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Welcome to coach to coach a podcast dedicated to showcasing the power of coaching. I'm your host. Dr. Katie Linder and I offer coaching to academics and higher education professionals to bring more. He's to their lives and work. 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 me 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 peddlin 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.

Hi Katie, how are you? I'm good. How are you? I am good. I am excited because tonight we are passing the Baton and you are going to be coaching me and I love this because it gives people a chance to see everybody's different coaching Styles and I know we're going to approach things slightly differently from each other.

So I'm going to pass the Baton and let you go ahead and start the session. Okay, great. So the first thing I would like to say is hey, how are you? How are you Landing into this call today? Oh, that's a really good question. So I've just gotten back from work as we record this it's later for you than it is for me.

But I just came home from work. I like slam down some dinner. I would have energy to come to this call and but I've been thinking about it. Kind of all day and excited to jump in and I think it's going to be really fun to explore the topic tonight. And so I feel like I'm landing in a pretty good spot not too harried and in a place where I can focus.

All right, awesome. So I just want you to know that I read the questions from our pre-session question year and I understand that you kind of been traveling been bouncing around. Is there anything else that you want to make sure that we get to tonight? That wasn't on that form. So just to sort of recap on the form.

You said you might want to talk about a morning routine and versus an evening routine. And kind of how to be flexible when we don't have total control over our schedules. Yes. I think that the additional detail that I'd really like to dig into is I have been wanting to start a yoga practice and I think that that may be part of that evening routine.

I think my morning routine is pretty solidified right now at least for now what I'm doing with it, but. The evening is more open and I don't know what other time of the day I can fit in that yoga routine. And so that's kind of what I want to tackle because I've been thinking about it for a long time and not taking action.

And so it's helpful. I think it'd be helpful for me to talk through. What is maybe keeping me from taking action starting the other team and maybe even just like, why do I think it's a good idea because it's in my mind as a thing I should be doing and I don't know that I've fully explored. Why okay that all sounds good.

And so just so you know when I'm looking this way is because I'm keeping notes on my path to you later. Just so you know, it always made me really uncomfortable with like teachers were writing and I didn't know what it was. So it's just that Snowden. You're welcome to take notes. So the question I actually want to start a little bit with the morning routine because I love to hear what's working already because one of the things I think is really important is to not reinvent the wheel all the time.

So if there's a part of your routine that feels really stable. Let's start by digging in there if that's okay and figure out what makes it feel so stable. So what are the parts of your morning routine? So right now I've been doing this routine for about three months. And so I wake up usually a little before five.

I don't usually wake up to an alarm. My alarm is set for 5:00. So I pretty much naturally wake up a little before then and then. Check my phone in bed for usually about 20 minutes. And that's like quick email scan quick social scan. I look at my RSS feeds like just kind of getting a sense of what their and I read the news really quick just to see what the headlines are.

And then I know that I do morning pages, so and that typically takes me between 25 and 30. So I'm motivated to get up at a decent time because I also want to get in a walk. So it's like the they kind of trigger each other. Yeah, so if I stay in bed too long, I'm going to take too long for my morning Pages, which is not going to be enough time for my walk that there's all these things that are kind of dominoes, right?

Oh, I do the morning pages and then I pretty much immediately. Throw on my shoes, you know get my phone and my earbuds and I walk and I go outside for a walk and that typically goes anywhere from 30 to 40 minutes on a weekday and I try it's kind of a step thing and I walk the same path. It's kind of a circular path so I try to just do like.

Four laps five laps and the idea is basically to get half my step count before I go into work because then I'm not worried about I try to hit 10,000 a day. So I like listening to podcasts during that time, but it's also very much about. Just trying to help me hit kind of larger goals as well. And then after that I usually get back to my house around 640 ish.

I grab some breakfast. I usually eat the same thing in the morning. It's a very set routine Katie and then I get ready to go to work and I'm usually out the door by like 7:15 going into my work. What's your favorite part of the regime? Like what's the part that if I were to sort of remove it you would be like, oh that feels like a real loss.

Yeah, I would definitely say the morning Pages. Like I actively look forward to that like and sometimes I'm even thinking about the night before you know, like is there something I want to focus on in there. Is there a question I want to be asking. It really helps me to process and just kind of do a brain dump in the morning of what I'm thinking of the day before and also it's been really helpful in the last few months of just recognizing some thought patterns and helping me to kind of turn around some mindset around certain things.

And so it's a very powerful tool for me right now in terms of reflection. So definitely the morning pages, but if that's a close call between that in the walk because the Solitude time is like. All of it is Solitude time. My partner is sleeping during this whole situation. So it's really time for me to just be alone, which I enjoy.

Okay, and then my second question about like I said might be my third, I'm very bad at remembering how many questions sir, but the question that's coming to mind now is in the process of using said you've had this routine has been stable for about three months. What was the hardest or like the last piece to click in?

Like what? Were there any struggles or challenges I guess is another way to ask that in terms of establishing this routine. Mmm. I would say that it took me a little while to figure out the timing part because the walk used to be like 45 minutes to an hour. And so sometimes I would feel. Like I needed to kind of get up earlier or just like get out the door earlier in order to have time to do that.

