**CC\_S1E2**

Welcome to coach to coach

a podcast dedicated to showcasing the power of coaching. I'm your host doctor Katie Linder and I offer coaching to academics and higher education professionals to bring more. He's to their lives and. Before you dive into this episode, here's a quick introduction to the structure of the show in each season of Coach to coach a new guest coach will come on the show to demonstrate a range of coaching tools and strategies.

The first episode will offer you an introduction to the guest coach, then I'll coach the guests and they'll coach be for the next six episodes and always on real topics and issues were dealing with in our own lives. Each season will end with a debrief episode where we'll talk about how the season went.

And offer any updates on the topics covered in earlier episodes, it might make the most sense to start each season in the beginning and listen to the episodes in order. This season I'm delighted to introduce you to dr. Katie poplin Katie specializes in working with graduate students and offers them a community and network to support their needs and help them to live whole lives while pursuing their degrees now onto the episode.

Katie it's good to talk to you. How are you? I'm good. How are you? It's been a long busy hot day, but I'm glad to be here. Yes. It has been that's even longer for you. I'm recording from the West Coast. Katie is on the east coast and it's after work for both of us. So getting into the later evening, but I'm excited to coach you in this particular episode.

And what are you wanting to focus on tonight in the. I was thinking about this today in this session and a little bit of context. So I have a business and I think that like most business people and this was also true of me while I was doing my PhD as well that my favorite way of procrastinating projects that are on a deadline.

Is to start dreaming about a new project and now that I'm a business owner the stakes of that are higher and I would say that I've gotten better about about finishing things before I start the next thing but I would love to kind of dig into Y at the 80% Mark of any project I start to get Wiggly and want to think about something new.

Often to the detriment of the project that's 80% complete. Not that I don't finish that second 20% but my heart's never all the way in it because I'm committed to the next. the next thing. Okay. What a good topic. Okay. So what I'm hearing from you Katie is you want to explore why when to hit that kind of 80% Mark with a project you start to get Wiggly.

I love that word and want to start something new. Why is this kind of top of mind for you right now? What makes it kind of important to tackle tonight? It makes it important tonight because I am in the middle of recording this in July of 2019. And in the month of July, I promised myself that I would finish all of my open projects and some of them are some of them are weeks old and some of them are months old and they range from everything like finished painting the trim in the one area of the first floor that.

Six months ago and finished recording a course that uses did three quarters of in March and there's a variety of kind of personal reasons that the beginning of the year was tough for me, but I feel like I'm at the spot right now, but I just have to like face all of these threads of things and I would like to both figure out more about why that's happening and also make a plan to have it happen Less in the future.

Okay, so when you think about this session in your kind of getting there a little bit by thinking about the plan part. What are you hoping to walk away with? What would be something that would help you feel like this session was successful for you tonight. Um, I would love to walk away with a deeper understanding of my own.

Emotional responses to things instead of the word Wiggly which is very evocative, but not very descriptive more specific and a plan for either like increasing awareness around a specific pattern that is happening or steps ideally to have that pattern happened last. Okay. So when you say you want a deeper understanding of your emotional responses, if you were going to like score your current understanding on like a 1 to 10, what do you think your current understanding of your emotional responses to this is how I would say that my current understanding is a 3 out of 10 not because I don't have the tools but because they've just been not thinking about it on purpose.

I just I know that it's there and I just I act around it instead of trying to understand it. All right. So by the end of the session we're going to try to have a plan for what to do to kind of increase your awareness of this in the future and maybe some steps to have this pattern happen less but also to have a deeper understanding of your emotional responses to why you kind of get Wiggly at that 80%.

Face. Yes. Okay. So Katie, what does Wiggly look like? Who in the early stages of Wiggly it looks like being easily distracted where I will I'll be working on something and a thought will occur to me and I'll think. Oh, I should write that down so that I don't miss it. And then instead of stopping and trusting that the Post-it Note won't combust in the 20 minutes that I need to finish whatever task it'll feel very important for me to follow that thread wherever it goes when I was in a writing my dissertation.

It often that place that it took me to was like researching recipes or like booking a yoga class. And now that I have a business I would say that the threads are more related. Like it's usually something that's important that needs to get done. It just doesn't need to be done right that second well-nigh Midstream and something else.

