**LWQA episode 114**

You're listening to lifework, QA episode 114. Hey there, and welcome to life work QA where I answer a listener question each week and provide resources and guidance to help you take your life and work to the next level. I'm your host. Dr. Katie Linda. On this episode. I wanted to offer you a series of four questions that will hopefully help you reflect on what you want to maybe change a little bit in the new year.

So in the month of December, I am definitely focused on the New York 2019. What are some of the things that I'm really looking forward to and also doing a lot of reflection on how things went in 2018 as well. So this is one of several episodes. I think that will allow you to. Come along with me on this reflective Journey as we start to think about the new year.

I do have to admit this is one of my favorite times of the year in terms of doing some of this goal setting work. So this is an exercise that can actually be done in a number of different ways. I actually just LED one of my writing groups through this exercise specifically around their writing you can also do this around things like course design, but I think that it also works really well and just kind of a general way of helping you to reflect on your life.

So I'm going to offer you the for prompts and then I'm going to walk through each of them for how I'm kind of thinking about. In the new year, so the four prompts are what do you want to start doing? What do you want to stop doing? What do you want to do more of and what do you want to do less of so I'm going to walk through each one of these for myself, but I encourage you to think about what to each of these look like for you.

So in terms of what I want to start doing this year, this is stuff that I am kind of thinking about that. I'm not I haven't really done before so it could potentially be things that are a little bit more experimental or it might feel a little bit risky or it could just be stuff that I'd know. I've been wanting.

You for a while and I haven't kind of taken the plunge to do it. So I had a few things on my list for this. The first is I want to dive into being better about segmenting my email list and this may sound incredibly boring to you. It is also kind of boring to me too, which is why I've put it off for such a long time.

But I have a lot of kind of repetition on my list. I have lots of people who've signed up for multiple different things that I have and I have lots of email automations and things like that that really just need to be cleaned up. And this is definitely something I have thought about Outsourcing and I am still considering Outsourcing it, but I want to talk with my business partner who's also my life partner and think about what do we want to do with us?

And so this is a big one that is on my list for 2019. I also want to start radical self-trust group coaching programming and this is something that I talked about way back in the summer. And I knew I wasn't going to be able to dive into it until kind of toward the end of the year and into the new year in terms of Designing kind of a curriculum and I've had the chance over the last six months or so to really test some things with my individual coaching clients and to test different tools and things that I think are going to be really good for this program.

So I'm really looking forward to that and I'm going to be offering. Sometime in probably the first quarter or two of 2019. And then the third thing I want to start doing that is kind of in conjunction with that radical self-trust group coaching is I think there might be a book in there about radical self-trust.

And I want to start writing toward that and thinking about what that might look like. I am in between book projects right now as I'm wrapping up to other manuscripts and I don't have anything else kind of on my pipeline book-wise. So that's something I think I'm going to start doing also in 2019.

So I encourage you to think what are you going to start doing in the new year? The next one is what am I going to stop doing in 2019? And so number one is I'm going to stop staying up past 9:00 p.m. And this is something that I've gotten kind of bad at lately and especially around the holidays. I think we just ignore our bedtimes and because I get up so early in the morning.

I really do need to go to bed at a decent time. And I find that I have harder time falling asleep when I go to bed past 9 p.m. I think my body's kind of natural clock winds down and if I force it to stay up, then it just gets kind of all off all off-kilter. So I want to think about how I can do that and definitely part of the issue is I am enjoying spending time with my partner at the end of the day and we'll turn on some kind of television or they'll be like a game on and I won't want to go to bed or something like that.

And so I'm going to kind of rope him into helping with me with this one as well. I also want to stop kind of what I'm calling ignoring the power of marketing and marketing for my business has been something that I've been pretty challenged by I definitely do it in more of a natural way what I consider to be kind of a genuine way and I try not to be too.

I guess I feel like if I go into it too much. I'm just going to kind of fall into a black hole where it's just going to take so much time and effort to be so intentional about it and there definitely is a level of intentionality that goes into my marketing but there's a lot more that I could be doing and I've just been hesitant to jump into that and I feel like I keep trying to tell myself.

It's not a big deal. But it is kind of a big deal marketing is definitely a thing when it comes to having an online services and products business. So that's something that I'm going to kind of stop telling myself that it's okay to ignore it and it may take kind of some baby steps to get going with that and I may need to pursue some education about it so that I can learn a little bit more about tactics and things that I want to do, but I'm going to stop ignoring it because I think it's definitely something that I keep pushing away and I need to embrace it more than pushed away.

