**YGT episode 137**

This episode is brought to you by seven weeks to radical self-trust my new group coaching program designed to help you to develop a consistent practice of purposeful actions rooted in your capacity for steadfast self awareness and self loyalty through the program. You'll develop self Knowledge and Skills that will lead to an alignment of values with actions Clarity of Direction and peace with decision-making increased self-confidence and self acceptance magnetism energized focus and meaningful productivity.

Learn more and register for the next offering of seven weeks to radical self-trust at Katie litter dot work / rst. You're listening to you've got this episode 137. 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. Kitty litter. On this episode. I want to offer an update on my annual goals because we are at the end of the first quarter of the year. I cannot believe how quickly the Year is already flying by and that we are already almost in April. So I thought I would talk a little bit about how things are going in the first three months of the year.

And as you may remember this year I decided to align my goals with the six ways of cultivating radical self trust and I'll link to a page on my website that kind of goes into each of these in more detail. But a quick rundown of the six ways are seeking self-knowledge living core values with intention nurturing your superpowers practicing loving kindness towards yourself and others playfully experimenting and settling into your life's purpose.

And this was a strategy that I have really appreciated so far because it is tying me in a lot more concretely with my values rather than just kind of random to do some things that I wanted to get done in the year. So here's an update of how things are going in the first quarter of the year. So for the first category of seeking self-knowledge, this is really focused on engaging in deep reflection on my personality.

My core values my strengths my weaknesses and my life's purpose. And so I wanted to continue to write weekly essays for my newsletter and record podcast episodes because this is one of the ways that I really am reflecting on my day-to-day experiences. So if you've been listening to the show or reading, Log, you know this is definitely happened having a Content calendar for the year has really helped me to be more planful about this and also I'm just less stressed about generating content.

So I've been creating those calendars on a quarterly basis and its really been helping. I also wanted to practice meditation more frequently as a way to notice thought patterns and soften internal judgments. This has not happened once in 2019. So obviously I'm still kind of working on this one. I also wanted to intentionally daydream about new possibilities and directions both by myself and with my partner and this is happening.

I've had more conversations with my partner about our shared future goals, which it's just been really enjoyable to talk about those things. And then the last thing I had for this category was to read inspirational nonfiction that aligns with my values and intentions for the future and while I've read a couple of non-fiction books this year.

I've really been diving a lot more into fiction. So I would really like to read more Memoirs in quarter 2 of the year to help me with that particular goal. The second category of living core values with intention is really trying to align what I believe to be important with the actions that I'm taking on a daily basis and some of my core values that I identified as kind of a way to help me frame this particular goal.

Our creativity radical self trust process design and systems and documentation. So I had wanted to nurture my creativity a little bit more by carving out space for Solitude reflection and experimentation. Jen with new modes of expression this year and I've really had some wonderful moments of solitude already.

It's become totally clear to me how important it is for me to build in that alone time on a regular basis and so far. I've just experimented with one new mode of expression through my letter writing but the Solitude has been a huge win in terms of bringing more reflection time. I also wanted to actively reflect on how I'm practicing and how I'm seeing others practice radical self trust in their lives and work through journaling and note taking and I haven't been really journaling and note taking as much as I would like.

However facilitating my new group coaching program on seven weeks to radical self-trust has really given me an opportunity to talk more about these different issues related to radical self trust and to reflect more on how I'm practicing it and seeing how other people are practicing it as. So getting to talk about that every week has been really beneficial so far in quarter one.

I also wanted to continue to develop processes and systems for my side business that would improve efficiency and Delight my clients and well, this is always an ongoing goal. I have started to look at some automated calendaring functions. That would make it pretty easy to schedule client meetings.

And so that's something I really wanting to look into more in quarter 2. And then the last one I had for this was to be generous in sharing the fruits of my creative efforts and this year. I've had a lot of meetings with people about writing podcasting other topics related to creativity and really just kind of talking with people about my process answering their questions.

Helping get them started with maybe a new podcast or something that they're thinking about. So that's been really a good way of connecting with others who want to learn about how they could be more creative and that's been really rewarding for me. Okay, so the third area is nurturing superpowers and this is purposely investing in and honing my strengths so that they improve my life's work or are noticeable to others.

So I wanted to revise and Niche my speaking offerings this year to better align with my strengths and my coaching practices and I started this over my winter retreat. I've done this through additional modifications that I've made on my speaking page as well and I'm kind of currently seeing what other changes I should make.

Stand feedback that I get from people as they're kind of checking in with me about speaking engagements for the year. I also wanted to reserve time for quarterly strategic planning sessions and I just booked another 10 day Retreat period at the end of May and you may have actually because I'm recording these episodes a little out of order.

You may have actually heard me talk about this already, but the 10-day Retreat period at the end of May is really to help me do some planning for the second half of the year. So due to just scheduling I wasn't really able to do quarterly planning, but I have been able to do kind of. Two times a year planning.

So like for the first six months in the second six months which seems to be working. So I'm happy about that. As part of this category. I also wanted to schedule rest periods to keep from being depleted and I do feel like this has been going pretty well. I have been prioritizing sleep and planning ahead with tasks so that I can take parts of my weekends off and building and also some work from home days to recharge after I do things like Conference travel.

So I've really been kind of actively paying attention to that which has been helpful. And in the last thing I had in this category was to be Discerning about taking on new long-term projects and I had this kind of Mantra of just because I can doesn't mean I should and I have already said no to a couple of new opportunities this year that would have taken up a lot of my time and it felt really good to say no to those things.