In the later phases of Wiggly when I'm trying to like work through it, and I know that I'm trying to avoid it feels a lot like I've ever seen like a small child that doesn't want to go anywhere and they just go like completely limp so that you pick them up and they weigh like twice as much. Yes.

It's a great metaphor. That's how it feels but like I can pick myself up but I am purposefully making it as heavy and as hard as possible. So by the end of it, I'm totally exhausted and drained. Okay, so it do so it sounds like there's physical effects to this as well. Yes. I normally noticed these feelings in my body before they register emotionally.

So sometimes it looks like literal wiggling wiggling in my chair or just like an intense desire like to book a fitness class or something planner Run Okay, so definitely like wanting to have movement but not on the project in your physical movements. Yes one might say run away from it the pretty literal way.

Okay when you're at that stage Katie, what are you running away from when you hit that 80% I mean sometimes like the literal space. I have an office. It's kind of tucked into the back of my house, which I like but it does start to feel kind of claustrophobic. So sometimes I just want to get out of this room.

But normally it's coming at a stage of a project where I have to start thinking about sharing it with people would like putting it up. And this also used to happen when it when it was time to start sharing a piece of writing and then I would get more Wiggly the closer it was to being something that didn't just exist on my computer.

Hmm. Interesting, what are the emotions that you associate with sharing these kinds of projects? You can hear me Mike long side.

It really depends. I would say that like it's not a universal emotion. Like there's there isn't a narrative in my head which I guess is good that like every time I've shared it's been terrible or like every time it's been a failure. It's definitely more nuanced than that because I've had things that have gone really well and I am not.

averse to criticism like I do well with feedback.

It just it feels very exposed. I guess it's a good word for it. Hmm, and I don't always enjoy being a exposed. I'm much more comfortable holding space for other people in their vulnerability that make sense. Okay? Okay, that's really interesting. Okay. So tell me a little bit more about what does it mean to be exposed?

What does that look like when you see it in other people like when you're holding space for them? To like just today I had a call with a client. And this person was completely new to me. It was like a cold consultation. This person might be interested in doing some one-on-one coaching which is fun and exciting and the call got very intense very quickly as they sometimes do because normally people are booking a consultation when their back is up against the wall in some sort of way.

And so when this person began to sort of share about where they were and how they were feeling my immediate thought was how. Self-aware and introspective that they were that they could kind of like put words to what was a deeply internal process and kind of name already some of their patterns and behaviors that were making it difficult to kind of accomplish their goals.

And so it wasn't even like a registering of like, oh, wow, they're being really vulnerable right now, but just like a sense of admiration and really valuing. The skills that it is to sort of take. Take yourself. Take an internal experience and make it known to someone else. Why is that valuable to you?

What makes that valuable? I mean, like I said, it's a is a coach it's valuable to me because it's like a concrete sign that this person trust me. And it's a really good foundation for future relationship. No matter what form. It takes a whether this person books with me or not. The fact that they were that they felt comfortable enough to sort of open up in that call was both like a really good validation of my skills and also like their willingness to go there when friends do it.

It's a sign that they trust me or they value their relationship with me. And I have them like it's a sign of kind of like Mutual intimacy when I'm vulnerable with people that don't know me very well. I care about it less like I might never see them anymore. So I can I have like a really deep and intense conversation with like a Trader Joe's clerk which happens to me.

I have the kind of face. That's that opens people up. I care about that less but I do have like a couple of significant relationships where I have been open and vulnerable with people especially as it pertains to like my creative work and it's not gone. Well mmm. Okay. What is the relationship for you between that 80% point and Trust?

Yeah. There comes a moment when I think you're working on something that's a project like whether that's a piece of writing or product or something that you're working like something that you're going to offer an offering and I sort of broad sense. We're at that 80% Mark. It's like a pregnancy that's viable, but.

It still has some space to go right like, you know at 35 weeks. You could have a baby and it would be born and it would survive because it's viable but that extra five weeks in the womb have some benefits for it. So. I feel like there's this space where I have projects where I have to decide like is this ready to go?

Is it ready to be out there? Is it ready for feedback like what level it's at and it was much more comfortable for me to keep it as something that is internal that like I'm watching it grow and I'm making it grow. And then it has to stand on its own at some point like it has to be viable outside of me.

