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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 ease 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 guest and they'll coach me for the next six episodes and always on real topics and issues we're dealing with in our own lives.

Each season we'll 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 ball.

He supposed specializes in helping ambitious, perfectionist get out of their own way so that they can experience greater joy and fulfillment in their careers. Now onto the episode.

Hi Isabelle. It's so nice to chat with you today. Likewise, Katie, so how have you been since our last session? I would say it's always a blur for me, but because the, uh, because yesterday was great. I too, well, I would go with my like recent by recent memory. Sometimes it's the most recent memories that were the best ones to look at.

Okay. So I am coaching you today. Is there a particular topic that you have in mind that you want to focus on? I want to, yes, there is. So I would like to take a look at whether there, I actually want to set some sort of fitness challenge for myself and um, should I give it a bit of background? Would that be helpful?

Please go ahead. So what I'm, I love physical activity on, I would consider myself quite active. Uh, there's no problem with doing regular physical activity. It's something that I get along a pleasure out of. Um, what I find, however, is that. My physical activity isn't particularly strenuous. Um, so I'll go for what I call a wimpy Iran.

I do a lot of cycling. I'll do a hike every few, a few weeks, but I. Loves them like a physical challenge. So what I don't understand is why, even though I'd love to sickle challenge, I still have trouble getting myself, for example, to spin class with , which I consider like really physically challenging. And what's helped me in the past is.

Um, having something to work towards. So for example, this summer I went on a four day hike and I was carrying a 35 pound backpack. So for months before I was training and, and getting myself ready, and that really worked for me. Now the hike is over, winter is around the corner, and I'm trying to figure out whether I want to set some sort of big thing.

Um, for myself, let's say for January or so, and. Mmm. Use that as motivation to do like the more weekly pieces at a higher intensity. Does that make sense? It does. Okay, so I'm curious, what about like right now is making this feel significant for you or kind of making it top of mind that you're really wanting to focus on it and figure this out.

Uh, I think it's because summer is over and, um, the, the hiking this season is going to change in terms of, it rains a lot here in Vancouver, uh, where the summer meant that's I was doing semi-regular hiking that way was motivating for me to take, keep up with my fitness between hikes. Now with that changing, I'm.

Uh, and knowing that I love that physical intensity, but that I still find it challenging to get to the weekly stuff. It's time for me to think about whether there's some way to motivate myself for that, that high that I get when I do something intense. Okay. So it sounds like there's kind of a seasonal shift happening and also just wanting to check in on that motivational piece to make sure you're going to kind of keep this up.

Now that you're past seasons, exercise options aren't as relevant for kind of what's coming up for you. Exactly. And it could be that it's not that I need to plan like some winter camping cause I actually don't want to tear into that, but that I need whatever. . Uh, like I'm not a personal trainer, but something of that sort.

Okay. Okay. So by the end of the day session, what would you like to walk away with? What would be kind of a helpful thing in terms of this particular topic? I think what would be most helpful for me is to have. A clear idea of whether this is something I want to pursue, like finding something to tap further into the motivation or whether, actually I'm quite happy with my.

Um, approach to doing regular exercise and being okay with the intensity as moderate. Okay. Sounds good. Okay. So, um, Isabel I'm curious what tends to motivate you. Kind of typically cause you've thrown around some ideas here around kind of gamifying this, making it a challenge, having some accountability, you know, when you think about things like this that are kind of a little bit harder for you to get started with, what typically works for you in terms of motivation?

Definitely accountability. Word. Okay. Accountability to somebody else. In addition to accountability to myself. Um, having something I'm really looking forward to definitely works.

Having it like similar to what I just said, so something fun to look forward to and having some sort of concrete event.

It's also peace. Okay. That I will feel a sense of accomplishment around

Okay. And when you think about the possibility of doing something that's a little bit more structured for yourself, what are you really hoping the outcomes of that might be? You know, that following this particular next season, how would you want to end that season? Okay. I want to end it feeling strong, like strong in my body.

because I live in my mind. So much of the time with my thoughts swarming around, I get so much pleasure out of using my body and I'm being reminded of its strength. Okay. And when you think about this possibility of doing this for yourself, can you think of like a metaphor of what, what it means to you.