The other thing that changed within that period was I changed buildings at work and I used to have a parking lot that was 15 minutes closer to my building. Like I didn't have to have a walking commute in the morning and now I do and so I'm leaving my house 15 minutes earlier than I would normally to make sure I'm getting to work the time I want to get to work.

So there was like some timing shifts to try to figure out. And I ended up basically cutting the walk back a little bit because I knew I would be walking into work and you know right thing and it all got kind of shuffled. I would also say too. I don't think it was challenging but the last piece to click because I've been walking for a while is probably the morning Pages just because I was a more recent addition.

Okay, but it wasn't hard. It was like me much what I wanted to do and it fit really well into the routine. Well, it sounds like to me is that like I get up on purpose so that I can have my coffee. It sounds like you get up to have your morning Pages. Yes. I mean the writing is absolutely and I'm not really eating or drinking anything until I'm back from walk.

So, I mean there's a set they a set amount of things that I'm doing before. I'm really getting into like that part of my day. Okay, some sort of processing that. And thinking about so some of the things that I'm hearing you describe in this routine is that it's pretty regimented and I don't mean that in like it's a rigid thing, but just that it has a sequence and yes, they searched for each other and that the timing is important that there's a sense that these things have a specific container and there might be a tiny bit of flex but not a lot and that that doesn't feel constricting actually feels like it's a way to know if you're on track.

You know if it's gonna go over or under 10 minutes, that's sort of a signal that something's not where it could be and that it's important. Do you have something that triggers the whole sequence that you like or you enjoy? So if I said like you had to eat breakfast first before you could do those things that might disrupt the kind of flow of what that routine would feel like.

Yeah, I mean in some ways it's like there's definitely willpower involved of like an event in the first place 5 a.m. I do not have five am willpower. I like sixth right? Yeah. So I mean I'm a morning person. So like that's fine, but I definitely feel like. The order works and that like because I it's like I'm rewarding Myself by doing the pages first and I know it's good for me and you know, but definitely you're right and that if it takes me longer to do the morning Pages, that's something I pay attention to.

If it's if I feel really tired like the other morning, I felt really tired when I got up and I don't sacrifice the morning pages of the walk. I mean, it's like I'm doing it because I think it's good for my mental health. I think it's good for my physical health, but day I told my partner I need to go to bed early tonight.

Like I feel it was right after I came back from being on a plane and so I was like, I feel like I'm run down like I definitely noticed a difference this morning and I'll cut the walk short sometimes if I'm feeling that way. But then it is something I'm really like. Okay, there's a kind of a red flag of like something is I'm feeling like I'm getting sick or whatever.

So I definitely pay attention to that and the the regimented nice of that schedule does help with that, but the other strange saying that I wasn't expecting was the morning feels incredibly leisurely. Like there is no point during this routine where I feel rushed because of the timing and I know kind of how long these things take and when I eat breakfast I'm like standing in my kitchen counter.

Like we usually eating my breakfast having my water because I tried to drink a certain amount of water before I leave my house. I mean, you're learning all these things about me and the people who are listening are like who is this crazy person, but I have these things. I'm kind of trying to do because I don't want to.

Think about them later. I don't want to have to worry that I'm not getting hydrated enough. I don't want to have to worry about hitting my step down at the end of the day. So if I can fit these things in early enough, I know that I'm kind of checking some of those boxes and on my brain can be.

Thinking about other things. Yeah, I mean in the it kind of reminds me of like the debt snowball method or just kind of throwing some time at these goals in the morning to buy yourself a little bit of flexibility in the evening. Yes. That is totally what's happening. Okay, so that brings us to the evening.

So the first question that I have is if I could wave a magic wand and create the evening routine of your dreams. What would it look like just sort of without any other constraints? Yeah. Well, I definitely need to eat like when I get home, I'm usually starving and I need to I like walk in and I immediately have dinner.

So the something simple to prepare for dinner is a big part of that routine. Then I typically change my clothes to get into something more comfortable and then I think ideally. I would like to do quieter things in the evenings. I kind of come down from the day. But I would also like to be spending time with my partner and that typically involve some kind of Television time, which I also enjoy but I am also really drawn to like reading in the evening, you know falling asleep.

After reading a couple chapters of a novel or something and then I also think I'm drawn to this idea of the yoga because I am typically at a desk all day. I mean, I'm getting up and walking around a little bit. But and sometimes I take like a midday walk at lunch. But I am hunched time. I'm a writer.

I mean I'm writing all day long and I'm in you know, not good postures. So part of what I Envision in this evening routine is like getting everything stretched back out before I go to bed and kind of getting. Limbered up so that when I'm hoping it's not I'm not relying on the sleep to relax everything.

I'm kind of doing some of that work shoes off before I'm falling asleep and lately the other thing that's really triggering this yoga thing for me is I'm having a lot of back pain. So it's it's feeling like. I need to do something more actively about that and I've scheduled a bunch of massages for the rest of the year.

So like I'm doing that work, right? I also feel like there's probably a daily practice that I could be engaging in this kind of just doing some stretching something that's kind of like getting things feeling a little better. Yeah, absolutely. So what I'm hearing is that there is a priority to kind of like make a separation between day job and then home life.