And that is like the point at 80% where you start to think like this could ship early this could use another set of eyes or this could live on its own if I needed it to people would understand it that makes me feel kind of legally. What's being protected by keeping those projects just for you?

I mean it varies about the project but almost everything that I do comes from me. Like if I my writing is always been pretty personal. My coaching is always been pretty personal. And I think that's a lot of my strength and so it's not necessarily something that I want to Tamp down but it means that if I and say we're leasing a course on how to write a dissertation chapter, which is one of the current unfinished projects that's on my plate right now.

There comes a moment where even though it's not a narration of how I wrote dissertation chapters. It's very personal to the way that I think about that process the way I would guide other people through it and. Even though I know intellectually that say you could make a course on how to write a dissertation chapter and they might be a hundred eighty degrees apart from each other.

That doesn't invalidate either one. Like I know I know all of those things but still seems like. if I were to like if we were to both release courses and you would be able to tell the difference and I think that people would be able to know mine. Not because it's been branded well, but because it speaks so clearly like what I do and who I am.

What are you holding back from people when you don't finish these projects? I mean, there are people in the world. I could use a nice low cost course how to write a dissertation chapter. There's material benefit for people. I'm also holding back from myself like prophet and a gross opportunity for my business.

but also unlike some of. My timed offerings like if I run a coaching group and it starts on say Tuesday August 1st or whatever. I have to finish it because it's Tuesday August 1st. People will be there. But these the projects that I tend to linger on are the ones who are like, I know there's a hypothetical customer but there's not any one specific asking me for it.

Hmm. And so I have to kind of take. I have to take a leap. And offer this and hope that it connects with people instead of offering a directly to specific people. What are the benefits of taking a leap?

Growing just like growing that once things are out from underneath like they're out of my hard drive and in the world they exist and that benefits people and it benefits me.

How important is it for you to grow?

I would say it's pretty important. I it was easier to grow professionally when I was in a business that had really sharply defined metrics that I wasn't in total control over like a dissertation is a specific format. And it had specific deadlines and consequences and if I didn't finish it at a certain point like my life would be different in a variety of concrete ways that were easy to sort of conceptualize.

And without some of those external triggers in my business, it's hard.

It's hard to balance. Growing in ways that feel purposeful and not just like pushing everything out the door the minute that it's ready just because I could do it. It's been it's I think one of the biggest challenges for me as a business owner is trying to make a coherent set of offerings that feels thought through and not just jump on every idea that I have.

Hmm. What gives your offerings meaning?

What do you mean? When you think about something being purposeful or having meaning for your business? Okay, what does that mean to you? Well liked one of my big watch words. That I'm like staring at a poster of it right now in front of my desk is the phrase on purpose. And it's important to me to do things on purpose and depending on the situation that can kind of mean like to do things mindfully.

Like if I'm going to check my email. I'm going to check my email on purpose and not just because I was at my desk and I could click the tab. So kind of like bringing a full sense of attention and purposefulness to daily actions and sort of Habitual. Things but I'm in my business. I want to do things on purpose.

So that things feel like they're in alignment so that they feel like they're authentic. To me and the businesses and exist. So one of the big lessons that I learned very early on in my business was that. I needed to not necessarily like Niche down in my services like what I was offering to people but I needed to be a lot more specific about who I was going to offer services for that just because it occurred to me that a tenure-track faculty member might enjoy my offerings didn't mean that I necessarily had to like run off and create a whole slate of services for this new audience.

Like I was allowed to have and actually needed to have. Boundaries around who I was creating for and why?

Because I think that it's really easy and I often feel the pull to capitalize on things in the same way that I felt it as like a PhD student where you would have an idea for a paper and you're like, oh, well, I better write that down before somebody else writes and publishes it right. It's that same kind of Paul like, oh it occurred to me that I could offer a course on this like I better hurry up and do it before somebody else does, you know, it's not like a named person.

In my head, there's just a feeling that I have to capitalize on stuff and I would like to not do that unless it's. something on purpose that I truly believe this offering is aligned and is going to move me forward. What are the signs that something is on purpose for you?