So I ask you what do you want to stop doing in 2019? The next question is what do I want to do more of in the new year and this one was relatively easy, I think for me to think about because there's a lot of things that I have been doing this year that I've just really enjoyed and I would love to carve out more space for that.

So walking is definitely one of those things those early morning walks that I take are so wonderful and they do so much for my my kind of physical health mental health. And so that's definitely something I want to do more of. I also want to do more coaching. I've just so enjoyed working with coaching clients in this last year and I feel like the coaching part of my business has really expanded and it's just so wonderful to work with all these people.

So if you're thinking about coaching with me in 2019, please reach out and and let's talk about it because I would love to do more of that. And I think the the radical self-trust group coaching is definitely part of that as well expanding the writing groups as part of that as well. So I just want more because it's been so fun.

So rewarding. This past year. I got back into novel reading which has been such a pleasure and I want more of that for sure in 2019. I've really been able to carve out time to read a lot more books this year, which I've just really enjoyed. I felt like I was in kind of a reading slump for a while and I feel like I've broken out of that.

So I want more of that. And then the other one that I'm really excited about that I want to do more of and I have no idea what this will look like, but I'm excited to experiment is I want to play around some more with YouTube and do some more YouTube videos and even as I record this I was kind of just playing around with some stuff this morning and I think it's going to be really fun.

So I want to think more about that and what that will look like. Okay. So what do you want to do more of in the new year? The last one is what do I want to do less of in 2019 and I had a few more things that I had that I thought of that I thought would would be kind of a good fit for this one is I want to take on less long-term commitments to other people and other projects that are kind of outside things that I could can't control myself.

Because I have a lot of long-term commitments that I've already made for things like my business the projects that I've started that I plan to maintain for years and years and it's gotten difficult for me to take on like a three-year volunteer position with an organization. I do a lot better. I think now with shorter term assignments like a year-long and then I can kind of wrap that up and move on to something else.

So I have a lot of long-term commitments that I have made kind of for myself and my business and my clients and I've realized that that really needs to cut back the other kinds of long-term commitments that I make to other people. Okay. The next one is I like to do Less Breath but more depth with my speaking and I'm definitely going to be overhauling my speaking in 2019 to try to Niche it a little bit more.

This has definitely been an area where I feel like it's just grown and grown and I offer so many options of what I could do, but I really want to be careful and think about what exactly do I want to be doing and what are the kinds of workshops and. Speaking engagements that are really going to be really highlighting what my superpowers are in terms of helping the audience and I'm going to be thinking carefully to about my keynoting because I do feel like my strength is more interactive workshops and helping people to do things versus just listen to me talk about things in a more abstract way, so I want to think more about that.

And then my last one might come a little bit as a surprise, but I think I want to do less writing this year. I feel like I've been just cranking out a lot of writing and I want to make sure that that stays something that I enjoy first of all but also that it saves really intentional and I feel like doing less of it may help me to think carefully about what I am writing and that it's something that I feel is really helpful for people instead of just writing for the sake of writing.

So I'm going to be thinking a little bit about that as well. So I encourage you also to think about what you want to do less of in this new year. Now as you're kind of thinking about each of these things, maybe you've taken some notes or some mental notes to yourself about what you're thinking. I encourage you as a next step to consider.

What is the next actionable step that each one of those things would look like for you? So, for example, when I want to start segmenting my email list a good next actionable step for that is to talk to my business partner my life partner about that so that we can start researching what it would look like and so that we can kind of map out.

What are the different customer Journeys that people are taking through our automated emails and really start to try to get a handle on the kind of the logistics of what it would mean to tackle that and he's really going to be a partner for me and Matt so I need to talk with him about that. When I think about things like do more walking, well, you know that gets a little more abstract.

What is the good next step for that? Well, it could be that I set a goal for I want to walk at least three to four mornings a week or maybe I get a walking buddy. Who's going to walk with me in the morning or I try to think of something that's going to be really concrete that will help me to meet that particular goal.

So I would encourage you for each thing that you're thinking of that you want to start doing stop doing do more of and do less of that. You consider the next actionable step that you can take. Hopefully this episode. Got you thinking about some of the changes that you might want to make in your life in the new year.

As I said, I'm so excited this time of year to set goals and to start helping you think about what are the goals you want to have in the new year as well. Thanks so much for listening. Thanks for listening to this episode of Life work QA show notes in a transcript for. Episode can be found a kitty litter dot work / podcasts lifework QA is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel at Katie lender dot work / podcasts.

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