Yeah. There's a break there's a decompression time that you sort of need that there's just some human body stuff that has to happen got to eat have to and that there are limited. Access points to time with your partner and that there's sort of a mismatch in terms of what that might want to look like or what things feel ideal in terms of like screens or no screens or books are no books, but also that this is a big priority in this is the most natural place for it's a bit into the regime.

Right. Yeah, and I mean I definitely run through and I have to unite I've yet to talk to my partner about this. So this is like a upcoming conversation. I was waiting for our session before I Broach anything with him, but I definitely think like weekends are another possibility to do like a movie night or something like that or watch a TV show and so I definitely think there's possibility to have.

Like weeknights be quieter or to have you know certain week and I speak white or whatever. The other thing too is that there are some nights like tonight. This is a good example where I do have work and I'm taking a client call or I'm hosting a writing group or something like that and I am because of the 5 a.m.

Or pre 5 a.m. Wake up. I mean, I'm put a bed by 9:00 right by the time I get home. It's pushing 5:30. So I really only have. Maybe three and a half hours of time that I can devote to all the things that I do during the evening and if we have to go to the store or whatever. I mean like there's just other stuff as everybody knows that comes up.

So I also am feeling some tension around just there is limited time. Yes, the regimented that I do in the morning. Will probably not work for my partner. So yeah, I need to be kind of more flexible around what that evening schedule looks like. Absolutely, so I can definitely sort of relate to a lot of what you're saying because I too have some flexible evening.

Sometimes I'm taking my calls. My partner works like a pretty irregular schedule. So like sometimes they're not home until 8:00 and sometimes their home at 6:00 and like dinner moves around so for me. I definitely hear the idea that like I have this routine that really works and is really stable.

But the conditions are totally different that is some other time of the day. So I may need to kind of re conceive of what I think of as the routine part of it. So the concept that I would love to introduce it something that I use with a bunch of clients, and I don't remember. I don't think it came from anywhere.

I think it came from my brain. And so I started a long time ago. I see a therapist pretty regularly and I started to notice that in my schedule. I needed an hour before and then our after that appointment and I didn't always know what I needed to do in that hour before hour after I just knew that if I had somewhere to be 30 minutes after it wrecked everything after that because I'm rushing and I'm trying to like switch gears and totally like shove things down into this emotional box and like.

Spin up this program and it was really stressful. So I started literally putting in my Google Calendar blocks of time before and after and I would just label it buffer and it was a game-changer in that. There's something visual that reminded me that I couldn't put things there and I'm wondering if what if you conceived of something like your evening routine is a sequence of blocks and so there was like.

You know, I know I have this dinner block this pretty immovable. Like I know I'm going to need to eat before seven say and then otherwise, I've got another block from like 7 to 8 and 1 from 8 to 9, and I'm going to be a little bit flexible. So like maybe I'm Monday Wednesdays and Fridays. It's a buffer block.

And I say, you know, I could use that a to go to the stork we needed to or if there's a TV show that we're working through we could put it there but having some sort of like purposefully unscheduled time inside of the routine would maybe open you up to feeling like it's accounted for but it's not perfectly planned.

Hmm. How does that feel? Does it feel like not clear enough not distinct enough because it could just be not. Not ordered enough maybe right. I mean it makes sense to me and I think it fits really well with trying to build a routine with a partner, you know, like involved if it was just me I would be like well from this time to this time, I think it would repair or I'd like joining yoga class or something.

I mean it would be like I make it more regimented, but I also think. I question that even as I say it because in the evenings, I've really lost a lot of my willpower. So I think part of the challenge of building in a routine in the evenings has been I'm tired like I come home I eat I do want to just sit on the couch.

Like I sometimes don't even feel like I want to read like I'm. Done for the day. Yeah, and so the TV time is actually great. I mean it's a great wind down and we watch stuff that we both enjoy and talk about it and that kind of thing and there's also definitely conversation about like what we read in the news and that kind of thing from so I think part of what I'm challenged by in building this routine is I feel like there's some stuff in the routine that I know would be good for me like the yoga stretching something, but I'm not sure.

Like willpower wise. If I wait until like right before I go to bed, I don't think I'll do it. Like that's my sense. Right? So the thing that I would like to explore a little bit deeper is the idea that there is a routine that kind of equals willpower. And then there's more unstructured things and that feels like the lack of willpower because to me if you describe a day when you get home and you're tired and you don't even really want to read and you just sort of veg out like you could say like, yes, like a latch The Willpower to get through the list of things.

I thought would be really good for me, but you could also retell that narrative as. I tuned in I kind of listened to what I thought I needed that day and then I was responsive and so I gave myself the permission to let go of things that would be good for me, but don't have any immediate dire consequences.

If I don't get them done and listen to me. Yes, this is definitely the narrative. I mean, I would say Katie that you're right on in terms of like this is how I talk to myself all the time. Yeah, just being really kind and like letting myself really do whatever I want. Right the tension for me is now I want to do the yoga and I'm trying to and I do really feel like especially because of some of the back pain and like just wanting to and when I've done it in the past like I haven't had like a very consistent yoga practice in the past, but I definitely dabbled in it.

