**CC\_S1E6**

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 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 peplum 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? Good. We are talking on Saturday morning. And I know you've just gotten back from a trip and your kind of easing back in so I will repeat your question. You always ask me. How are you Landing? I'm leaving. Okay, my husband and I travel to the West Coast for a wedding and then we checked out a couple of days of like extra vacation and then I came back.

To where I live in Pittsburgh and he stayed on the west coast. So it was kind of like a great couple of days of alone time in my house. But now I'm like feeling the pressure to clean everything up before he gets home because he's a lot tidier than I am. It's not like its endpoint checklist today and it's like take the trash out watch the bathroom and I haven't destroyed the house or anything but like.

I feel like I will officially be home when he gets home. And I'll feel better about him getting home effect, like unpack his suitcase that I'm so stupid. I can understand that and how have things been going just since our last session and the last topic we discussed and things are going really well.

So it's a good busy season for the business. So I'm on rolling like two different groups right now. And then I made this scary but important choice to change a little bit of my content calendar. So these are the last enrollment periods for writing group and for the community that I'm going to do this year.

And to really kind of focus on making some other kinds of products so. I did a lot of marketing this week and it didn't kill me that it's really good. I'm feeling much more unblocked about that and numbers are good and I'm feeling excited about it. So, okay, that's awesome. Congratulations. Yeah.

Okay. So what are you thinking about for today's session? Okay. So for today's session, I am looking at the rest of my year feeling inspired to do a little bit of planning and knowing that. I am. Of all the like I keep thinking about like my Gretchen Rubin types and I'm an upholder like there's outside structures and very good.

Like I'm always on time for appointments. I never miss like I'm really good about client deadlines and sort of stuff like that. But when it comes to my own internal creation or like. That sort of thing. I can be more fluid than his helpful. I guess is how I would describe it. So I really been leaning in this summer to a kind of more unstructured time.

I haven't been super strict about my wake-up time or my sleeping time and it's been really great to kind of float. And readjusting kind of recalibrate, but I'm looking at the fall and I'm feeling this like September first urge, which I always feel every year. It's like get my life in order and I would love to talk today about purposefully building in some routines or some routine blocks to kind of support some pretty heavy content creation through the end of the year.

Which is all like self-directed self-motivated not really visible to anybody else until like pooped it's done. So it's. I would love to kind of think through ways to support myself. Through that kind of a phase. Okay. So as we record this it is actually like September Eve because it is the tail end of August as we're recording this.

I'm curious. It sounds like that could be one of the reasons why you're kind of thinking toward this but why else is this really significant to you right now as you're kind of thinking about these topics well liked. The Deep Katie answer is that it's also the new moon in Virgo virgonianas my opposite sign.

So I'm a Pisces son and I identify pretty strongly with that and like they're they're Polar Opposites. And so forego is a lot about like structure and routine and discipline and like making it to me it always feels like very sacred energy like I'ma have this routine and it's going to be important to me and I'm an honor it by showing up and then Pisces is much more.

Fluid and floaty and intuitive and creative and I feel both of those things pretty strongly in me. But I always feel this pull in September and I think part of it is like the first year but it's also like looking at the last quarter of the year and being like, okay, like I really want to make the last bit of 2019 count before we're in like a new year and a new decade.

And I am coming out of a couple of more like 18 months of pretty brutal. Physical things that I've been going through medically and this is I'm finally feeling my energy coming back. I finally feel like myself physically which is really exciting and I kind of want to make the most of that like the metaphor used to describe it the other day was like, I feel like my I have like a fire in my belly.

And it's like outside and the logs were really wet for a long time, but could like get the fire started a little bit with a lot of effort but I feel like all of my firewood is dried out now and now I want to like build a fire on purpose. Hmm. I love that metaphor. Yeah, that's a great one. Okay. So what so what I'm hearing Katie is you are at kind of a seasonal shift.

Both kind of metaphorically and literally and you're looking for some routines to really Stoke that fire as your kind of working through the end of the year working on some of these projects but also kind of thinking toward accountability because these are things you're going to be kind of working on your own and whatever routines you set up probably need to also be helping you to balance out.

Being consistent with work and being motivated to continue to do the work over a longer period of several months. Yes. Okay, because I so a little bit about my working style. I tend I think we've talked about this before that like I tend to work when I'm feeling inspired. So like you I can kind of fall into a flow State and then emerge like three days later with a draft of the dissertation chapter or like two days later with like a whole new course, and it's a really exciting thing for me, but it also is a cycle that Demands a lot for me physically to like after that sort of two or three day period in my zone I.