To bring something like this into your life at this particular moment. Okay. What does it feel like?

kind of feels like a warm crackling fire. Hmm. Tell me more about that. find fire is really meant mesmerizing when I'm around a campfire, for example. And he really draw me in. Mmm. And they also just give me such immense pleasure, cause I tend to be cold almost all the time. So being by a fire is just delicious.

Okay. So it sounds like you have really positive connotations with doing something like this in this next season. It feels like you're gifting yourself something. Yeah. Okay. So when you think about the possibilities for this, I'm sure you've already thought about it. What are, what are some of the things that have kind of floated around your mind as, as potential things you could do?

Mmm. Potential things I've thought about is doing some sort of group fitness coaching program.

Other things I've thought about is trying to find an accountability buddy. Okay.

And other things are like finding some sort of event for January, February, that would, uh, catalyze the, or enhance the internal motivation.

Doing something with my spouse so that it could be combined like time for us together, but also time I'm working out.

I have thought of, did I say personal trainer? You mentioned that earlier, but not in this particular. Yes, so I'd say those are the things I have. I thought about. Okay, so those things seem more structural in terms of kind of what could be included. Are there certain activities that you've also talked at, thought about that you think would help you with that strength piece?

And I'm curious if they would be things you've done before or something brand new that you would kind of expose yourself to. Things I've done before. Spin classes, running, hiking.

Are there things that I hadn't thought about are swimming at that I haven't done. So these are the ones, now that I haven't done, um, swimming, like some sort of CrossFit. Yeah. Okay.

Yeah. And then in the first category was of course like weight training.

when you mentioned strength, I also thought about things like and yoga as well. Are those things you've tried in the past? I have tried to yoga. I've never tried

So when you list out those things, is there anything you feel particularly drawn to?

Definitely the hiking. I do love the spin classes.

You're talking about things to do as I'm training too, or it's something, is that where you're talking about? Is that what you're asking? I'm curious just what kind of instinctually you think positively toward, okay. Thinking about this list. Oh, okay. What I think positively towards

What I don't think positively is the swimming. I really don't like swimming. I really like it after I'm done swimming, like I feel a huge sense of accomplishment because I've actually, I dislike being in a pool so much that when I actually do it, I'm like, yay, I did it. But everything else of the things I've tried, I I like.

Okay. And or I'm attracted to in some way. Okay. So it sounds like there's a couple things going on here. One is to think about. Any one of these things as the actual thing that you do, like maybe you challenge yourself to hike a certain amount of times, or you do a group hike with a group of people, or you go to a certain number of spin classes, but then you also mentioned training towards something else.

So using these things as like a means to an end, do you have kind of an instinct about which of those things you want to be leaning towards? Is it an event that you're training toward or is it just doing the thing for the thing in itself. That's part of the clarity I want today. I just, because I don't have, um, a sense.

Um, okay. Maybe that's not entirely true.

If I could identify something hugely motivating as an event that could be done in the winter time. I think that's my preference. I, it's that I'm stuck on whether that thing exists and I don't want to, um, I guess I don't want to postpone and delay the other pieces while I've tried to figure out, like, I want to sort of move on from this wishy washy state.

I've been in the last few weeks. What do you think about creating your own event. Too much work. Okay, so you definitely want something that already exists. You don't necessarily want to set up a challenge that you create yourself and then follow along. Um, no, that doesn't, yeah. That doesn't really appeal to me unless it were of the kind that you were describing just a few minutes ago where, which I've thought of in the past is, you know, challenged myself to doing a certain number of Pikes or doing a certain number of spin classes.

It's that, um, yeah. Okay.

What is the relationship between this question that you're asking yourself about kind of where to go with this and your larger values? Well, physical health is definitely, um, a value of mine. And I haven't thought of it. Well, learning is another big value of mine and a sense of accomplishment and achievement is sometimes tied into the learning, but not necessarily.

Um.

Yeah. I haven't put achievement accomplishment as a separate value. You, I think I've lumped it in, as I said today to the learning. So I think those are the two. It ties into

And if you were to think about your relationship right now with physical health and physical wellness, how would you describe that relationship.

Uh, I would say it's a strong relationship, a good relationship. Mmm. It's . Uh, and it's also a relationship in which I'm seeking something more and something. Ah, when I say different, it's about the more it's about the, the, the sense of accomplishment around that. Okay. Is there a sense of boredom or complacency that's coming into that relationship right now, or is it just more wanting to level up because of how strong it is?