Yeah, it has been great. I mean like I've liked it every time I've done it and I felt like I want to be a person who does this regularly now what regular means? I don't know that's definitely a question to explore and also I think I'm fortunate in that. I I think if I were to tell my partner. I want to do X Y or Z.

Like I want to read more. I want to have more quiet time. Whatever actually don't think he would care. I think he would do whatever like he has things to read. He, you know were very kind of in tune. So I do feel like I have some flexibility to shift. Kind of what our evening looks like and not give up time with him, which I think was one of my main concerns was if I'm off like doing a yoga thing.

Yeah, I think in my mind, I also think it's going to take way longer than it will I mean, I think it's a thing that could be like 20 minutes and I'm thinking it's gonna be like an hour and a half which is just not realistic. So part of it is I have to like adjusted my mind. What is this actually look like when I'm talking about it?

And that will help me I think to kind of sequence things and think about do I actually have time for this. I mean like is this something that I can carve out time for? Yes, and so I think maybe the most useful thing in students identified a thing yoga that you have like this desire to it's important to you.

It matches up with your values and your kind of like okay I have this goal. And I know I have the desire and I know it's in alignment and now I just have to figure out like the executable steps about it. Yes. That is totally where I am. Yeah. Yoga is this funny thing in that? Yoga is both what we're doing right now, like if you were sitting and breathing you're doing some form of yoga and it is also a thing that one could do for eight hours in a very prescriptive.

Regimented sort of way. So I would say that if there is the goal to build some mindfulness into the way that you're sitting the way that you're moving the way that you're kind of purposefully engaging with your body, especially to think a little bit more consciously about your back and the role it's playing you can do that while you do other things which is like the best news.

But it could also look like this is an 8 minute yoga sequence that I have on YouTube that I q-- up, you know, I have a bookmarked on my phone so that I can have it running as I'm laying on the floor and the TVs going with my partner and we're kind of decompressing like my partner is very used to be laying on the floor in a variety of different poses while we talk about our days.

Because my back is sore if I had something going on and like it took a variety. of conversations and then some self work on my part to be like, I'm just going to lay like this on the floor and you're going to learn how to engage with me in child's pose because that's the way it's going to be right but by but by learning to sort of decouple yoga.

The practice as its practiced and taught by others away from mindfulness about my body was really useful for me. So if I said to you what would need to happen for you to make a one-hour yoga class outside of your house once a week. I definitely would schedule it on the weekend. Okay, and because I got precious resource weekend time.

I mean, it's I think it's just way more flexible. I mean we are introverted people. We do not really hang out with anyone on the weekends. I've been each other and especially in the morning time when my partner is sleeping in I have a lot of flexibility around what I do with that time and also we're not really the weekends or not times that feel.

Pressure to spend time with each other. I mean we certainly do but I'm off doing my thing. He's off doing his thing. I mean like were were doing or kind of living our own lives. So I feel like there's a lot of flexibility there. Whereas in the evenings. It's like this is my time to see him at all during the day because I do not interact with him in the morning at all.

And if we go a couple days with no evenings and it's like we're just not seeing each other through during the week. But I also think based on what you were saying. I hear you on the doing it throughout the day knowing myself I get completely distracted and so cognitively it's very difficult for me to be in my body when I'm like doing cognitive work just throughout the day and especially when I'm writing.

I'm so used to writing. In a particular posture, it's not impossible. I want to be clear about that but to be realistic about like if I'm going and I've tried to do this. I had a trainer who kind of gave me desk exercises and posture things and all kinds of things and it works to a degree but then I just fall into a flow State and I completely forget and I am not focused on it at all.

So I think that part of what I'm trying to think about in the evenings. I mean, they're on the one hand. There's like starting a yoga practice as a thing like as a girl. But on the other hand really what I'm thinking about kind of metaphorically is like unfolding at the end of the day. Yeah, like having a some kind of way to just kind of release physically what has happened during the day in terms of strain or tension and allowing that to happen before I go to bed because it feels Like A build-up and if I'm not kind of engaging with it at the end of the day, then it's just building up over the week and then.

That tension doesn't go away. I don't wake up without it. It's not like sleep makes it go away. It doesn't yeah. Yeah, so I think that's what I'm really drawn to is this idea of like if my morning is releasing stuff through the writing and having the Solitude time and the reflection time and really synthesis.

Like that's a lot of what I'm doing in the morning for that reflection. The evening has to be a letting go of something. Because I've been doing like mostly cognitive work all day long, right and. I feel like there's a there's like an element of both mental and physical rest that's happening before I go to sleep.

Right? So this is what I'm picturing because I definitely hear you that it's both about sort of like the concreteness of what a yoga practice would be and how it would fit into different kinds of days weekdays. Middle of the day evening and then this also sends that you have a pretty good sense of what the morning does functionally.

You know, what you want the evening to do functionally and that bodily unfolding is as important as sort of the cognitive part of it and I definitely hear that. So what I'm imagining is what if. You. functional life you made a routine for the very beginning of the evening wear during dinner as you're sort of like assembling things.

You kind of check in and say you have like a list of three questions. How's my body feel? How does my mind feel how do I feel relationship-wise connection-wise? However, you want to phrase that. And then whatever the answers of those things are you have? In your mind a menu of different invitations.