I'm not my best self and I'm at a point in my business where like I need to be my best self because I clients every day and I have like other responsibilities. So I would like to play with the idea that I can create in small Focus first without necessarily.

Letting everything be fully consumed by that creative fire and then needed to wait for the forest to regrow. So it's yep for sure totally understand what you're talking about. Okay, so I'm curious Katie if we head of think about I see kind of two sides here one is the 19 and the other is kind of the Project's themselves.

Is this a situation where you want to develop the routine and in fit the projects into the routine or you want to kind of focus on what the projects are. And think about the routine as being fitted around the projects. Is it kind of like a chicken or an egg? Like how what do you kind of prioritizing here?

That's a really smart question and I'd like. My gut is like know the routine needs to come first. And I think that's part of my sticking point is that in other periods of time where I've had these kind of like creative bursts. The routine was dictated by something else. Like I was working full-time or I was a student or I only had 6 hours a day, you know, whatever that sort of thing was and so I would like.

This is the first time that I've been able to really look at the next four or five months and be able to say like yeah, I'm pretty full well control over my day-to-day schedule and that hasn't been true for me for a long time. So I would love to experiment with the idea of what does my day want to look like regardless of what the project is and kind of projects fit in that.

Okay. Okay. So we're looking for some consistency and we're looking for the focus on the routine. So talk to me about your ideal. Day, let's start with no constraints and then kind of maybe pull it back a little bit. You know, like if you want to be on a desert island that might not be possible for you know, the next four months, but they'll take about your ideal day and then think about what pieces of that.

My work in some kind of routine and then the other thing I want to encourage you to think about is not just a day today, but more like a week and a month so it could be that you know, your everyday doesn't look exactly the same but maybe there's more of a weekly schedule where Monday Wednesday Friday you do something and tuesday-thursday.

It looks slightly different so we can also kind of scale out right at the routine so that it's not necessarily just everyday the same, okay. So in an ideal day in my current location and time and space which is a good kisser what we'll put that up here. Okay. My ideal day is like it alone forest in Iceland and like that's just not what we're talking about a really good day for me.

Has some time outside is really important to me and I live within a couple of blocks of an amazing like 500 acre Nature Preserve and so a really good day has some time in this park for me with my trees and my. Creak so little bit Iceland in there. I need to be outside like it's a good it's a good grounding thing for me and every day should ideally have some sort of movement.

In lately, I've been running a little bit, but I also have a beloved bar studio and like it's a good day for me. If I go if I if I feel like I am breaking a sweat. It's kind of like fine threshold. And with the caveat that there's one week a month where my chronic illness makes that less possible.

But you know three weeks those that's her good things. I like. I like to have breaks during my meals. I don't like to work during my meals at all. So I have a front and a back porch and very lucky and so I like to eat like my breakfast on the back porch and my lunch on the front porch. And I like the like Touchstone of my routine in kind of my family Dynamic is that my husband and I make dinner together every night.

I'm pretty much most nights or we collaborate on choosing the takeout. But like that's our come together point. Um, and I ideally would have something that feels creative and So lately it's been knitting in other Seasons. It's been like paint by number or painting more broadly. But those are important touchstones to me.

And then I like to work in. No more than three to four hour chunks. Like I had a very clear wall at like 3 hours and 30 minutes. Okay. It's like a warning Bell like you have 30 minutes left and then I have to do something else. Okay, and how many of those chunks do you think you might want to do on any given day is it just like one chunk or one in the morning one in the afternoon or depending on the day?

I guess I'm open. To having like a morning junk and afternoon junk and then an evening chunk. So what sometimes I'm available in the evenings because I have a lot of clients that are international and like the timing works out. So usually one night a week, at least I have an evening work chunk. And so I guess there are three possible slots and I try not to fill more than two of them with work.

Okay. If that makes sense, mhm, totally. Okay, so you mentioned that you have a week every month or things get a little bit disrupted for you. Yes, how does that affect other components other than the exercise? Is that a week that you know, it'd be fun to do like a sabbatical week and just kind of like not have expectations for what's going to happen during that time and you can kind of catch up on fun things and the creative the knitting and those kinds of things.

Yeah. I mean the reality is that I can't afford a full sabbatical week. Every month that's not reasonable for like the pace of work that I am doing. So I am pretty well adjusted. Like I've had I've had a new Beatrice this my whole life and so I know when that's coming give or take a couple of days and in there, there's probably two days where I need off.

And that I can usually like two or three hours of a window or like I don't know if you're familiar with this spoon metaphor. Like I usually oh so it's something that people who are working with limited bodily resources. I would say use and so I will send you a link because it's really good in the show notes, but the idea is that you only have a certain number of spoons and you can spend them but like once they're gone, they're gone.

