**YGT episode 157**

This episode of you've got this is brought to you by seven weeks to radical self trust my group coaching program designed to help you 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 your decision-making increased self-confidence and self acceptance magnetism energized focus and meaningful productivity.

I'm offering a couple different options of when you can take this program in the coming months. You can learn more and register for the next offering of seven weeks to radical self-trust at Katie Linder dot work backslash R. St. You're listening to you've got this episode 157. 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 doctor Katie Linder. As a follow-up to a recent episode on a seasonal planning guide. I thought I would do an episode debriefing my summer. And I think it's really important to celebrate a season especially as it's changing and to look back and do a little bit of a formalized debrief so that you can let it go and you can move on and into the next season knowing what it was that you accomplished what went well maybe didn't go so well and if you have any projects or things that are kind of stretching into the season that's coming up.

So I wanted to demonstrate that first by offering some ideas of what I'm celebrating from the summer because this summer. A really busy time for me. There was a lot going on and there are a lot of things that I want to just kind of for myself formerly note as things that I kind of checked off my list or that I really prioritized or gave a lot of time.

Part of why I do this is because our brains tend to forget this kind of stuff. They can play tricks on us a little bit and we can get to the end of the season and say what did I really get done? And what I tend to do actually is very practical. I've kind of walk through my planner and look at the kinds of things that I was focusing my time and energy on and now because I'm using a new tool called Power sheets, which I can link to in the show notes.

I can look and kind of see what I checked off and what my goals were for a particular month or kind of string of months together. And this allows me to actually formally process what I got done in a way. That doesn't let my brain trick me into thinking I did a lot less than I thought. So here are some of the things I found when I went back through my planner and some of them I had completely forgotten about so one of them was that I moved back to my office.

So if you follow me on social media and particularly Instagram stories, you might know that last spring I moved to a different building as my current space was being renovated and then I moved into a brand new office. Just early on in the summer. And so that was something that had kind of completely slipped my mind and it was actually a big part of my mental and cognitive energy during that week.

It happened the week of July 4th to make sure that everything was where it needed to be and of course packing and moving takes a lot of energy. So that's something that. As many of you have seen if you follow my newsletters or other parts of my social media or my website. I'm doing a bit of a business Rebrand and that was something that I was heavily invested in this summer.

I ended up hiring an agency both for accountability, but also really for their artistic expertise and helping me think through both the messaging of my brand but also the visual elements of my brand so that was huge. I also ended up working a lot on my coaching training program, which I'm going to be sharing a little bit more about later this fall but over the summer months, I added about 35 thousand words to the coaching guide.

Now, this is something that you might be surprised but it would have completely slipped off my radar because I'm focusing on a lot of other projects at the moment and this kind of slowly added up over several different writing sessions that I did and particularly through the prolific writing Retreats that I hosted over the.

So it's something that's been kind of going on in the background a little bit and it was amazing to me to kind of remember. Yeah, there were a lot of words that ended up going into that project over the summer. I also spent a large part of my summer Drafting and working with a consultant on a new key note that I have developed for radical self trust and that involved especially towards the end of the summer writing out a full draft of what that keynote would be and also developing a pretty large slide Deck with a new branding elements to represent the talk and that happened over a period of about six to eight weeks with several meetings.

Lots of brainstorming lots of creative development of that talk so. A really kind of big priority for me to get that done this summer as I mentioned. I also hosted three prolific writing Retreats that were full day digital retreats to help our members and prolific make progress on their goals. And that was one of my favorite parts of the summer was really taking a day setting it aside working with that group to coach them through that particular day and people accomplish such amazing things through those digital Retreat.

So I really enjoy doing that. If you read my most recent newsletter, you know, I also ended up reading quite a bit over the summer. I went ahead and looked at what I was tracking on Goodreads and I had read 21 books in June July and August so many of those were novels which was one of the best parts of my summer was digging back into some fiction reading.

So that was something that was accomplished over the summer as well. I also did quite a bit of group coaching over the summer. I took a break from my seven weeks to radical self-trust program which by the way is launching this coming Sunday. So if you're listening to this live and wanting to join in the first fall session check out a link that I'm going to include in the show notes.

So I facilitated a session of the what's next group coaching program. This was a brand new program that I developed for people who are in transition. So that happened in July and then I also facilitated three summer writing groups throughout the summer, which was also really really fun. And then I also do have into some new projects.

So in addition to the coaching guide that I was focused on I also recorded the majority of season one of a new podcast that I'm creating on coaching and I'll be talking more about this soon, but I'm really excited about this project in the midst of that. I ended up cutting back on content creation.

So if you follow the podcast Channel, you know that I went from producing three shows a week on the radical self-trust podcast channel to bring in everything back to you've got this and that's been a really helpful thing for me in terms of just the time and attention. I needed to give to other projects in this particular season of my professional life.

Over the summer. I also did some final steps for my new book on alternative academic careers that I'm co-writing with Kevin Kelly and Tom Tobin and this is a book that is coming out in January. So we just finished the proof edits for that and the index and so that book will be moving forward soon.

We're all really excited to share that with you in the new year. Okay, there's a couple more things. I know this is sounding like a lot but if I had just tried to write this down without looking through my planner, I wouldn't have remembered even half of these things. So this is why it's really important to go back and look at all of your notes.

So I also took a couple of keynote trips over the summer. And I at my day job launched a seminars program where I had researchers from all over the US fly in to do a research project with us. And this was the first summer that we did that they're going to be meeting with us for a couple summers in the next couple of years.

So that was super fun that happened in July and then we also Sarah Langworthy and I launch season 5 of make your way. So that happened in August. And if you remember to I took restful July and so I was kind of working on a lot of these things when I took a break from content Creation in July and was able to fit in a lot of these other.

So I'm sure there are probably even a couple more things that I am forgetting off of that list and it was a very productive summer for me but it is so important to celebrate the kinds of things that happened over the summer that were you know, really interesting that were the things that I wanted to prioritize that I felt were aligned with my values of how I want to be spending my time and energy and all of this kind of laundry list for lack of a better word of all the things that I was focused on.

It really serves as kind of a nice check in to make sure that I'm doing things in a way that feel. Meaningful in terms of kind of that crosswalking of my values to my daily to-do list, but also by looking at it over the course of a season, sometimes you can't see the bigger picture. You can't see the patterns in our day-to-day lives.

I think we focus on the trees instead of the forest. So looking at a season as a whole or a quarter of the year as a whole can help you to see a little bit more of that broader picture and if you are moving things forward in a direction that feels good to you. So this is something I love to do at the end of every season.

I think this summer is such a discrete season for many of us in higher ed particularly here in North America. And so I would encourage you to kind of ask yourself go through your planner go through your calendar go through your notes. What did you really get done this summer? And for me, it was a lot of projects but for you, maybe it was rust.

Maybe it was spending time with family. Maybe it was accomplishing certain projects around your house. It could be a lot of things but I'm really happy now looking back at this list about all the things I was able to do and it also really energizes me for the things that are crossing over into my fall calendar and into 20.

Now, I recently wrote a blog post about 10 goals that I have for the remainder of the year and how I'm planning to accomplish each of them. I'm going to go ahead and link to that in the show notes in case you want to take a look. Thanks so much for listening to this episode, and I would love to hear if you're doing a summer debrief or a seasonal debrief for yourself.

You can always email me a contact to Katie Leonard artwork. You can tweet to me at Katie double underscore lender, or you can connect with me on Instagram @ KT underscore lender or write me a letter at Katie Linder PO Box 1621 in Albany, Oregon 97321. Anyway, you contact me. I always love to hear from you.

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