So that's the way that I like to think about some of my routines because I have blocks of time that I want to sort of using a certain way but for instance my mornings very wildly. And sometimes I want to do morning pages and sometimes I want to go for a run and sometimes I want to sleep for 20 more minutes.

I do kind of wake up with my alarm and then ask myself questions and then move on from there. So I'm sort of picturing a like a Choose Your Own Adventure that's got some prescription in terms of what those Adventures might be but is also responsive to your day because if you had a really tough day.

You want to be able to just lay on the couch, but maybe that's like okay. Well, I have a tough day and I'm feeling it in my back and also in my desire to not do any work tonight. So while I think about reading my book, maybe I will do 5 or 10 minutes of back stretch before I sit down on the couch.

How does the Choose Your Own Adventure evening feel? I like the premise of it. Okay, but there's something you said earlier as you're describing that like I keep going back to something. You said earlier that I really resonated with which was the snowball method. Yeah, like getting this stuff done and then you don't have to worry about it.

And so part of me is like. Is there a way when I come in because I come in the door and I eat it's like I walk into the kitchen. I immediately make a meal like this is like and and my partner and I don't typically eat together we eat when we each other wants to eat. We are on very different schedules.

So it's not like that is a communal time we talk to each other but it's not like we're sitting down and eating dinner at a table, but then I immediately go to change my clothes. And so what I'm wondering is if. Similar in the morning. It's like I go to change my clothes. I've had dinner. Maybe I just move up my entire evening routine of like brushing my teeth and like those kinds of things too then because this is the other thing I mean and I'm kind of ashamed to admit if I go too late and I'm about to go to bed if I'm exhausted.

I'm not brushing my teeth. I'm like, I just go straight to bed. Like I'm so tired like I lose that entire routine and this doesn't happen often, but I know myself well enough to know that like if I lose that. And I'm just like stumbling up to bed. I'm not going to do like the routine that I would prefer that would be ideal.

So what you're making me wonder is maybe it's like I come home. I do the food thing. I go change my clothes and because I'm changing into comfortable. You know, what we call those closures. I did. Yeah. Yeah, like really cozy close. Maybe that's the time because I have this space like what I Envision where this yoga is going to take place.

I have the space in my bedroom that is carpeted that is free of I mean, it would be really easy. What I've done in the past is where I've done it. I have stuff queued up on my iPad. I mean like I. Yoga with adriene. I mean what makes the show notes there's all kinds of things. I have an app. I mean, I have all the tools sure but it's almost like doing what you said of like the snowball method of then I unlock the rest of the evening and I can do whatever I want because I've done yoga.

I've done the teeth brushing. I don't like and then whenever I'm done, I just go straight to bed because like I don't have to worry about other parts of that routine. Yeah, and I think that there's something really powerful in that because I think one of the things that I'm hearing and sort of the threads of all of these conversations that there's definitely feeling that you get after a certain number of things have been accomplished where you give yourself permission to let the sort of rest of it Go the pick it's like a pre-flight checklist.

The mission can start or the mission can end as soon as those things are checked off. Yes. It's not even about necessarily a snowball method and I think the one concern that I have is that I don't want. I think it would be hard if it's framed as I have to earn my relaxation by brushing my teeth bright bright.

And so I think that it could be really useful because I think what's so powerful about your morning routine is that you give yourself the permission for it to be a relaxed open time, right? And that when they're the. Sense of things in the evening that are still looming even if it's just like brushing your teeth that still needs to happen that maybe it's about thinking of those things less as like a snowball method or payments towards future relaxation, but more like okay.

This is my chance to set the conditions for me to unfold. Yeah, now I love that because I think that part of it is it is it ends up being a distraction when and this is just kind of how my brain works like if I've got stuff in the wings that I need to do. It's going to stay in my brain. I mean even when I.

Yeah, like even when I try to hand something off to my partner if it's not done on the timeline, I want it done on I'm like, okay, so this is still on my checklist. Like this is not until you tell me it's done. I'm keeping it on my mind, you know, so that I ensure that they'll get spayed or whatever.

So I think that and that tells you all kinds of things about me psychologically, but I'd it's the same with this in my mind that it occurred these things that even unconsciously or in the back of my mind that if I'm not doing them, you know, like. It's going to not actively trigger anything but I think about kind of habit formation and how this active like pairing things together or you know, if I already have certain things that are set and I think I had realized I do have certain things that are set as part of my evening routine.

Like I wasn't thinking about those things as being consistent when they are, you know, like the eating the changing of the clothes that kind of thing. So if I compare things at like you said, I don't I think it's about not. Permission granted in setting the conditions like that mindset is really helpful of like what allows me to unfold for the evening and but I'm definitely someone who runs on routine.

I mean like I could do the same yoga routine every night and be perfectly happy with that if it was meeting my needs like I'm not someone who's gonna need to switch it up every five minutes and that's kind of the other thing that I think could be useful is like finding a certain amount of time.

Whether it's 15 minutes or 20 minutes or whatever and then maybe sending a longer period of time on the weekends, you know doing a laundry routine, but just having a short amount of time. I mean even five minutes of stretching can make it 30 seconds one deep breath. It's all you would have good stuff and I think.

