**LWQA episode 143**

This episode is brought to you by what's next my new group coaching program designed to help you find some clarity around your next steps in work and life times of transition can be challenging and frustrating as we wait for the pathway in front of us to unfold in this program. We focus on what you're learning during this in between time.

What obstacles are keeping you from moving forward and where you can trust yourself more to move forward with confidence. Over four weeks will reflect together and hold space for one another session starts Sunday, July 7th. And if you join in before July first, you'll receive a complimentary private coaching session with me on a topic of your choice.

Learn more and register at Katie Linder dot work backslash next you're listening to lifework QA episode 143. 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 doctor Katie lender as I record this episode.

We are nearing the end of June which means that the year is. Almost halfway over if you can believe it as this post the year is basically halfway over and what I always like to do at the end of a quarter or at the halfway point of the year is to think about how my annual goals are coming along. And so this was something I recently blogged about.

If you want to see kind of the long-form version of this I will post it in the show notes. You can take a look. But if you remember back to the very beginning of the year, what I decided to do was aligned my goals for the year with the six different ways of cultivating radical. Frost and I had various kind of strategies and things I was hoping to do with that.

So I thought I would talk through those in this episode and kind of see how things are going as I go throughout the year. Okay. So the first way of cultivating a seeking self-knowledge. And what I had hoped to do with this was continued to write my weekly essays and record podcast episodes because I think that these really help to integrate my day-to-day experiences with larger or learning opportunities and lessons that I have for myself and that I want to share with others.

So as you know, if you've been following along this is definitely happened. I've been able to kind of consistently. Produce this stuff. I am going to be intentionally taking a break in July to share out some archived episodes so I can take a break from content creation. And that's really helping me to make sure that even as I am sharing out these things that I'm not getting to burned out with constantly.

Just creating that content. Okay. I also was hoping to practice meditation more frequently and in quarter one, I utterly failed at this. I don't think I practice meditation even once but in quarter 2 I got into it a little bit more and I found that guided meditations are really the things that work best for me using like a nap.

Um, like the calm a poor headspace or something like that and I also found that they're better for me in the evenings because I do have a really consistent morning routine right now and it's better for me to use something like meditation in combination with something like yoga to calm down and kind of settle in in the evenings right before I go to bed.

I also wanted to intentionally daydream about new possibilities and directions both alone in with my partner. And this has really been something in the second quarter of the year that I've been doing quite a bit more of especially as I start to design my new coach training program. I've been really doing a lot of brainstorming and ideating about what the future could look like and that's been really really fun.

And then for this category, I was I also wanted to read inspirational nonfiction. I felt like aligned with my values and intentions for the future and I'm reading a ton of nonfiction right now, especially as I'm working on this coach training program and it's helping me to learn about a bunch of topics and things that I think are going to be really helpful for developing that but that I also just really kind of enjoy poking around about so this is something that's really been a big part of court or two.

The second cultivation method is living core values with intention and I had identified some of my core values as being around creativity around radical self trust around process designs and systems and also documentation. So I had wanted to carve out more space for Solitude reflection and experimentation to try to nurture my creativity and I had talked about in the last update.

The letter writing was one way that I was kind of experimenting and having a lot of fun. But I have also been doing a lot of active carving out of solitude time with my morning walks and with my morning Pages writing which I mentioned on a previous episode and that's been going on now for about a couple of months.

The walking has been going on for a couple of months the morning pages about a month. So that's been a daily practice that's been really wonderful. I also wanted to reflect on how I'm practicing and how I'm seeing other people practice radical self trust in their lives and work through journaling and note taking and the morning Pages have definitely helped with this facilitating.

My seven weeks to radical self-trust group coaching program. Also was really a great way to do this, but. In quarter one and quarter to I facilitated that twice in the spring. I'll do it again twice in the fall and just seeing how other people are engaging with the elements of radical self trust has been really really helpful.

I've also been building it into my new coach training program as well. And so that's been a really fun way to explore. I wanted to continue to develop processes and systems for my side business and this is something that is kind of ongoing. I was hoping to implement like a automated scheduling calendaring system into the business and quarter one and that did not happen.