It's more level up. Um, and I think that complacency and boredom is around the corner, right? Like it's me trying to anticipate and prevent that. Okay. Sorry. I guess I'm going to go to the gym, like I don't, don't want to be there. Okay.

So one of the things I want to see if we can identify as a boat is. How your mindset is shifting around physical wellness. Because if you're at a place where you've kind of plateaued, it might mean you're ready for it. A leap in terms of what to do next. And that may be because of that strength of that relationship.

So when you think about where you want to be maybe five years from now, when it comes to your relationship to physical wellness. Where do you see that, what's included in kind of your longterm understanding of that relationship? I'm going to go one year because I find, I find that easier for me. Okay. And I'm going to, um.

So my succinct answer is that I would like to have even more confidence about my physical abilities. And the example that's really kind of in my face at the moment is this summer. I did some hiking, but I did do, other than the trip back in June with the backpack, um, I didn't do any really challenging hikes.

And, uh, part of the reason is because for whatever, for for reasons I still don't fully understand, I lack confidence that I will be able to either. Um. Do the hike at the pace of the group. So what I would like is, let's say by next summer that I feel really, really confident and I think I could keep up with the group.

I think it's a mindset thing. Um, but that's kind of where I'd like to be in a year. Like to have that real confidence in my fitness. Okay. So when you talk about keeping up with the group. What does that mean? Talk to us about the logistics of that, you know, in terms of length, in terms of, you know, what's required there.

Yeah. So how I go hiking is I, I, um, access a listserv that, where for people who do call outs for, for hikes. So I don't have a group of people that I hike with regular. So it means I'm hiking with strangers most of the time, and I don't know what they are. Group dynamics are like, and I don't know what their pacing, et cetera, et cetera.

So that's the logistics part of it. Um, and sorry, what was the other part of your question? Just thinking about the, um. Trying to kind of nail down some of, quantify this a little bit. So are we talking, you know, hiking 25 miles, or are we talking hiking five miles? Like what does this mean in your mind to have confidence, you know, what would be the upper limits of what you would want to be able to do?

So I would say at this point. Totally confident with five hours, pretty confident with six, upwards of six on like, Oh, I know it'd be tired. Depends on how steep and what the terrain is like. Um, depends who I'm with. So, uh, in terms of quantifying it, uh, I would like to be able to do, um, an eight hour hike and feel like if I saw call out for an eight hour hike, they, Oh, yeah, for sure.

Okay. So when you talk about having a concrete event or goal so that you can feel accomplished, is that something that could be scheduled for January or February, doing an eight hour hike or at some point after that to kind of test your ability? I don't think so because of the snow on the mountain. It could potentially be an eight hour snowshoe, but I, I just don't know.

Okay, so this is kind of a training period for that potential goal. When would you be able to test that? When would the weather allow for you to celebrate your accomplishments? Within eight hour hike. uh, the snow usually melted by July here. So it's a, it's a ways away. Uh, hence the desire to have something halfway would have the King of halfway January, February, where I could be doing something towards that goal.

What do you think represents a good milestone. Toward thinking about that kind of longevity of exercise? Well, I've pretty much discarded the, the snow show. So as you were asking the question, um, I have discarded the snow shoe and maybe too quickly, and perhaps there is something around that. And the reason I.

Discarded it so quickly is because I'm, I do, I'm always cold and, uh, thought of, um, going snow camping is really not attractive. But, uh, there might be a situation where there is something about, we're actually sleeping in a cabin. I'm sure there's something, I don't know why I'm saying maybe. Um, but that's a world I don't know very much about.

Okay. Wouldn't quite know where to look for that.

potentially some sort of trip, snowshoeing, challenging snowshoeing trip, like more than a little, you know, two to three hour putz around the local mountains could be something really motivating. Okay. Where would you like to go from here? Would you like to explore the concept of doing a snowshoeing. Event, or would you like to think about other possibilities as well?

Um, I'd like to explore it for a few minutes and then if it feels like it's not where I want to go, then I can let you know. Okay. So with this no showing, you said, I'm not quite sure where to start. This is not my area. Maybe we can do a little bit of brainstorming around how would you learn more about this if this is not something you feel entirely comfortable around?

What would be some things that you could potentially do to feel it out as a possibility? Um.