The way that I was thinking about the yoga is that could be useful to have you know, how there's like there's class sessions and then there's homework, so like you go to class you show up and that's a specific sort of mindset and then there's a variety of activities that you do not in that room just sort of stay engaged in the process, but we all sort of understand them as separate from classroom space.

What if you switched. Thinking about the yoga as as opposed to being like how much yoga can I fit in in 15 minutes versus can I think about having a longer session maybe on the weekends maybe in a class? Maybe a longer YouTube video kind of whatever works as this is the in classroom time and then during the week.

I have homework assignments, you know, that's that's absolutely a good mindset. I mean, I think that. In a very similar way, I mean part of what I love as regimented as my morning sounds part of what I love about the walk that I take is that I don't have to pay attention to it. I'm broken circle.

Like I have to make sure I'm not getting hit by the sprinklers this time of year, but I'm like just walking in a circle. And so if I and I can check my app and be like, oh I have this many steps that must mean I've gone for laps and I'm just paying attention to my podcast listening and not. I know focusing on whatever, you know, like the the path.

I'm honored get not getting hit by a car or whatever. Like I don't have to worry about that where I'm walking and I feel like I'm looking for the same thing with yoga and what you're describing is the homework sessions, you know like that. This is something where I don't really have to think about it.

I'm not trying to have perfect technique. It's not about building my core like it's not about that. Maybe the weekend fine. Like I want to go with that direction. This is so much more about. Relaxation and also just being attentive to like my physical self because and so much of my day in my head that at some point.

I have to be attentive to my body. Yes, then that's definitely something so it could I'm sort of picturing your morning walks as a container that you sort of you've set up the container you set up the rules of the container and then. What feels it is what fills that every day, you know the podcast could fill it a lot like the weather could fill it really good plants.

If you saw them could fill it but like you've built the conditions to be able to tune into whatever you need to be able to tune into right so thinking about this yoga block and the evening is saying, okay. Maybe it's just the I set a timer on my phone for 15 minutes. For five minutes or kind of whatever feels comfortable and then I just know that this is the one pose.

These are the two poses that I do, you know, I do child's pose and then I do happy baby. You're kind of whatever feels most useful and I don't worry about how it fits into the routine. I just focus on how my back feels or how am I breathing feels and for five minutes, that's all and then if. After that you decide you need something a little bit more that day.

Like if your back is really talking to you then your choose-your-own-adventure evening could be you know a longer YouTube video right? But I think lowering the barriers to entry. As much as you can so that it is as automatic as it can be. Yeah. Yeah and well, that's what I love about routines. I mean, I'm one of those people so Gretchen Rubens for Ted because I'm definitely an upholder And the tagline show is says is discipline gives you freedom and I totally believe that like the more I can just automate things and not have to think about them.

The more energy. I can give to creative work and the kinds of things that I want to be really focusing on. And I think what I'm really drawn to about what you're describing is this idea of having the routine be relatively systematic in that, you know, there's a couple of poses or that I know enough about which poses I should do based on how I'm feeling, you know, that kind of thing, but also what I'm hearing in it that's attractive to me and I tell this to people that I coach around writing all the time is that.

If you don't feel like doing it just do it for five minutes and usually that leads to 10 or 15, you know, like it's really like you're saying that low barrier to entry of just. Just try and if you are done after 5 minutes fine, but at least you've kind of done the small amount and stretch yourself out or unfolded or whatever.

And so that part to me is also really nice to think about is like that that it doesn't have to be more than a small amount of time, but I can let it turn into what it needs to turn into and I definitely have the flexibility of that because if I think. Coming home eating dinner changing my clothes like all of that is basically happening before 6:30.

Right still gives me a good amount of time, you know, even if I were to throw yoga in there, it's so good like two and a half hours of whatever else. I want to be doing that evening and that that's the part that I think that kind of flexibility in the latter part of the evening is going to be helpful.

So the other piece too is even though I'm kind of D breathing from my day on my commute home, you know, I'm listening to podcasts or whatever. I'm still a little bit in work mode when I come home. Like I said, we are still there a little bit. So I think that if I were to say, okay, you know, it's the day is not really done in terms of like complete relaxation.

Now, I don't think there's a rigidity to that of like. I'm going to sit on the couch if I want to sit on the couch, like that's I just do what I want. I mean there's there is a slight Revel in me in addition to the upholder. But I also and like you said like sometimes you just need what you need.

And so you give yourself that but I also think that having kind of that. Pairing right is going to be useful. Yeah. So the image that keeps coming to me as I'm listening to you talk is this old story and I think I read it the first time in a Chicken Soup for the Soul book that was in my I love this book so much.

I really need to read those again 25 years ago a very long time but it was a story about a man. That was a police officer. Maybe he had some sort of very intense job. And the he would come home from work and touch this tree on the way in and his daughter in like you did. She consume the parable story way, but ask him like why are you touching that tree and he said this is where I hang my worries and I put them all here so that when I enter the house I can be with you and then in the morning I pick up what I need to.

And I take it with me and he said there's never as many worries on the trees. I left there which is an image that occurs to me in a lot of different settings, but I think that it could be useful because I hear that there's this sense of I want to be doing this and I'm attempting to will my body into this state or that state and my mind is still chewing on things.