So it's definitely actually wanted to do it more in quarter 2. I had acknowledged in quarter one that I was thinking about doing in quarter two, and now I think it's going to happen in quarter 3, so it's something I'm looking forward to putting. Business and then I also wanted to be generous in sharing the fruits of my creative efforts and I've been just having a lot of conversations in meetings with people this year who are interested in the kind of work that I do and this has been kind of my favorite way of sharing out in addition to kind of just posting podcasts and blogs and things like that having those conversations have been really fun.

All right, the third category is nurturing superpowers and I had wanted to revise a niche my speaking offerings to better align with my strengths and my coaching practices and this happened as early as my creative retreat in December at the end of last calendar year. I have a new speaking page and I Niche my Keynotes into being around radical self trust and I actually hired a consultant to help me draft this most recent keynote on radical self trust and I just started that work.

I will definitely share more about it because it's been really interesting so far and but I can see that as kind of a one way that I'm kind of knees shaking into this even more is kind of getting some assistance with what that looks like. I wanted to reserve some time for quarterly strategic planning sessions strategic planning is definitely one of my superpowers and I had a planning session in May and then I also just booked another one for September.

So I am absolutely making that a reality and it's been such a great part of my my year so far. I wanted to schedule rest periods to keep from being depleted and I am starting to get into a pretty heavy writing mode again because of the coach training that I'm developing and so I'm really trying to take Saturdays for more rest and reading as a way to recover right now.

It's also looking like those might be kind of heavier writing days. And so I'm trying to build in things like. Naps and going out to lunch and just doing some things that are kind of not work related because they help to keep me kind of energized for the work. And then the last thing I wanted to do in this particular category is be Discerning about taking on new long-term projects.

And this is something this year. I have said no to several things that have come across my plate and it felt really good. I feel like I'm getting a clearer vision of where I want to spend my time in the next several years and that's been helping me to make decisions about what to add or not to add to my plate and so as I'm getting more aligned with that I'm feeling.

I'm finding it easier to say no because I'm really starting to get a better sense of what it is in terms of the direction that I want to go into. The fourth category of cultivating radical self trust is practicing loving kindness for myself and others and I had on my list to take regular morning walks quarter one totally failed at this quarter to M rocking it so got back on the wagon and I've been walking every morning and hitting 10,000 steps a day for almost two months now and that feels really really great.

So really happy about that. I also wanted to schedule Solitude at least one day per month. This is happening consistently. Me it's one of the best parts of my year so far wanted to read a novel for pleasure. At least twice per month and quarter one. I had a lot of this quarter to has been way more nonfiction, but I'm okay with that.

This is a shift that I've intentionally made as I'm making time for the research for my coaching training and I'm really passionate about that. So I'm not missing the novel's a ton right now. I'm sure I will get back to them a little bit later in the year. I also wanted to be a supportive presence for prolific members.

That's my online community for academic writers for my coaching clients. May co-workers the authors in my book series. And while this is always a work in progress. I feel like it's going pretty well. I wanted to practice non judgement and this has been something that I feel there were a couple situations in particular that happened in the last few months where I felt like I.

Where I felt like I made a really good step in the right direction of practicing non judgement that I was very intentional in certain situations to respond in ways that I ended up feeling very proud of so, this is something that's been really on my mind and I feel like I've been actively moving in the right direction there.

I wanted to Express gratitude both verbally and in written forms two people in my life. I feel like my letter writing project is helping with this and interesting ways. It's always a work in progress, but this is something that I'm trying to keep top of mind. Okay. So two more categories the fifth one is playfully experimenting and I wanted to launch new group coaching program around radical self trust which you know, I did I have two more sessions of that happening in the fall and it's really one of my favorite things about what's happened this year.

I also wanted to play with new content on social media and I'm back to kind of a randomized grid structure on Instagram and I'm really liking the creative freedom that comes along with that. I was feeling a little bit stymied. The other way of I was kind of structuring it previously. So I'm always kind of playing around with with these kinds of things.

I wanted to try some new artistic modes of expression and one of my favorite things right now that I'm doing and I've mentioned it. I think in a previous episode is I'm working with a branding Agency on some rebranding of my business and it's been such a creative process so far. I'm really enjoying it.

Especially the visual elements of that. And I'm able to also build in some visual elements of design into some of the stuff. I'm doing with the coaching training and also with some website redesign. So all of that is really diving into a lot of artistic and creative work that's been really fun for me.