Well, there are some clubs locally, and I would imagine that they, some of them publish their, their trips ahead of time and others it's, it's spontaneous. So finding, possibly finding a club or a group and organization that does winter trips. And has a published schedule that I, where I could assess what would be the appropriate challenge for me.

That could be one option. The way that I've found the summer hiking group was I posted in a, in a Facebook group and asked for an organization, I think. I think ultimately, actually I just Googled that one. Um, so those are a few ways that I could find.

Okay. Do you know anyone who does this kind of snowshoeing?

I do. Not at this time. Okay. So earlier you mentioned a few things you were looking for out of this possibility of what you would do this season. You wanted accountability. You wanted something to look forward to that you thought would be fun and you wanted something that felt concrete and that would feel like an accomplishment.

To what degree does this idea of a snowshoeing trip meet those earlier requirements? Have fun, concrete accomplishment. What was the other one? Accountability was the first thing you said. Uh, I think that if it were a trip that I had to pay for and commit to, it would definitely meet the accountability part.

Otherwise, I could very easily, uh, flake out and it definitely meets all the other pieces. Okay. So this seems like a potentially solid possibility. to consider . Yeah. What else do you want to think through? Are there hesitations you have as you think about this possibility? Um,

I think one is the timing of it. So January. Yeah. So thinking through the timing, because when I think January, I get like panicky, um, about that, but there's still plenty of snow, February and even March, depending on where you are in this province. Mmm.

I think the timing would be the biggest thing. And then finding the time or making the time to, to research it as another project becomes another project. So the hesitation is around, Oh my gosh, I already feel like I have a lot on my plate. Um, other things that I also want to prioritize and. Where does this, where do I fit this in?

What does it feel like if you for the moment at least take it off your plate and say, no, this isn't the right time for that. I don't think I want to give the time and energy and it doesn't feel worth it to me. I think that would be. Totally fine in the short term because of the other things that I want to, especially something think to do with my daughter that I don't want to delay.

Um, and then to revisit, revisit it. And what would be the timeline in which you'd want to revisit something like this? Uh, probably no later than October, possibly even sooner. Okay. Yeah. When you think about this season and other obligations and responsibilities you have in your life right now, what feels like something that you need that would give you a sense of completion?

Maybe even a sense of peace when it comes to physical activity and your physical health.

Um, I have a height that I want to do that is seven hours. That is considered difficult, but I know is doable. Uh, that doing that before the snow comes on the mountains would give me a sense of completion. Um. Almost a sense of completion, meaning that I had set as my goal, like to such hikes at this point, I think I can be happy with, with one.

Um, but zero is not, it's definitely not going to give me a sense of completion. So, yeah. And would that need to take place? Uh, it needs dry weather. And a few people to go with. I think I've, I think I've recruited the few people. Um, and then the drier weather is slightly harder to predict. When you think about these two things side by side, this snowshoe trip and this hike that you're planning, how do they compare in your mind.

One feels

more urgent. It's urgent isn't the right word, but one feels like I'm drawn towards doing the local one soon.

And knowing how good I feel about just my short hike yesterday more than the fact that like, Oh, yay. I went, I took the time, I didn't let work. Um, the, the need to get more work done, overtake me and I, and I got out. Um, knowing how good I feel about that, then I knew that doing this, that this hike would, would feel great.

And more important than planning something further away. Okay. So it feels more immediate, it sounds like. Yeah. Okay. And when you think of each of those things, how do they relate to your metaphor of the warm crackling fire Oh.

They both draw me in actually at this point. Okay. Yeah. There's this new one, which I had really like I said, discarded or not even considered. Um, yeah, his is a lot more compelling than it was an hour ago when I hadn't thought of it really. Okay. That's so interesting. What's changed your mind around that?

I think because I was, first of all,

for some whatever reason, associating a snow shoot trip with. Having to spend the night in a snow cave or an attempt, which really w which was okay when I was much younger and which is not okay now. Um, I think that was it for whatever reason, I was linking the two and then realizing that, you know, actually need to look like that.

And then the other one is thinking. They're probably, and then the other piece was that I was imagining that these trips are kind of like the hiking, where they're with this group that I'm talking about where it's, it's not planned more than a few days ahead and, and how that wouldn't really work for me.

Um, but having, finding some organization that does this, which I think is plausible in this, in this province, um. Is something worth spending a little bit of time looking into. Okay.

okay. So you've talked about your values of health and learning, and you've also talked about this goal, kind of a medium to longterm goal of feeling strong in your body. You've explored a few different things here. How are you feeling about progress towards thinking through these goals at this point? I feel, I guess more sure about my desire to do the lions, that local one, that the seven ish hour one.