I know when things are on purpose for me because I remember doing them, but that's a big one not everybody. I think it's an interesting question for me to use with my clients. Sometimes actually like what do you remember doing today? Like what choices do you remember doing? And I think a lot of people have that experience of kind of like sitting down at their desk and like surfacing, you know, 20 minutes later thing.

Like what did I just do right then so I like and it's often a sort of exercise that I go through when I take a break or I switch locations is to kind of go through and say like, okay I did this and then I did this and I did this just to sort of name it back that I was. The present in my body for those things.

So that's like the big day to day feeling that I have but also when I look back and I look back on Friday afternoons and also the last day of the month I have sort of like a built-in time where I check and see the bouquet I look I use a an app. Times and can kind of keep track of things in various buckets.

I'm like, okay does this read out of my hours spent at this computer using this app roughly match what I meant to do what I plan to do. Were the reasons why it deviated? What were those reasons? Could they be accounted for in the future? So it's kind of like minutes and then present nests and then and is the weekend of the month realignment if I need to hmm.

When you make those transitions between things that cause you to pause and name back for yourself. What is the feeling you get so that you know, you need that transition?

Probably ignore it. Whatever it is. It's one of the reasons that I use a bomb timer actually is because there's a bell every 25 minutes that causes me to kind of like resurfaced and realign but. I do have like. I know that it's time to do that not necessarily because I feel an internal poll to do it.

But because I've set up external structures that make me do it. I often schedule like a workout class in the middle of the day. So I have to like physically get out of my office which gives me, you know, like 15 minutes when I drive there to kind of. Figure out what happened that morning, and I have a pretty distinct shut down schedule.

Looks sort of shut down routine, but during the day outside of those containers. I don't know that I'm super aware of when I need to check back in what feels on purpose to you about your paws at 80%.

Why do I feel like that happens really? Why is it is it purposeful is that another way of asking that question that can be another way. Yeah, it's not a purposeful pause. It's very rarely. Do I.

I'm more notice it in retrospect because my mind has jumped to something else. So it very rarely feels like it's on purpose. But once I noticed that I definitely choose on purpose sometimes to not pick it back up again. Okay? Okay, like there's a I'm laughing because I hate I use this app called Focus to do and you can change the due date from like a specific date and then you can you can move it into a category called someday.

And so I do know that I very consciously give myself or I make the choice to put some projects into some day to not have them pop up every morning and remind me of the fact that I'm not doing it right now and then they just kind of languish there until something like July comes around and then I forcefully moved them out of that category.

What does it feel like to forcefully move these projects forward? Feels violent.

I don't like it. It's feels it feels very tender. Like opening a closet and seeing a whole wardrobe of clothes that don't fit anymore and there is kind of a moment where I do go through and when I started this kind of like month of finishing things I did go through and get rid of some stuff for I was like, this is never going to happen or like I don't feel as strongly about this anymore or this doesn't need to go into this kind of container of finishing things.

It doesn't feel so when I would ignore my dissertation work. There was a very clear sense of like shame and guilt around that because. it had a lot more of an impact like in my family unit because I didn't finish my dissertation that didn't just impact me but with my business there's less of a scent like I don't feel guilty.

And I don't really feel ashamed.

I just feel like I got to address it. If that makes sense like yeah. What will happen when you address it things will get done soon. I think today today I went and got supplies to paint the door and like the trim pieces that I needed to and it didn't feel good to go get those supplies, but it didn't and I guess that's what I was kind of frustrated by.

I was like, I wanted to feel like a champion for like doing this thing that I've been putting off. and instead it just feels like. Doing a thing that you were supposed to do. Hmm. What would make it make you feel like a champion? Like what could you change that might give you that feeling? I don't know.

And I guess I don't really need to feel like a champion about household chores that I should have done. I'm willing to accept that. I might not feel it feel like a champion because I cleaned out my drawers like it's just the thing that needs to happen. But I think it's harder for me to get excited about finishing projects where it could be a really unexpected outcome and like it could take off her could.

And

so I don't want to get not hooked on I don't want that to be like the only measurement of why it's good for me to finish things because when you send out offerings as part of your business, like there's definitely a measure of control that you have over how well that does but there's also a big measure of uncontrolled Ness about it.