I wanted to experiment with hosting virtual writing Sprints and Retreats and also explore the possibility of facilitating in-person Retreats and prolific writing Retreats the whole day Retreats started in quarter two, and I've had so much fun. With them so far. I'm going to have two more this summer.

I'm really looking forward to them. I'm not sure that in-person Retreats are going to be in my immediate future, but the virtual all day Retreats have been just such a blast. So I'm really enjoying. I also wanted to form a reading group with my partner and discuss books together. We have read two books together so far.

We're kind of focusing on nostalgic reads from our childhoods. So we read red wall. And then I recommended the true Adventures of Charlotte Doyle and we're in the process of choosing our next book together. So that's been really fun. All right, the final category is settling into my life's purpose.

And this was including logging a minimum of 100 hours of coaching and working with a minimum of six new coaching clients. Each quarter coaching has kind of exploded this year. I have a lot going on with it. I did hit not too long ago 300 total coaching hours for Just My overall coaching. My goal is to actually hit 500 hours by.

End of the year because I'd like to level up my certification and so I'm on track for that and I'm actually just between the group coaching and individual coaching. I'm doing it's taking up a lot of my time outside of work, but I just loved every moment of it. So that's been really fun. I also wanted to begin to document and develop the coaching tools and strategies that I'm using when I'm working specifically with faculty in higher education professionals and at the beginning of the year when I wrote that go.

I wasn't necessarily thinking that I was going to be actively developing the coaching training this year and that shifted for me and I'm obviously doing that now so I am definitely pulling together the tools the strategies into kind of a training guide that people will use when they're going through this coaching program and it's I'm like having the time of my life.

It's so fun. It is just like the easiest Flow State for me to fall into writing about coaching. So it's been really really enjoyable. And I will share more I know people have been kind of interested in this coach training program. I've received several emails from people about it. My hope is to have something on my website in early fall.

So if you're kind of looking out for that, that's kind of when you'll probably see some more formal information about it. And that would include like the curriculum the pricing information, you know, all of that the details the timing the schedule, but if you have questions beforehand, please feel free to contact me.

You can always email me or reach out to me on social media. Have questions about it. Okay, so I also wanted to think about what I want to let go of in terms of projects attitudes mindset cetera to create space for my vision of the future and lately. I've been doing this a lot with conversations with my partner and this has been really helpful for me to learn more about myself and what I want for myself what I want for our future together, and we've just been doing a lot of kind of reflecting together about what we want to do in the coming years both with the business and.

With kind of next stages in my career and what my partner wants and what kind of our vision is together, and it's. Really enjoyable. I've enjoyed those conversations a lot. And of course, you know as and of course, I'll be sharing more about those kinds of Transitions and things and thoughts for the future in future episodes.

The last thing I had on this list was to market the offerings of my business with intention. And you're offering genuine solutions to real problems. And this is a huge focus of The Branding work that I'm doing right now and why in some ways I decided to hire a branding agency to help me really think carefully about not just the visual elements of the brand.

But what am I really doing? What are the things that I really want to be focusing on and marketing my services the business is Services by really explaining to people how we can help them kind of solve real problems in their. I've seen their work. So this is something that will be engaging with over the course of the summer and will definitely influence the new website design that's coming in early fall.

So I'm really looking forward to that. So I mean the the further we get into the year and the more I use this structure of thinking about radical self trust as a way to kind of categorize the goals that I'm working on the more. I'm really enjoying it. I feel a deeper connection to the goals that I have.

It doesn't feel like I'm just checking things off of a list. I feel like my goals are really aligned with my vision for the future and with my larger values and what I really want to be focusing on so. I would encourage you to think about aligning goals around radical self trust and kind of thinking about what that would look like in your life.

You can always learn more about radical self-trust on my website at Katie lunar dot work backslash R. St - about or email me and I'm happy to send you a blog post or a podcast episode that talks about what I mean by radical self trust. So I would love to hear how your goals are going Midway through the year and if you are really hitting things, You were hoping to get done if there are still things kind of waiting in the wings that you want to turn your attention to.

I want to hear all about it. You can email me at contact Acadia lunar dot work. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KD underscore lender, or you can write me a letter at Katie lunar PO Box 1621 in Albany, Oregon 97321. I always love to hear from you.

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