Because there isn't the sort of and so I'm wondering if there's maybe even like a physical activity where you have the kind of reverse morning Pages where you say here are the things that I just need to write down so that I have an agreement with myself that I won't forget them. And this is where I put you know, the bill that I know is still out there or that email that I need to send and I put it on this notebook.

Or maybe it lives in my planner kind of wherever it's going to be useful. But it's this very conscious moment of writing down all the things that you want to put down. Hmm so that you can kind of move into that space. So I love that idea. I feel like that is something I do all day. Like I definitely have the systems for that in terms of just I have I have a horrible memory like I have to write everything down but I like the idea of doing that in a reflective way.

I don't know that I would need to write it because I do feel like I have I have like systems for that but I like the idea of having maybe a. A series of questions or something that I'm kind of asking myself like you said at the end of the day about kind of where I'm at where I'm at, but even just like like what-what am I not able to let go of right now, you know, like what what's the thing that's still on my mind from the day?

Whatever, you know that might be that I'm still kind of turning on. Yeah, and then allowing the yoga stretch time to just be like processing that a little bit and then releasing it like actively releasing it because I think there's always a lot of stuff and I'm sure some of the our listeners can relate to this like it just goes on in the background like you're not even conscious that you're just like turning on these things.

So I like the idea of. I mean, it's really a powering down. I mean, this is what I'm talking about is like using the yoga practice as a way to kind of power down and it's not even about. Permission giving it's like I need to flip a switch. Like I need something that actively flips a switch so that I can just move on into the evening and unfolding like all of this language like the unfolding the powering down.

Like that's really helpful language for me to think about. What is the larger purpose of what I'm trying to do through this action. Yes, and I I used to make my yoga teacher crazy because I have a very busy mind. I always feel like I have like nine parallel tracks. It's very hard to converse with me in a personal level.

I'm better in professional settings. But in a personal level I'm like drawing on nine different things and jumping all over I want to talk about sharks and also like the tariffs, but I'm just I'm scattered. And so I remember being in a yoga class and somebody saying will you know just focus on your breath?

Only focus on your breath and I was like, there's no Universe in which I will be able to lay in this position or any other and only focus on my breath. That's an impossible goal. Please stop asking you to do it and she said well, why not then imagine what your mind is doing in this time as consciously acknowledging the things that you're letting sort of simmer all day.

And so when I'm engaged in kind of a mindfulness practice, my goal is rarely to empty my mind and more to acknowledge what's in it. So I will be laying on the floor and something will come up, you know a feeling or sometimes. It's a bodily Sensations. Sometimes it's a twinge and I'll say like I would literally greet it.

Can you say like hello backache? Hello memory from two years ago. And then I kind of picture how far away I can put it so sometimes I can't put it very far away at all. You know, I imagine placing it. Just outside of my yoga mat or maybe just outside of that door. And then sometimes I can say, you know, I really don't need that in this house right now, or I don't need that in this city, or I could put that in a sort of subterranean place, but instead of focusing on emptying it helps me to just sort of greet it and see what there and then decide how far away I can put it.

Yeah, I love like that might be something useful to do while you're in child's pose or why, you know, you're doing sort of like a reclined Twist. Yeah. Yeah. I love that because I do think that so much of this is in all the routines that I do part of why they're so comforting is this idea of.

Acceptance and acknowledgement, you know, like it's definitely not about pushing the stuff away or ignoring it or I think part of why I want to bring the yoga in is as a kind of acknowledgement of the bodily, you know, yes form of it's just it's there and I ignore it most of the day unfortunately, you know for the sake of all the cognitive work, but so yeah, it is a kind of like coming home.

In a metaphorical sense in the same way as it is like a literal sense of coming home of coming back to the body and saying like Okay, like this is where we are now. Yeah, so kind of a landing to Circle back to the sort of first question about like, where are you Landing in this column, but maybe it's a question that you ask yourself when you're kind of in your bedroom during that sort of five minutes.

You know, how am I Landing here today? You know what? I'm imagining like your body in one space in your brain and another and like moment of touchdown is when they kind of like come together. Yeah, go. Yes. I am a human body in a physical space time since yeah. Yeah. I also I mean. from again kind of like a metaphorical sense I think about.

I don't want my body to feel like it's been ignored, you know all day and then I don't think about it at all just like setting it aside like I mean think about it as a relationship, you know between my brain and my body it's like no I have to say at least hello at some point and I feel like the walk is definitely that in the morning.

I mean, it's coming, you know, it's taking care of my physical self. But in the evening, I think I've spent all day distracted. And not always in the best, you know poses and all that. So this is a great way to kind of acknowledge say hello ground myself, you know and come back to acknowledging that like part of what allows me to do that creative cognitive work is taking care of the physical self.

Yes. Yeah all of our helpful. I have literally written Love Letters to my body before that is like thank you for continuing to function when I go four hours in a marathon writing session and ignore you completely like thank you bladder for lasting for hours. And I think that's so many of us are in situations where.

everything is calling for us to not not associate with you. And anything you can do to help reintegrate. It's going to help you pay a little bit more attention. Yeah. Yeah, and I think thinking about it less like this is a practice that I need to start because it's willpower and I will myself to reintegrate and more like this is my invitation like I'm going to invite myself into a moment of reconnection.