And so I would say that I have like two or three days where I have a very limited amount and I can spend those like a client with like pre and follow-up work emails. So that nothing is on fire and then. Like basic human self care for those two or three days and then the other days I have more energy but not my like unlimited spoons that I have another days.

Okay. Got it. Okay. So I find it interesting that like everything on this list. There was a lot of things on this list and then like work came last. Yeah. and I think that's because the work has been always really separate for me and it feels. I know when I speak to other people about like their work routines and how they do things.

It all goes into like a big beautiful Soup pot for me underneath the work umbrella. There are many things. It doesn't feel like separate tasks, which is one of the reasons why I think that I'm really good at being self-employed actually is because there's just there's work and then there's other things but inside of that work tasks, it's not.

I don't need a lot of different structures to support say like keeping on top of my emails as I do creating new content. Okay, so when you think about setting up routines for yourself. in the season in this particular season. To what degree do you think it would be helpful to have kind of at this time of day?

I do this at this time of day. I do this other thing versus I'm going to have breakpoints during the day and I'm going to pick and choose what I want to do during those break points. So kind of a more solidified like, you know, this is what how I go to this bar class at this time versus I'm going to have a lot more flexibility in terms of I'm going to have some some ground rules of what the routine looks like, but I'm going to give myself lots of flexibility within that to make choices.

Hmm.

I think that I've been operating in the second mode with a lot of flexibility for a long time. Okay, and it's working for me but I think that I want some more because they do the down side of the flexibility. I do well flexibility is that I just get decision fatigue and then I'm done making decisions by 3, right?

Namely I can no longer decide what to eat. Thank you potato chips for existing because I can't you can't make any more decisions. And so I think part of my craving for more solidified routines is to cut down and have some of those decision-making points available for my work. That makes sense totally.

So when you think about making decisions around your routine, is this a situation where before the season starts you want to make a lot of the decisions or is it something where like on a week-to-week basis? You might set aside some time on like Sunday evening and say, okay. I think this is what the schedule for the week is going to look like I'm going to do some meal prep.

I'm going to kind of take care of some of these decisions. This week before I get into it or is it kind of more of a long-term planning for you? I think the week's week Rhythm sounds like a good compromise because it is hard for me to go more than like three weeks without knowing and also I get very there's a little bit of Rebel in me.

Like if I and that's why meal prep is not an effective. I desperately desire to be a person that meal preps and I just can't do it. It's like I get mad at the past me for having the audacity to assume that I would know what currently wants to eat for dinner. Like it's just it's a I don't love that quality about myself, but there is a certain amount of like if I make all of these decisions in advance that I feel like there was like a.

In my past that knew what was best and I just got on my feet and rebel. Yeah, I think of our listeners can probably identify with that. It's too much sometimes it's too much, you know, too much planning too much decision-making. There's got to be some flexibility in there. Yeah. So I think that a week to week we kind of let me gauge how things are going.

And evaluate kind of like what I need to add or subtract. Okay, so it sounds like an addition to thinking about some daily routine items. There's going to be kind of a weekly routine. Yes. What do you think that's going to look like for you? Well, there's parts of it that are in place already. So I do have like a pretty strong like Sunday night re-evaluation.

That's like household wide like we do laundry. We put it away. We set like a grocery list for the week. We avoid each other because we both get kind of cranky on Sunday night. It gets very much like alone time, which is good and I could formalize that and make a couple of plans for work things and routine things.

I do have a day during my week. It's usually Thursday's where I plan some of the important stuff for the next week coming up in terms of like when I'm in a block works. I'm out when I schedule my workouts on Advance on that day. So there's kind of like. The logistical day which is Thursday is kind of like making appointments making reservations that kind of stuff and then the like the spiritual evaluation of Sunday night.

Mmm-hmm. That sounds really good. Okay, so now kind of Shifting to the projects. Yes, there's kind of two sides to this routine coin. At what point or to what degree would it be helpful to you to kind of have a sense of what you actually want to get done in this season like to have the projects to set the goals to write out the action items.

What does that look like in terms of how you're picturing the season for yourself? Well,

Anyone who's ever been coached by me or anyone who might be coached by means going to laugh just a Bruce Lee when they hear this spend a lot of time working with clients about like having Milestones makes things concrete and like having to plan and it's very it's not it's not a do as I do like say and not as I do situation because there's definitely things that like, I have a pretty firm milestone for some of my established project.

But I think many people can relate to the fact that like some of these projects have been simmering for a while and I haven't had the space or the time or the energy or the health to dedicate to them and after like two or three failed launches of getting into them. Like I don't want to make a plan because it feels like.