Okay. Um, and seeing how I can make that happen. I'm feeling excited about looking into the snowshoe organized shoe piece, and I'm still uncertain how to get myself higher an intensity on, on a weekly basis. Okay. Is that where you want to head next, thinking about that? Yeah. Okay. What does higher intensity mean to you right now in your fitness journey?

It means I get that, but after a fitness class or fitness session that I think it's the endorphins, right? I don't actually know what it is that high, that exercise high means for me. How many times a week would you like to experience that? Oh my gosh. Well, I would love to experience that three times a week.

I would be happy to experience it twice a week. Okay, so two to three times a week is the goal. Now, you mentioned that you got this from spin, I think a little bit earlier. What else has given you this feeling in the past?

Occasionally a fitness, like a group fitness class, but hit and miss depends. Um, but I would say spin consistently.

Um, certainly like I'll, okay, a long distance run,

but in the recent past, it's really spin. Okay. When you think about your schedule right now and what feels realistic for you in this upcoming season of the next few months, do you feel like you have a certain amount of time that you can give to this? Does this feel like something that can be routine?

Does it feel like something that needs to be kind of off the cuff depending on what your schedule is each week. How is that feeling to you? It's definitely doable because I do that now, like in terms of dedicating time for early. Um, it does. I do prefer off the cuff, but I don't know that that's actually the best thing.

Uh, I do prefer it and part of why I prefer it. So I think we're similar in this way, but I do my exercise very early in the morning because it ain't going to happen if I find to it after. Uh, and I'm not a consistently good sleeper. And so if I have spent a few hours awake during the night, I don't want to get myself to a six o'clock class.

I want to be able to, to sleep. But yeah, that's the only hesitation with they consistency in the morning piece. Okay. And do you think the morning is going to be the best time for you to do this and get that high? Uh, I think so, but I'm open to. I'm open to other possibilities. Okay. When you think about the decision making process about this for yourself, when would you be making the decision of, should I go to the class?

Should I not go to the class or should I go for the long run? Should I not go for the long run? Is this something that you would plan at the beginning of the week or would it be kind of a day to day decision? All right, so not doing long runs. That was in the past. I a thing that gave me a. It varies.

Sometimes it's the day before, sometimes it's earlier in the week, but I would say typically it's the night before. Okay. So when you think about the option of spin, does that make sense to you in this season or are there other things you want to consider as a possibility? Definitely makes sense because once the rain hits, I, um, and it's dark.

I don't feel safe running in the morning, uh, but I do feel safe. That has been class. Okay. And do you have a local place that you know of that offers early morning spin classes? Yeah. Yeah. Yeah. Great. I love it. It's that dough. I love it. I still am not getting myself there as regularly as I want, and that's like, why?

How is it that even though it gives me the high, even though I really like the class, the instructor, the place, everything, it's close, et cetera, et cetera, um, I'm having trouble getting myself there. Okay. So you've talked a little bit about accountability and how it's really helpful for you to have external accountability when it comes to these activities.

Is that something that you feel is helpful also, when it comes to this spin class, is it just not enough external accountability. Yeah, I think so. So it's a combination. Is that when it's nice out, I don't want to go to WHOIS a spin class. That's fine. I'd rather go for a run, but running is less. I don't run in an intense way.

Um. It will start raining regularly here soon. So I feel like it's going to be taken care of. I don't have any accountability when it comes to the spin because it's a drop, it's dropped. And so I just paid the drop in. It's not like I have a monthly or whatever where I feel like I want to make it X number of visits.

Um, and then nobody cares whether I'm there or not. Okay. So maybe we should think toward accountability for spin. When it comes to accountability and motivation, you SIBO, are you motivated more by carrots or by sticks? Okay. Mmm. Okay. Carrots, carrots. Okay, so something drawing you in? Yes. Okay, and you had mentioned, you know, the group fitness, hiking with other people, you know, this idea of having a partner or a buddy.

You mentioned having a fitness buddy at one point. To what degree would that help with accountability and motivation when it comes to spin? I think it would help. Yeah. Is it something you've done in the past? I have not. Now, and I briefly looked into it, but they have those, um, accountability partners for you're working by yourself.