So I feel like that was going pretty well. In the category of practicing loving kindness toward myself and others. This is about having consideration and affection for myself. And also those around me I wanted to take regular morning walks. And so total confession time. This is not been happening at all.

I have recently just started to try to get back to this and there are so many justifications I could make for this the weather the dark mornings wanting to sleep more but the truth is I just I need to get back. Doing this so I will be working on this in quarter 2. I also want to schedule Solitude at least one day per month and this has happened throughout the year and I've really loved it.

It's often actually more than one day that I've had Solitude and it's just been so huge for me. I wanted to read a novel for pleasure at least twice per month. This has definitely happened and I'm also loving this. I recently blogged about what I've been reading. So I will post that link in the show notes if you want to take a look.

But it's been really nice to just sit either on the weekends or in the evenings for several hours and just kind of fall into a book. So I've really been loving that. Under this category. I also wanted to be a supportive presence for prolific members. That's my online community for academic writers for my coaching clients my co-workers and the authors in my book series and while it's always a work in progress, I do feel like I'm doing okay on that one.

And then also I wanted to practice non judgement of myself and others and that was a hard one. I'll be honest. I try to catch my thoughts as they're happening. Let them go as intentionally as I can. And so that I can kind of create new mindsets and thought patterns that replace the more judgmental ones.

But I also you know, I'm trying to remove things from my life that bring a lot of judgment or that just kind of trigger my judgment. And so that's been something I've really been paying attention to and then the last one I had in this category was to express my gratitude both verbally and in written forms do people in my life and I feel like the letter writing is kind of helped with that.

But this is always a work in progress. All right, the fifth category of a playfully experimenting. This is about taking calculated and creative risks in order to learn more about myself and the world around me. So number one I had in this category was launching a new group coaching program around radical self trust and it happened.

It's one of. Favorite things to do every week. I'm loving it and also because I'm recording these out of order you may have already heard my update on this, but if you haven't it's coming soon about how the first round of this one so I've really been enjoying. I also wanted to play with new content on social media primarily an Instagram and YouTube and I've been playing with Instagram more than YouTube.

But I've also just been watching more YouTube videos to see what I like and might want to emulate or experiment with and that's been really fun. I wanted to try some new artistic modes of expression without worrying about whether I'm doing it, right and other than the letter writing. I haven't done much with this goal yet this year.

I'm still kind of thinking about what that might look like for me. And then I had experiment with hosting virtual writing Sprints and Retreats and explore the possibility of facilitating in-person Retreats, and I hosted my first writing Sprint in quarter one and had a really good time with that. I also scheduled some prolific writing Retreats for quarter to so I'll get to experiment with that soon and see what that feels.

Like. I also had scheduled a really good conversation with someone who currently runs in person retreats. And I was able to get some really helpful information about what that looks like and what is involved. So I'm still kind of thinking about that. And then the last one I had in this category was to form a reading group with my partner to discuss books over dinner and this happened we finished the first book which was red wall and then we started the second book which was my choice, which is the true Adventures of Charlotte Doyle.

And so that's been fun. We've really been enjoying that and. Having a break from some of the other things that we've been talking about like work and kitchen renovations and things along those lines. So it's been really fun. All right, and then the last category of my goals for the year is settling into my life's purpose.

This is about making a commitment to contribute to the world through my particular constellation of strengths and abilities. The first thing I had in this category was to log a minimum of 100 hours of coaching and work with a minimum of six new coaching clients each quarter, and I am definitely on track with this goal so far.

I hit 200 total coaching hours in quarter one and. Including coaching hours that I'd also accumulated from the last year and I added a ton of new clients in the first part of the year and coaching continues to be one of my absolute favorite things. I'm really enjoying it. I love meeting new people through this practice.

So I'm really pleased that it's going well and that I'm drawing your. I wanted to begin to develop and document the coaching tools and strategies I use when working specifically with academics and higher education professionals and this is definitely started to happen through the development of my seven weeks to radical self-trust curriculum, but I want to do more of this in the remainder of the year.

So I need to keep working on that. I also wanted to think about what I want to let go of in terms of projects attitudes mindsets to create space for my vision of the future and right now I feel like I'm kind of constantly doing this, but I haven't set aside intentional time to think about it yet this year.

So maybe that's something I'll do in my May Retreat period. And then the last thing I had here was to market the offerings of my business with intention and through offering genuine solutions to real problems. And this is also a constant project but I'm really intentionally thinking about marketing a lot right now because we've started recording season 5 of make your way Sara Langworthy and I and we're devoting the entire season of marketing topics, which has been a really helpful way of kind of guided reflection of thinking through a lot of these topics.

Okay, so that's my update for quarter one. I've got a lot on my plate for this year, but I'm found that this method of guiding. My goals has been really useful. I'm really enjoying it. So I would love to hear. How is your first quarter going so far? And can you see alignment between your goals and your larger Vision?

You can always tweet to me at Katie double underscore lender. You can email me at contact Katie lender dot work. You can connect with me on Instagram @ KD underscore lender, or you can write me a letter addressed to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one. I would love to hear from you about how your quarter one is going and how you're aligning your goals with your vision.

Thanks so much for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie Linder dot work / podcasts. You've got this is part of. 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 lunar dot work / podcasts.

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