A contract that I might not be able to keep and I don't I don't want to go through that cycle again. Mmm. So I think that the answer is I should have some milestones and some checkpoints and some planning. But I'm feeling a lot of like fear and resistance because those things did not save me last time.

Uh-huh. Does this feel like fear and resistance that you want to work through or fear and resistance that you want to kind of respect it for what it is and just kind of let it be.

Working through it would be a little bit helpful, I think.

Because if there's definitely elements of it that have to be like there are situations that I couldn't have controlled them. I couldn't have foreseen them. And and I think this is what's frustrating is that I know. That day-to-day minute to minute. I made the right choices in the past for me in the whole picture and yet there are still things that are undone and unfinished and plans that were uncompleted.

Yeah. So there's I think what might be helpful to work through is that kind of balance of like I made the right calls, it's still hard for sure for sure. I wonder too if there's a middle ground of their buckets of things but lots of flexibility within the buckets. We talk a lot about containers putting things into containers.

And I wonder if there can be rough containers of it would be nice if these things got done so maybe not like hard Milestones hard deadlines hard tasks, but you know instinctively what needs to. Be done in order to move these things forward, right? What are some of the buckets or containers that you're kind of thinking about for this next season?

Yeah that in an Ideal World. If you kind of made progress on them, maybe not even completed them but made progress. What would those things be? Okay. So one bucket is mindfulness stuff. I've been toying around with the idea of like recording. Recording meditations making a course. Making it. I don't know there seems to be a lot of interest in it.

I'm excited about it. But mindfulness is also a place that for everybody it's kind of vulnerable. But so I have not felt particularly up to being with my mind in all of its complexity in my personal life and then also work in the last couple of days or the last couple months, so. I would love to move some of that forward because I think.

that it would be good for me and good for everybody. So that's one bucket. There's another bucket where I am desperate to make ziens which sounds so silly sort of when I say it up, but I've had repeated dreams. I feel like the more we get into these sessions or I'm just like okay everything comes to me and dreams and Visions like it's not not true because they think that I am my most creative when I kind of let some of that stuff go and so I've had dreams about like.

Making ziens about like self-care just like really quick things that I make that are cheap but like get shipped or to be as PDFs and would sort of tap into some of my lettering bullet journaling kind of creative juices. So I would love to kind of at least prototype those and see what what's there.

If anything and then I have had. for many many moons now a desire to take some of the curriculum that I work through some of my clients and chunk it up and let it be courses for different people because I get a lot of feedback from people that they're like, you know, I'm totally fine in terms of accountability, but I really.

Some of the access to the content in this this program, but I want it without XY or Z. So I think that that bucket is sort of like an inventory of what materials I have what other places that wants to live how people want to access it. Which is one of those things that like in my brain, it sounds really easy to be like, oh well just take the curriculum from here and move it into here but in practice it's incredibly difficult to like figure out how things work out of context.

And so I haven't had a lot of the space to do two like deep focus work of pulling things out and moving them around. So those are like the big three buckets. Okay, one of the things that occurs to me, that's kind of interesting. It seems like buckets one and two are more playful like you're still kind of trying to figure it out.

You're not quite sure. You know, what that's going to look like. Where is number three even though it would take deep focused work? You kind of know, you know, like it feel like you have more of a handle on that like it's stuff. You've already worked with its content you already have whereas the other to feel kind of more playful creative.

Does that resonate? What do you think about that? And I think that's definitely true and I think there's definitely. some resistance to both sides of those coins their creativity. The more playful projects are exciting for me, but there is still that voice that used to come out when I was like reading for my dissertation.

Like what's this for? What are you doing? Why why are you playing? No markers right. Now. This is grown-up work time. Right when like the markers are an important part of my process. So I think that in the face of other more concrete tasks, those are harder for me to make space for and one of the.

The first things that happened medically for me over the last couple of years. Is that like my ability to be in a deep focus state was compromised. Look I just I didn't feel well it was hard to get in there. And so I think there's some trepidation about if I were to try it again, how would it feel would it be the same when I be able to get back in that flow?

And I don't know the answer to that question, but sometimes I wake up and if that's on the to-do list for Tuesday and lichen seems like a lot for a Tuesday. Let's not do this. Let's focus on something that feels a little bit. More sturdy. Okay. Okay when you think about your let's think about the week the button the container of a week and the ratio.

How you want to spend your time some of its going to be admin stuff that's going to fall outside of these three buckets. I would imagine you have ongoing projects you have ongoing things you're managing and juggling. So let's put that into like its own container. Yeah, but then you might have another container that's deep work.