I did a quick Google to see if there was something that I could find in terms of spin. I, I wasn't successful, so, no, I have not. Okay. Um, and yes, I think it would help. Well, what did it look like? What are some ideas that you have about how to find an accountability partner for something like this? . Um, how to find them.

Yeah. Or how to set up a structure in which you would have some accountability.

If I had a friend who was super keen, reliable, motivated, that would be one possibility. Um, if I met somebody there who. We wanted to have accountability. That would be another. They are being sort of this been this been a studio. Um, that would be another possibility. Um, maybe a trainer, you could probably had a trainer and was reporting back, but that could potentially be another way.

Those are the ways I've thought of. I know that you also have a newsletter, Isabel, that you write to your community or audience. Are they a possible source of accountability? If you were to share with them that you were trying to motivate yourself and you were doing an experiment over the next few months?

I haven't thought of that. I don't. I don't know. I feel like it needs to be a slightly closer relationship. Somebody who I can have a conversation with.

Yeah. Okay. This sounds like it's something that really needs consistency for you. You mentioned you know, somebody who would be dependable, that you would know that they were going to show up or that they would be there kind of holding you accountable. When you think about your network and kind of what seems reasonable given the early morning nature of this and who you know who might be interested, are there possibilities or solutions that kind of immediately come to mind or that you think you might want to look into.

I did reach out to a friend who is an early morning person and typically, and likes to challenge herself. Um, it didn't work for, for her, so she was the only person that I could think of. Yeah. I have another girlfriend who has said she'd like to try it, but nobody comes to mind. okay.

And you've mentioned this concept of a trainer, what would that mean for you to have a trainer who is holding you accountable?

Yeah. Well, I have, um, just recently, uh huh. Paid for a certain number of personal training through, um. Uh, through, uh, a physio actually, and I haven't met with a trainer, actually don't even know her, know her. So that is someone that I want to see more around osteoporosis. So that could be, that could be something to explore as verbal accountability.

I haven't really worked with a trainer before, so I don't know. Don't fully know what, what that would look like. Feel like.

In what ways might a coaching relationship, not necessarily with the trainer, but here we're coaching together. In what ways could that offer you some accountability for this? Yeah, that was another one I thought of too. Um. I, I think part of my hesitation is worried that it'll be temporary or that I'll be able to weasel out of that in both the cases of the personal trainer and a coach.

Right. If for me, it would make most sense to have that conversation with the, with the personal trainer, that's a good relationship with, but of course with a coach could be another one. Um, I guess those are my worries, but both those options make sense to me. And there's certainly something around, um.

Uh, like eat, eat. Well, you know, Gretchen Rubin's four tendencies. The upholder is the, the one that I'm most strongly identify with. Uh, I think there's still some sort of belief that I shouldn't be motivated enough to do this. And I know it's not logical because for all the reasons that that's similarly right with with coaching, it's the same kind of hesitation.

Sometimes people hesitate to coach for the, for the that belief, I shouldn't be able to do this by myself and . Um, so I find myself in the same situation having those thoughts. Yeah. Well, and I want to affirm that you're acknowledging even people with a lot of disciplines sometimes don't want to do something and it's okay.

It's okay to, to feel those feelings. It's that I do want to do it, so I say, but I'm not getting myself there. Yeah. Yeah. What do you think is the biggest obstacle for you?

Hmm. Sometimes because I work in the early, early morning is that I feel like a run is going to be more efficient, faster. I can get a little more work done.

Other times I can say it's more weather dependent where I feel like, well, it's gonna start raining soon, and so I want to really enjoy a ribbit about doors that I can, I can get in it. Hands. I'd rather go for a run, but as I said, it's starting to get darker and earlier in the morning and night, and I don't like running in the dark.

Um, so yeah, those are some of the pieces that sounds like there's a lot of negotiation going on. Yes. In these moments. A lot of thought, a lot of ruminating on what the right choices. Yeah. I want to offer a tool, Isabel, as a possible solution here. Um, and it works for some people. It really doesn't work for others.

So let's, let's try it on for size. Okay. This is a tool about making rules for yourself, and it means setting up some boundaries and some, some guidelines of how you would make a decision and when and why. So, for example. If you wake up and you haven't had a good night's sleep, there's a particular rule about what would happen there.