So

I guess I would have to reframe the champion feeling is not so concretely tied to like profit or. you know up take whatever the metric is. What would you tie it to instead?

Don't know. I guess. I guess I could tie it to whether or not I feel like it moved me or the business or my understanding of something forward who sometimes they do stuff and it fails and I'm like, oh now I know why this doesn't work. I kind of had to try it. I guess you could tie it to that. Hmm the idea of the leap in the growing.

Yeah. So, I'm curious Katie you mentioned again this idea of naming back to be on purpose. What would it look like to use the 80%. pause. as an opportunity to name back what you have done on that project already that was on purpose. That would violate what I see now is an unspoken evaluation rule.

Tell me more. My background is as an educator and there's two different kinds of assessment. There's formative assessment which you do like at any point during the process and it gives you data both about how well you understand things and it also gives data to the teacher about how well a project is working or like how much a student is really understanding it.

It's not just about the final grade and then there's kind of like summative assessment which is like a. For example where you you take one test and it measures you know the whole course and I preach until I am blue in the face that formative assessment is an important tool that figuring out where you are and why at all points in the process gives you a lot of data that can help you shape a project or a learning or an outcome as it grows.

And I see now that in my own business I very much wait until it's the end of a process and then just take everything on this one moment of evaluation at the end. Mmm. So ironic course, I see how it goes. I. you know, I evaluate whether or not I'm going to do it again or what changes them in a make or whether I'm going to keep growing in that direction or not.

And it's not so much like I do a lot of checking in with my clients and seeing how they're doing and I do a lot of checking in with my communities, but these things that don't have a concrete audience yet or they're kind of they're much more passive. It's harder for me to see where that formative piece fits in with myself or with other people.

hmm.

What do you think of the possibilities of building in a formative piece like that? What would be the benefits?

What the benefit is like more understanding a chance to course-correct if you need to. Less mystery about the creative process which is always a struggle for me. I'm very good at helping people unpack their processes and then I very much treat my own brain like a black box sometimes like I just put things in and then stuff comes out.

So I think. it would be a lot about kind of exploring what happens in my own creative process.

And just being more present for it. But

then I also am weary and know that. As a person who is deeply motivated by external accountability and kind of like responsibilities to others like in Gretchen rubin's for Tendencies. Like I'm whatever one is like externally accountable the obligor and I know well and so I very much don't want to fall into a trap where like I need to have somebody else's approval at every step of the way and.

I already feel like as a person who runs a business almost entirely on her own. I'm already doing a lot for myself because there's already a lot of tasks on my list. So. I'm reaching this block as I kind of like go through and figure out what a plan might look like some kind of assess more along the way balancing like okay I could get.

Feedback that I could over fixate on from other people and that's a pattern. I'd rather not replicate or I could add in a loop with myself and make in already busy conversation between me the person and me the business owner busier. Which isn't bad necessarily? But what is the difference in your mind Katie between assessment and exploring your process?

well. as a perfectionist in Rehabilitation like a recovering perfectionist. Exploring is assessing I would say that if I were to be brutally honest about it in my own I respect and teach the value to other people and use the words interchangeably in my own brain as regarding me.

What are you learning about yourself? As you're talking through this? I have more healing and growing to do which I think is always there's always a part of me I once I've I am a champion of and very grateful for access to healthcare that lets me see a therapist on a regular basis and I once asked my therapist like as a practitioner.

I was like, how much do you learn about yourself through this process of being with me in this room or with a client in another room later and she was like, well, I really try hard to keep myself out of it session to session right like. When I'm with a client, I'm in that space and I'm there for them.

I purposes in that room is to be there and hold space board, but that doesn't mean that I don't say things. Sometimes we're like, ooh boy, that's something I need to work on for like that's something I need to internalize as much as I'm externalizing it for this person. And I think that as I coach more and more I'm finding I'm finding places where.

I can teach and run and have a successful course on perfectionism for grad students and realized like I have a lot of awareness of how those patterns showed up in my dissertation writing and I have not been doing. I haven't had a lot of opportunities. Let's put it that way to fully explore it in my current day-to-day process and I don't think I don't I don't I don't want anybody listening to this to like be like, oh she's getting down on herself.