And then you might have a third container that's more of this playful creative experimentation to see what's there. Yeah, and not knowing where it's going to go. Like you said like it could be a thing. It could not be a thing. You're not sure yet. When you think about that container of a week if like a pie, you know, like a real high What percentages would feel comfortable for you to try to devote to certain things?

hmm.

I think realistically I need about 40 percent of my time at least to be admin and by not by I guess admin isn't the word in my head. It's just like I'm going stuff that you have right now. Right? So like the clients that I have the programs that I have just to keep all of that up and going. and then maybe it's 30 30 for the other two.

So together, they're a little bit more than half. And I like the voice in the back of my head is nudging and saying that there's probably a difference between the hours of that breakdown in the percentage of energy if that makes sense. Yep, so I think. At the 40 30 30.

is more in terms of energy, but that week by week. The ours could probably move quite a bit. Okay? Okay, because for example the 30% of the deep work that could be like two hours and that's what you can handle and that's what it'll be and then. You spend the remainder of the weeks remaining hours on the admin and the more creative play.

Yeah, sure. Okay. Yeah, that's useful thinking about I I've never thought about it in terms of like percentage of energy before. Okay, so when you think about it in that frame of mind that framework. To what degree do you feel like you need to plan for those periods of time to have maybe a list of things that maybe you could do and you get to choose amongst that list or do you feel like it's kind of like you get in there and you see what the Muse is going to bring to you that day.

I think for the deep focus part of it. Because there is like as you pointed out I know what I need to do. I just have to do it and support myself in doing it. I think that needs to be some planned out things that this week. We're going to try and get through this just to kind of build on the concreteness of it.

Mmm. And then in my other like the fun things like the image, it's popping to my minor those cool popsicle stick jars. Like down here's all the like different things and you pick one and you work on it the absence of having like a clear gut instinct about how I want to spend that time. Okay, we may need to link to the popsicle stick jar business and the show notes for people who are not familiar with that.

I'm sure there's some kind of Pinterest things. Yes. I think it's for children. That doesn't always matter. No, it doesn't it's not in our world the actually the most powerful accountability. Mechanism that I have for myself personally is a sticker chart like you do for potty training toddlers.

It's like if you do, you know, if you could 10 stickers if this then you earn this and if you get 15 stickers of this you get burned this like I find stickers incredibly rewarding. So but a popsicle stick jar is basically and I've seen it as popsicle sticks and his pieces of paper. But the idea is that like you write down all of the options and then he pulled from random out of that that charge so the person who.

Was following on Pinterest the other day does it for like music in their house? So like that week they pull an artist named out of the jar. And that's who they kind of like focus on listening and the house that they don't get stuck on listening to the same stuff, which is a cool idea. It's a great idea.

Yeah, and so the idea and so what I'm picturing in my head is that I have, you know, like a popsicle stick. For each one of those different tasks. So like maybe it's like take out and play with markers or like practice lettering or you know free right on this or go for a walk and think about it on purpose just ways that I know in the past to them locked some creative flow for myself.

Okay, so that seems like one potential action item is to create that jar. Yeah for the it sounds like you're doing it more for the. Playful creative side then for the other pieces that need a little bit more structure and planning, right? Okay. Fun. Yeah. Okay, and what kind of equivalent planning or kind of action item or next step would you want to do for the Deep work what has worked for you in the past in terms of really logging and kind of structuring what you need to do about a larger project to make sure you're checking things off.

The answer is I've only ever really been effective in project management when I had somebody else. I was collaborating with okay, when I'm in a team project management boards, like programs like asan has been really helpful for me in the past.

I like Trello and mostly I enjoy playing in those things. So I test them out for clients. And so my part of me is like, oh you could double die and figure out if you like a new system to sort of put these things in but I also am a hundred percent guilty of. Productively procrastinating by making elaborate project management sites.

Okay Banning them immediately. So I try and be careful and make the like minimum viable. Amount of structure in scaffolding so that I don't spend four hours color-coding Trello boards when I don't necessarily need that to move forward. Okay. So what would be a potential option for you to plan this out?

That doesn't involve a digital tool? Like couldn't you use the creativity the marker side the Post-it side the just list-making side of like what are the different phases? What are the different things that would go in each phase like, is there a way to do it? That doesn't involve going down the rabbit hole of Trello Asana one of those tools.

Yeah, and it's a bullet Journal. Okay actively and used in the past. Okay, let's talk about that. Yeah, so bullet journaling is actually a really useful tool for me because it's so lightweight like it's a notebook it goes in my bag and the whole and I because I'm me for a while. I was making like very elaborate spreads.

So like here's like a habit tracker and like I marked down and if I do these things each day and. Long-term. The only thing that's been really effective for me is having like list of tasks with the actual like original bullet Journal coating for them like this like an open circle is today you cross it off when it's done.