Yeah. Yeah. I like that because I think it is about a kindness. Yeah, and this is like one of the principles that I try to live by is like loving kindness towards yourself and I think that that there's such a difference between and I'm so glad we kind of talked through all this because I think.

Coming from you can have this place of like I want to be one of those people who does yoga? I want to be able to have a yoga practice. I would be able to talk about the fact that I have a yoga practice like this is like surface level that you know BS about like why you want to have a certain goal, but then you when you dig deeper into it, like there are real reasons that are very based in like values and.

Needs that you have and this is so much more motivating to me to think about why I would want to do this and how it fits in and why it fits in then just I need to be someone who has a yoga practice like, I mean, it's there's so much deeper to go and I think about all of that as when you've lost because almost everybody's routine.

Become destabilized at some point. I know that for me. It's very seasonal. What works for me in the winter does not work for me in the summer. And so I used to feel a lot of guilt and shame that I was never going to be a person who had more than 21 days of a habit and part of it is that I have a chronic illness that flares with my bodily cycle.

And so I never have more than really three-and-a-half good weeks at a time where I'm feeling. Solid and so I have started to think about routines as less something that's only valid. If I do it every day and more something that I engage with on a theoretical level as these are containers that help me live out my values and so if I don't get my run in this week.

It's not that I don't continue to have the value of caring about my body. It just means that that week it was filled with not running but something else and I think that those are that when I made that switch as opposed to this isn't about having a hundred days streak on my headspace app. This is about saying did I do something today that checked in with my mind?

And how it was feeling did I do something today the paid attention to my body? That's the Habit that I care about and less the execution and that's what I'm really hearing from what you're saying is I want especially in this evening routine to have containers that helped me live in an online way with what I want my evening to be and as opposed to my morning routine where I want that sort of stability to help me kick off.

The rest of what's going on I want these is to sort of be touchstones to reconnect with why I'm doing it in the first place. Yeah. Yeah. Absolutely one. I think that in many way the what I'm doing in the morning is really helping my future self later on in the day. Yeah. That same thing doesn't really work in the evening routine for me.

I think that the evening routine sets up the morning routine and all that but the morning routine is fine without me doing anything to do, you know, it's fine as long as I go to bed, you know at a decent time, so I need a different rationale and that's useful to think about and hopefully for our listeners to of just this concept of if you're not able to motivate yourself to do something.

It may be because you need a different rationale. Then what is motivating you and other areas of your life and digging into it with questions. Like you ask me tonight helped me to see the values container piece, which I think is really useful and that I can trigger this in particular ways that can be really useful and already tied in with things that I'm already doing that I didn't really recognize as a routine.

Yes, absolutely. And I think that one of the things that was really powerful for me to hear was the fact that you could sort of say like I do have some triggers that are already working in the evening routine and I don't need to completely reinvent everything from like the concept of evening on I can sort of say you know here is.

Something that feels like a solid set of triggers. I'm going to add something on the end of it. I'm going to snowball what's already working and then I'm going to say I set up the conditions for this to be the possible space that I wanted to be and I think that is the sort of Pinnacle of here's the thing that I feel like isn't working.

I'm actually going to dig into it see what is working and what I've known can work in the past. And build from a place of this is what supports me is opposed to this is a problem that I'm going to fill with the tool. Mmm-hmm. Yeah that thank you Katie. That was fun. You're welcome to the last question that I always like to end on is what do you feel most energized by and sort of our conversation today?

Hmm? I think I feel energized around the idea that it just feels more doable now, okay to get feels I think that one of the challenges you have like trying to do something new and for me, like I understand that yoga for some people is a very deep practice. It has a lot of knowledge base around it.

It's a thing I mean like and I don't know very much about it. So I have not trained in it. I have not taken any of the class like anything I've done has been off of like a YouTube video. So I think there was definitely a part of me. That was like, how do I do this in a way that is like respectful of this practice.

And now I feel like it's more. I'm not as worried about that. I mean it's like let me just try it. Let me get into the routine of like just doing it in small ways and I can build up to learning more about it and making sure that I know actually what I'm doing, but I think there is sometimes like a perfectionist tendency of like I can't do it unless it has these conditions and.

You know, so I feel a lot better about that. I feel like I've been able to kind of release some expectations around what it has to look like right terms of timing, you know, like five minutes is fine quote-unquote count in terms of fingering the betting this into my routine and it's probably just a way more realistic way of thinking about it.

So that's very energizing and I do feel like. Even tonight, you know, once we get off the call, this is something I can do. Like I can build this in like immediately. Awesome. Well, I look forward to hearing how it goes. Yes. I will definitely check in at our next session and let you know what it looks like, but this has been really fun.

Thanks Katie a pleasure for me, too. So, all right. Well, I'm going to probably go do my wine down periods for getting close to my evening buffer zone. Yes. Okay. Well good to talk with you and I look forward to chatting handsome. Okay. Thanks for listening to this episode of Coach to coach for any resources mentioned in the episode.

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