Like you always find new corners. You always find new places where that pattern shows up. So it's just like it's a repeat of a lesson that I've had before. But it's sort of like.

like a yeah, it's like encountering a pattern in a place. We didn't expect it that like my first God instinct is to be like I thought we were done learning this particular lesson, and then my other wiser voice comes through it is like you will be learning the lesson. Not being a perfectionist the rest of your life,

but it it takes me a couple seconds to click back into that awareness. Hmm. How does that continual learning benefit your clients? Well, I think it definitely benefits. My clients to have a coach that is engaged in these processes on her own time and like believe like works the system. That that is a benefit in many systems where people are transferring knowledge between each other.

So we think it's good for them there, but I also think that like as I learn and grow and build new new zones of my life. Like I don't know if this is true for everybody that coaches but it's definitely true for me that I don't I feel like you need to work with certain topics a lot on my own before I'm ready to coach them with people.

Hmm. So it's not like it's not like being farther ahead on the road. It's like oh this is a different part of the map and I'm filling it in on my own first before I'm ready. So like publicly declare that I'm willing to give tours in this particular area. Mmm life dream. Hmm. So I think that it's a benefit for my clients ultimately if I'm exploring other places of the map because then it's something else that I can say.

This is an experience that I'm ready to share. Mmm, alright, so let's do a check-in Katie you wanted to have some deeper understanding of your emotional responses to this 80%. Wiggly time and you started at a 3 out of 10. How are you feeling now about your kind of understanding or your level of understanding about this?

I would say like I'm a good six seven. Okay, that's quite a change. Yeah. Yeah. Thank you. So Katie. I have a hypothesis and I'm wondering if I can share it with you based on what you've described. Yes, hit me. Okay. So you mentioned that you aren't necessarily engaging in exploring the process or assessment throughout even though you're preach it.

You're not always taking the time throughout doing a project and you also mentioned the importance of pausing and fighting alignment have being mindful being authentic. Part of me wonders if you stop at the 80% to force yourself to make sure that something is indeed aligned and authentic and meaningful and on purpose and it's like a mechanism that you you've kind of built-in.

That's like I can't keep going with this until I know for sure that it's what I'm supposed to be doing.

How does that resonate with you? Um, I mean, I definitely think I don't know that it's a mechanism. It's my very sharp is internal Creek like critic. It's like what a generous way to phrase this particular failing. Okay, and I know that that is like my my I have a very sharp internal critic. But I do think that I'm so I am unwilling to be like yes.

I think this is a thing that I do. Because it has this benefit. I am more than willing though to accept it on the premise of saying aye. I believe this is an unintended benefit hmm sometimes so I don't think that it was like baked into the design of why I quit 80% sometimes but I think that it is an unintended benefit because there are some projects that like I get, you know, 80% of the way through and then I'm like, this is not.

this. This isn't going to fit the brief. Mmm-hmm. And I would say that losing interest in something often is a sign for me that something isn't working. So when I think about the projects that do go through relatively quickly and don't get stuck at that 80% mark.

They often have clients that like are very specific that I've been working with that need that thing. And so there's a sense of like obligor stuff kicking in right? I also think that there are more natural fit and so some of the things that get stuck at 80% are less. There's some sort of sticky problem that I do think.

I'm probably chewing on in the background. Like I don't know where to price this thing. And once I get it to a hundred percent, I'm going to have no choice but to figure out how to price it. So or you know, I don't think that my current Tech is up to this and I don't know if I'm willing to invest in this particular area, but and I just sort of pause there.

So I think that the benefit is sometimes that went by waiting. I do usually get some sense of clarity. Hmm But I think that just as often it's also about me not wanting. To take a to grow and leap professionally. Without a clear sense of where it's gonna go. Hmm.

The unknown can be very scary. Yes, I'm continually frustrated. I'm not able I often joke with clients and with family and friends and literally anybody who knows me that I'm desperate often most days to see the like VH1 Behind the Music of my life, which is a very dated reference. Old school VH1 but they used to have these cool shows where they would go through and like walk you through somebody's narrative to explain their like current success and I often want to know like how is this going to fit into that bigger Narrative of how things are going to turn out?