If you move it it gets an arrow because I cannot lose the time to making big spreads for it. But I think that there is an element. Showing to myself my investment in the project by investing a little bit of time and setting it up. Yeah, treating it like a real thing treating it like a real thing.

So I think that there is a middle ground between spending eight hours perfecting bullet Journal spreads with like washi tape and markers and stickers and rulers and. Having things listed on a Post-It note, uh-huh. And so maybe looking for that middle ground and it might help me to just have like, okay like you have set aside two hours to do the work of like thinking about these milestones and making a tracker for them.

I wonder too if brainstorming could be a helpful tool just to kind of do a brain dump and you can kind of organize it later of like we're a little this fit but let me just like take everything that I think could be involved. And write it down somewhere not necessarily prettily in a bullet Journal yet.

Yeah, then translate it into the Milestones two phases the buckets the converse and I think that if there's one thing I know that we sort of talked about like daily rhythms and things like that if there's one thing that I think I want to commit to doing every day. Through the end of the year. It is more in cages and I for the life of me cannot commit to doing them first thing in the morning, and I know that's where the magic is attract, but I'm much better if I commit to doing it sometime within the first block of my work.

Day that is often how I use that space is just to like dump things out of my head. And then I so I break another rule of morning pages and I do it digitally on a website called 750 words.com. Because I have a lot less resistance to it actually and I find that the word count in the bottom going up very motivating, but I have had a lot of success with that is like an anchor in my routine and I think that making the choice to spend some of that energy.

Thinking through and depositing all my thoughts about these projects could be really helpful. Okay. Okay, so we talked about the day we talked about the week and some of the structures you might want to build in there. I'm wondering if we can also talk about the month because as we again as we record this, we're right into September Eve like we're about to launch in and I'm wondering if there are any routines you want to set up on a monthly basis to kind of check in with yourself.

See how things are going course, correct? If you're like, I don't feel like I'm hitting my ratios in the way that I want or I need to. Do XY and Z differently or especially as the season changes we're heading into. Here in the US, you know Colder Weather. Maybe you're not going to be outside as much or maybe you're going to be outside differently and you check in about that, you know as the season changes.

So what is that monthly routine look like for you so you're going to lakhs of my monthly routine is actually a lunar cycle routine. Okay, and so I have been working. With the lunar planning now for like three years and it's really effective to me because for me personally because it's also tied with my hormonal Cycles, which also kind of repeat for me on about the same Rhythm and so my money.

Starts on the new moon which is yesterday and I do like a big it's not big. It's big for me emotionally that I do like an evaluation. Like how did last month ago? What am I planning? I set my intentions or pick my words draw my tarot cars like it's a big day for me and the first two weeks of the month tend to be building energy, like build build build build build.

And then on the full moons, there's another kind of check in to say like what's checked off what's working what needs to be adjusted and then the last two weeks of the month like the waning moon tend to be less outwardly productive but a lot more creative and restful so and then it starts over again on the new moon.

Okay, so it sounds like you have it this locked. I mean like this is already totally part of your routine. It will be built into whatever you're doing with this new season as well. Right and I think that for me the the unlocking is to be able to say. My work is to be part of that I guess because it's I have used it mostly in the last couple of months to do a lot of like personal things and to work through some of the more emotional stuff and that's been really helpful and so like I'm looking over at my moon Journal.

Your listeners know me so well now I have a moon Journal well link to it in the show notes. I'm sure people will be very interested. I'm just going to say we need to link to some resources on this if people are interested in the lunar cycles because yes, they will probably want to follow up. Yeah, so I have like a daily food journal that I have and I know that for like the last five or six months everything I've been working with and working on has not been professional for a variety of different reasons.

And I think it's about saying like I am a whole integrated person. And sometimes the professional stuff is allowed to come forward. Mhm. Okay. I feel like we've covered a lot. So I wanted to check in and see you know, what what else do you want to kind of be thinking about reflecting on as you're developing these routines as you're thinking about this next season?

So the question that I have for you specifically and one of the things that I think draws me to you as a person and as a coach is the ways that you've made your routines in the accountability like pretty public like I know that if I'm scrolling on my phone in the morning and I'm a three hours ahead of you and you're out for your walk and it's time for me to get out of bed.

Fuck him. I love that think that's really great. I would love to know what you think the sort of like, what about the kind of making some of these practices more public has been helpful for you. Mmm if it has been or if that's something that you're comfortable speaking on. Yeah, I'm totally comfortable.

