any new project, we can just overthink ourselves into paralysis.

But I also have to remind myself why I'm doing this and why I care about this project, which is basically I see people struggling.

I see people struggling with project management, and they don't know necessarily that that's what they're struggling with, and that there's tools and approaches and things that would be helpful if they knew what they were.

And so I want to try to translate that.

I want to put that out into the world and see what will happen.

Now setting aside that project, I've got other fears about this year as well.

I think many of us do have fears about the political transition that's happening in January.

I happen to have a new boss that's starting early this year, and there could be many changes that come along with that transition.

And I always have some level of fear every year about what I choose to take on and can I balance my capacity for creative work and the things that I care about producing and my productivity with my job and my own limitations as a human that needs to rest every once in a while.

I mean, I always kind of question, are you taking on too much when I give my huge list of goals and I think about all the things I want to accomplish.

And I'm definitely kind of a shoot for the moon land amongst the stars kind of person.

I am a big believer in kind of feeling the fear, feeling the anxiety and worry, acknowledging those things, but then doing it anyway.

And maybe that's a little bit of my particular brand of crazy that I tend to throw myself into things and just figure it out.

But I do think that when I think about this year in particular, I know that when I challenge myself, I learn about myself.

And those are the most important growth periods that I can have.

And I can always make adjustments along the way.

I can always adjust things if something is not working or if I'm needing to learn something different or whatever, I can always figure it out.

Now one of the key things I've really thought about with this particular word of fearless and like how I want to embark on this year is this kind of key motivation about the regret that I would feel if I did not take these two creative steps.

Like this feels like a very important component of how I can branch out into like a broader audience to try to help more people with these particular things that I think would be useful to the broader academic community.

And I want to end the year, like this is part of like the vision in my head.

I want to end the year with a bunch of videos launched, a bunch of new technical skills that I didn't have before and a better understanding of the content that I want to create and the events that I want to serve.

And kind of the ultimate thing that keeps me moving, you know, forward, even if I'm feeling kind of some fear and concern is I can't get to those things unless I go through.

I can't get there from the sidelines.

Like I have to actually do the work.

I have to launch the thing.

I have to ship the videos.

I have to get these things out there because if I don't do that, I'm not going to know.

I'm not going to learn about myself or my audience about this content or about these skills.

Like it's just a huge loss.

It's a huge potential loss if I don't choose this project and I don't kind of continue to move it forward.

So I'm charging into 2025 with Fearless as my word of the year.

And if you want to watch it happening live, you're welcome to subscribe to the workflow channel and you can join the 11 other current subscribers, everyone of whom I am incredibly grateful for who have already subscribed to the channel.

I will put a link in the show notes and you will see me experimenting.

You will see me playing around and trying to figure this out and the video quality hopefully will get better over time as I'm kind of working on this.

And I will admit I'm probably going to be a little bit perfectionist about it and I'm giving myself permission to put content out that I think is matching what I'm really trying to do in my head.

And I feel this way about my writing as well.

I don't want to put things out that I don't feel good about and that could get in the way.

We'll see.

I will continue to check in with you all, especially in my quarterly updates about my side quests, about how this is going, what I'm learning, but you're welcome to follow along.

So I will link that in the show notes if you want to subscribe.

And of course I would just love to hear if you have a word of the year, if you are working through your own fears about 2025 and what this looks like for you.

And hopefully it's a little bit helpful to hear like, yep, I've got that too.

And I bet pretty much everyone around you is feeling some level of fear and anxiety about the kinds of things they're taking on this year.

And we were all in it together and we are all going to figure this out.

So you can always email me at hello@drkatylinder.com.

You know, I always love to hear from you.

And if you are in need of a little pep talk as you are getting into 2025, please reach out and I'm happy to offer that to you.

Thanks so much for listening.

Thanks for listening to this episode of You've Got This.

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