Mmm and. I have purposefully chosen a variety of different life experiences that do not have not not only do they not have guaranteed outcomes. They don't even have like expected tracks. Mmm. And so I'm often looking for a sense of clarity that just isn't there so I have no choice but to kind of be in the unknown of it all but repetition has not made it comfortable yet.

Hmm. What would change for you if you did know?

I mean, I'm I'm enough.

If I've walked enough down the path of not knowing how things are going to turn out enough to know that not being able to predict things often means that.

I'm more open to letting things evolve and change. And that if if I were trying to stick to hit like like a predetermined narrative or like a set of checkpoints are kind of ever you wanted to think about it. I'd feel less flexible. Sometimes I just want the security to know that it's going to turn out in some sort of measurable way.

Mhm. So what does that mean for our original objective where you wanted a plan for what to do in the future and you wanted steps for the pattern and you wanted more awareness around it. Well, I think that I've definitely achieved some awareness about it, which. Good and I am continually. To my own Chagrin frustrated to know that the plan for this is what the plan is for a variety of things of my life personal and professional which is see what happens when you're more aware of it.

So. I think that there's some like good short-term things for me to think about in terms of I have as of the time of this recording like what like a week eight days or something for left in the month of July. And so I do I want to stay committed to that particular project if you know getting rid of the things that are on that plate and in that open state, but I do think that.

Activating plans that have worked for me and other spaces like you pointed out kind of pausing checking back in and maybe when I hit that 80% or at that moment where I moved projects into the someday category that I have maybe. I'm such a coach like I would have a worksheet that says like you are going to move a project to the someday category.

How much do you think is left? What are the what's the next step that you imagine taking? What are the blocking issues that make this hard to pursue right now? You know, how emotional do you feel about it on a scale of one to ten like it can I can think through the questions that I would want to ask myself mmm.

About that choice to kind of move it off the immediate to do list. That seems like it might be a natural homework item to create yourself a worksheet for my own. Yeah, that's the funny thing about me and I don't know if I'll coaches are like this but I use all of my own tools like any one day. My desk is littered all of my own worksheets which feels narcissistic sometimes but I also like to think of it as like.

You know eating the food in your own restaurant. Yeah, I don't think you're alone in that Katie. I don't think you I don't think so either. Okay, Katie, what are some of your takeaways from our session tonight? Mmm. I think some of I think my biggest takeaway is that this pattern that I have of getting Wiggly and 80%.

There's definitely some downsides to it, which I could have told you at the beginning of the call, but that it's not as clear a all the time negative pattern as I thought it was that there's there's some nuance and some gray area in places where there's been some distinct benefit from having that kind of response at the 80% mark.

And I think the other big takeaway is that. I am allowed not a lot. I am explicitly giving myself some permission that I hadn't before to experiment with different ways of thinking about my creative process. And not being so quick to jump on it as either this is working or this isn't mmm. And letting it be something that also grows and changes just as I'm more willing and to let like say my offerings grow and change my should I I would like to give myself more explicit permission to let my own creative process grow and change too.

What would that look like?

That seems like a good homework for me. I don't know. Yeah, we can leave that as a homework. The developing in the worksheet is asking about what that would look like, right? Yeah, because my I think lots of people have a place that's a little tender and my creative process. Is one mmm and it's like that in a variety of different areas of my life that I think I mentioned that it's sort of like a black box and it's a hundred percent how I visualize it is that like input goes into my brain and then things come out of it and.

I am aware that there are medical active processes going on but it's a it's a tender thing for me to kind of. A put words to that and be explored for myself. Okay. Well, it sounds like maybe some fodder for future discussions as well. I think so. Okay. How do we do Katie on your objectives for the session?

I think we did pretty well. So I feel very satisfied. Okay, and between now and when we talk again, do you need accountability for the homework that we came up with? I don't think that I need any external accountability. I will definitely be putting something in my kind of like Journal today about what came up and sort of what things I need to make concrete whether that's in like my project management software or somewhere else.

All right. It was a pleasure to coach you Katie. It was really fun to be coached by you. Thank you so much. You're welcome. Thanks for listening to this episode of Coach to coach for any resources mentioned in the episode. Check out the episode show notes at dr. Katie winter.com coach. If you found this episode to be helpful, please take a moment to rate a review the show in apple podcasts or recommends episode to a friend or colleague.

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