Well, okay, so it's interesting because I let I'm gonna frame my answer in a way that's going to kind of turn a question back to you as well. So part of the reason I started doing that morning walk. So I basically what this is is on Instagram stories. If you follow me there every morning I go out for a walk and I take a picture from the same spot, which is the beginning of my walk and I put the day on there and the timestamp and it's typically somewhere between five and six in the morning.

And then when I get back, I take a selfie kind of by my front door and I say something about like hey, you know, we're launching into the day or whatever and it's so it's kind of the same like my day kind of starts the same and that is sometimes the only thing I posted a day like depending on what's going on like that may be the only thing you see but every day, you know, that's consistent part of why I started doing that is because I saw someone else posting every day the same kind of shot and it was like how she just set up the story of her day was like.

Okay, the new day is starting and then she put the day marker on their little Instagram stamp and not the time but just like it was always like a shot of her out the window of her house and it shows seasonal changes because you know, it's lighter it's darker, you know, it's raining. It's not raining like those kinds of things but I really like that and I thought like that's a really nice consistent way of showing up.

You know, and also I'm trying to be consistent with these morning walks and so it kind of just killed two birds with one stone. So I guess the question I want to turn back around to you. Katie is. what are you seeing that other people are doing? When they're sharing their process or their days that you like is if the consistency part like and how does it help you?

Because how it helps you might help other people like when you're like, oh, this is either I expect this. I like the consistency of it. It tells me when to get out of bed. If there's a certain kind of satisfaction of knowing that I'm out there doing the discipline thing. You know like and it just makes you hopefully feel good.

You know, like oh like this is so I mean, I would also Focus back on that. So what are the things that are drawing you in? I think well and I think there's men there's a couple of different people in my feed that are doing variations of that and like I like there's another person that I follow that like posts like they're from their morning meditation every morning and there's somebody else that's like this is my workout and I got it done and they can part of my like, I'm drawn to that because it's a discipline that I feel like does not come naturally to me.

And I'll be honest. I don't know if it needs to like, I don't know. I don't know that I will ever be. a person that. Can't post every day at the same time like you that's approximately the same time but I do have anchors in my day. I do have. like a morning check-in routine that I do that I could post and like I have a pretty consistent like lunch break thing that I do, but I think.

what I what I'm drawn to is the idea that.

You just you make a commitment and you show up for it and like you're not evaluating the walks. You're not saying all I got an extra 400 steps today or I ran faster. Do you know today was 421 am and isn't that amazing? It is amazing, but like for me anyway, but I like the idea of just saying like I'm committing to.

This container and however, it wants to get filled. Yeah for sure. I mean, so I guess another question is because this is how I think about it kind of going back to your original question to me. How do I want to show up for myself? And how do I want to show up for? My I guess I could say my audience but really I think of it as my clients right as part of what I'm showing.

It's exactly what you're describing. Like it's the plan. It's it's a choice that I'm making and I've been pretty public about how those morning walks are my solitude time. You know, the I really need that before I go into a day of working with a bunch of people like I'm super introverted and being it there in the dark, you know, listening to my podcast like that that's really helpful for me to go into the day with that kind of centering space.

And so I'm also modeling that it's a form of self-care both the exercise part and the solitude part and everybody has a different thing to model. So it may not be disciplined for you. It may be Taro. It may be, you know, some of these other things like I'm looking at my lunar calendar like and the other thing I wonder about because you're so good about posting really beautiful questions on Twitter.

You know like is there something we're at some point in the day you want to just do a screenshot of the latest question you posted on Twitter and throw it into your Instagram story feed, you know, like you can repurpose stuff you're already doing this powerful. And really it's just a question of what does it mean for you?

Is it is it a centering thing for you to review one of your own questions and say okay. Let me ask myself this question. Yeah necessarily respond to it. But just take a pause, you know for yourself to reflect and then also ask your audience to do that too, but it is fascinating to me. You are not the only one who has commented on this and how it's like almost comforting.

Two people to wake up and see that I've posted and now I even if I don't do that morning walk me exact same way. I always post something because I don't want people to be like, what happened. Where are you? Are you? Okay like I mean because that this is like now my thing and I've been doing it for like four or five months now, so yeah will recognize it as a thing and I think it would be commented on if I wasn't doing it in a similar way, so it's not it doesn't have to be that.

It can be something entirely different. But how do you want to show up for yourself? And the people who are following along? Yeah. It's a really good question. And I think one of the things that's really come out in a lot of these sessions is that there's a there's a Subterranean why to a lot of the things that I'm doing and it's different from some from some other people.

Like I'm not sure that there are many other coaches that are like, well I base my monthly Sprint. But the sound whether or not it's a waxing or waning moon. Maybe there are and I would love to meet you other people. I know of at least one other person that I'm going to share their name with you after this after we get off this call.

