

Spin Cycle - Our New Year Goals

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SPEAKERS

Deana Thayer, Kira Dorrian, Future Focused Parenting



Future Focused Parenting 00:03

Welcome to Raising Adults, the groundbreaking parenting podcast that starts with the end in mind. We're your co hosts, Deana Thayer, and Kira Dorrian. We created Future Focused Parenting to take families from surviving to thriving. So join us as we help you stop raising kids and start Raising Adults.



Deana Thayer 00:26

Hey there Future Focused Parents, our lovely FFPs. We're glad to be back with you again in a new year. And frankly, aren't we all glad to be here? To be honest. So Kira and I just wanted to hop on really quick and talk a little bit about that, about just what are we looking toward with an eye toward this new year in front of us? What are things that we're maybe hoping to accomplish or grow in? And as Future Focused Parents, we always recommend that you as our FFPs and listeners take this approach too. It's a really great way when you have a kind of a clean slate in front of you, it's a really good time to just evaluate. So I think we're all glad that 2020 is behind us. But it's important that now that that's in our rearview mirror, we look forward. So Kira, I know you also have a big milestone birthday on the horizon. So how has 2021 been so far?



Kira Dorrian 01:23

Have we mentioned that on the show at all?

D

Deana Thayer 01:25

I don't, I don't know, maybe once or twice.

K

Kira Dorrian 01:29

It's coming. Let's put it that way. There's a couple episodes coming where we talk about my milestone birthday. But yeah, it's coming. I'm going to be 40 on Saturday. Yay. I feel good about it, though. I think I mean, it's always interesting that my birthday is right at the start of the year, because I do get that chance to kind of look at what do I want to do with this year, or this decade in this particular case? But yeah, I think I learned so much in my 30s. I mean, I had my children at 30. And found out I was pregnant like two days after my 30th birthday. So it's been a decade of enormous growth. And everyone says that, that your 30s are sort of where you find yourself and then your 40s you sink into that. And I feel really ready for that. I do. And actually, I think it really ties into what I'm thinking about that this year in 2021. Because I think one of the things I realized about myself, and it ties into our episode this week about forgiveness, is that I, I think that I, I forgive easily. But I wouldn't say I have a ton of grace for people, which is interesting, right? Because you think of those things as kind of aligned. But I do think there's a difference between them. I'm usually totally willing to move forward and move on. And, you know, let's work it out. But I think sometimes I hold things too tightly. And so that is my goal this year is I want to, I want to just have more grace for myself for people. That humanity piece that we talked about this week of like, how do I truly, truly see my own humanity in someone else? I think that's something I can do better for my kids, for my partner, for my friendships. And so that's kind of my goal this year and, and this decade. So how about you?

D

Deana Thayer 03:07

That's a great one. Grace is important. Well, I, it's interesting. Mine comes from something you said on a show a long time ago, but I think it was a friend of yours who was doing this kind of approach of just focusing on one thing a month. And I've learned, Kira already knows this, but some of you listeners may not. I am very prone to being easily overwhelmed. So I really liked this idea of just focusing on one thing a month rather than having like this laundry list of resolutions, because for 2020, I set 20 goals for 2020. And frankly, I met them all except one.

K

Kira Dorrian 03:40

Wow. Amazing in a pandemic, can I just compliment you on that by the way?

D

Deana Thayer 03:45

Oh, yes, and my one that did not happen was pandemic related, because one of them was to do our trip to Europe without debt. But we didn't get to go to Europe. So that one didn't occur. But what I also realized is when I set a goal for the year, of course, I'm going to do it all year because I'm Captain type A pants. But sometimes midway through, I realize this actually isn't a good fit. It's not something I want to continue. So what I also love about this is a, it's not overwhelming, but b, if I don't love it at the end of the month, I don't have to keep it. It's, I feel like it's long enough to either establish a habit if I think it's a good one or to say you know what? I tried that. It doesn't really work for me. So I'm pretty excited about that different model, and you were the one who shared it. So thank you.

K

Kira Dorrian 04:24

Oh, I love that. Thank you for sharing that. That's a wonderful goal. That's super smart. Because you're right, you don't want to feel like tucked into something that actually turns out to not be meaningful.

D

Deana Thayer 04:34

Yeah. And I'm way too rigid that way. I get, I do get locked in. So I was, I didn't feel as free with like a, quote, New Year's resolution, to go, I'm just gonna drop that in May. Right? I just was like, I will soldier on, and like, I hate it, you know. So I think this is a much better approach. So I'm looking forward to a new year with less overwhelm and the ability to drop things that don't serve me.

K

Kira Dorrian 04:55

I'd like to know if type A pants is the sequel to Captain Underpants. Is that coming out this year?

D

Deana Thayer 05:04

Yes! In theaters near you! So FFPs, I mean, who knows what this year is going to bring? We have all become more acutely aware that we have no idea what's in store for us. I think 2020 did us that favor. But we wanted to just share a little bit about what we're thinking about and felt it was appropriate for a quick spin cycle, even though sadly, we're not together in the laundry room yet. We still love those spin cycles to just chat about things briefly. So as you go into 2021, we'd love to hear what you're thinking about focusing on. You can feel free to comment on our social media posts or write into us,

info@futurefocusedparenting.com. And we'd love to interact with you and hear what you've got in store and we are so excited to bring you lots of content, and not just podcast episodes. We've got a lot of fun things coming down the pipeline. So we hope you'll stay tuned for that as well. Have a wonderful year.



Kira Dorrian 05:54

Happy New Year.