Well, welcome to the new moon in Virgo and now we're setting this intention, but I think. I have like all of us do a variety of insecurities and kind of things that need support. And I think one of mine is that I'm not in a body and I'm not in a life and I don't necessarily want one that's going to have.

it's going to be able to do for five months streaks of anything. Like I'm lucky when I get it to day 21 like that is an exciting thing for me. And so I think reimagining or thinking about what that tool why the plot like why it pulls me in why I like it. In what ways I could use it to support my individual path if that makes sense, totally.

Yeah, when I wonder to again kind of going back to an earlier theme of like the day of the week the month some people do this daily. I recently saw there's someone I follow Who does these beautiful weekly Recaps that are so fun that I'm look forward to every week of like here's what happened this week.

Here are some highlights and I'm like, this is great and it's not every day. It's once a week and I think you could easily also do something once a month where you're kind of talking about how things went and you know where things were with the lunar cycles for you and those kinds of things that would totally draw people in so even kind of the routine of.

I think about to like I'm entering into a creative Retreat period and people know when I do that I'm going to be logging and Instagram stories what I'm doing in that creative Retreat. It's a consistent thing that I do I don't do that exact detail level logging every day of my life. I don't have time to show you my to-do list every day, but for their creative Retreat I make a point because I'm modeling what it means to go on Creative Retreat and how much I get done and why and how it contributes to my business.

Like there's there's a purpose there for me. Yeah. So that's part of it is like there are certain routines. You'll have that are not consistent necessarily, but there is a consistency to how you represent them, right? In your life and so that would be another question I think to think about is it doesn't have to happen daily weekly or even monthly but what are the kinds of things that happen regularly enough for you that you'd want to talk about them and share them and model them, right?

And all of this is making me think about how I used to and and still am very much invested in in teaching and learning development and like working with other teachers and one of the things that was really important to me when I was working with my clients that were teaching was helping them find the balance between this is good sound practice.

Like this is just stuff that's going to work. Well for most people in most situations and mastering these things are important and then there's kind of like the 20% of how do you want to show up? Like, how do you want to be a teacher? What is your classroom want to feel like and I think that I have been not bringing that 20%.

That I felt really comfortable bringing in a classroom. And so like when you said I very rarely as a teacher thought of myself as a modeler. I often thought about myself as a facilitator. I thought about myself as a supporter. I thought about myself as a question asker as a guide, but I very rarely use the framework of modeling.

And I'm sure that I was modeling some things but like it wasn't a touchstone for me. And so it's interesting to be like, oh this is a mode and I could try it out and see if I like it and thinking about showing up in places. As as a model. Yeah. Yeah. It's an interesting. Thing that social media allows us to do right?

Well, I think that it's an important difference between who I am is a coach in who I am as a teacher and for me those often feel the same and that's one of the things that I think is really important about my own coaching practice is that they do feel similar to me but they're very rooted in one another but I think this is a place where.

some deviation. Is a growth area. Hmm. Well, I think there's also kind of a mindset reframing around. Modeling can help build trust. Yeah, consistency can help build trust and when it comes to coaching and coaching relationships. It is very much. Like these decisions are tied to Brands. They are tied to how people view you because if I can be disciplined in my life.

Does that mean I can coach you to help be disciplined in your life too and the ways that you want potentially? Yeah, there's there's a relationship between how we present ourselves as coaches and how we live our lives and the alignment between what we're helping others do and what we're showing them that we practice day-to-day.

Okay. Well I feel as if I will go forth into this call with my own like I'm not having a creative Retreat for the next couple of days but like my mind will be I will be cleaning up and unpacking from this trip that I should have done three days ago, but my mind will be retreating. Okay? Okay. So what as we're kind of wrapping up today Katie, what are some of the takeaways and and we mentioned a couple, you know potential action items for you.

What are you thinking about? I think that some of the takeaways for me are. Feeling empowered to add some more structure in. I'm definitely going to think about this idea of 40 30 30 in terms of like an energy distribution and not necessarily as an hour's breakdown. I'm definitely going to make myself a popsicle stick jar.

Okay, and I think that it's. I think the biggest take away from me is that there's a middle ground between. This is a daily routine that I follow to the letter the same time of the same place in the same way every day until the Earth ends are I do and these are containers that I build that helped me show up in the ways that I want to and I'm disciplined about that structure.

Even if I'm not. committing. To an identical replay of that every day. That's awesome. Well Katie, as always it is a privilege to coach you. Yeah, I think it's a privilege to be coached by you. This is really fun. Yeah. It was thanks for listening to this episode of Coach to coach for any resources mentioned in the episode.

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