Maybe you do a yoga session inside your house. It's short, it's quick, it's easy, you know, or you go for a run, whatever you decide. There would be a separate rule for if you've had a good night's sleep, but it's raining outside versus you've had a good night's sleep, but it's not raining outside and it allows you to take some of the thought.

Out of it and just say, well, this is what I do when these specific variables are as they are. I love it already. So you've mentioned the variables of sleep, of weather, and maybe even have work projects that are on your plate. What are the kinds of variables that you would want to take into account when you're setting these rules for yourself?

Yeah. The work projects is a slippery slope because I'm dangerously inclined to prioritize work. Um, other variables side from sleep, weather and work. Um, any other activities that I might have planned would certainly be a variable. Are there variables aside from sleep work, which Mmm. He's the one I am worried about and whether

might be what's going on that morning yet at work in terms of how or they need to be there daylight and another variable cost.

I think those are the big ones. Okay. So you seem drawn to this as a possibility. Shall we try to set up some rules and see what happens, some different variable combinations and what that might look like?

Yeah. Okay. So go ahead and pick one and think about how you might set it up for yourself. All right. Certainly the sleep one, that's that. Um. Okay. Then it would not set the alarm for sample to get to a 6:00 AM spin class. If I've been awake for a few hours during the night, that would be one. I'm definitely not going to go for a run if it's okay.

I guess one rule could be around frequency, but I'm not exactly sure how to blend it in with within this framework. Is that if Mmm. If my goal is to spin classes a week, let's say I've slept, uh, you know, poorly, or even slept well and it's nice every day of that week, then what does that look like?

Knowing that I do when pay runs, but I do intense spins and that the overall, um, peace is wanting the intensity. Then what? How do I think about that? That's a good question. So perhaps it becomes that. Mmm, well, one thing, obviously look at the weather and try to plan it according to Lee and plotted out that that way and stay flexible around the sleep because that is a big, the big thing.

What is a bigger priority for you? Being outside in the nice weather or experiencing the high spin class, being outside of the nice weather is going to become, is definitely is the priority for now and I think will become soon because of the daylight piece less possible. Okay. So maybe that's the rule, has the nice weather trumps the spin, and eventually that won't be an option because you won't have the daylight.

And so you enjoy it while you can, and then once that's over, it becomes easier in some ways to make the spin choice. Yeah.

Yeah. So you've mentioned some situations about what you wouldn't do. Based on, you know, when it starts, you don't do this or when you, when you don't get sleep, you don't set the alarm. What about the doing part? What are the rules that would say, okay, this is triggering me to go to the spin class?

When it's raining. Okay. Rainy days are, is potentially good. Spin days. Definitely rainy days are good. Spendings. Uh, when there were morning classes. Monday, Wednesday, Friday are good spin days. Okay.

Uh, an instructor that I particularly like. I like them all. They're all fine and some are excellent. Um, is it, it's been day as well. Okay. Yeah.

If I had to spend a friend that I was meeting, definitely that would be a good spend day. Okay. Yeah. Those are the, let's say, the ones that, um, the rain the days of the week. Are the big ones. Okay. Is this giving you a sense of kind of how this could work for you in terms of not having to think about it so much?

Yeah. I think the piece is planning ahead. Also, actually taking a look at the calendar and and planning of your head more than the night before. What would that look like for you? Like for a Sunday to do this type of mapping out? When I'm looking at. At some of the pieces that are going on what can meetings or facilitation or whatever other commitments that I have, it's how to stick to it then.

Hmm. Is it also possible for you to set up certain rules for the week? Like you mentioned two to three spin classes is the rule. However, those are to happen. That's the, that's the rule.

I think so. Cause that is what I'm saying that I want

to for sure. Uh, okay. But the other pieces, okay. And is doing a spin class other than in the morning on the table at all as part of the set of rules. Yeah. Okay. So maybe something later in the day if it's not happening or you get toward Friday and none have happened so far, I'll consider maybe doing an evening or an afternoon class.

Yeah. Okay.

Okay.

So we are nearing the end of our time. How are you feeling about thinking through the weekly activities to kind of keep you feeling strong and training. And then also these concrete events that you're thinking toward over the next several months. I think I need to put aside the worry of what if I don't?

You know what if I don't do the long hike, what if I don't find the snowshoe? What if I don't meet the two weeks and kind of focus on the, he says, um, I'm trying this out. . And put some worry aside and judgment, uh, about myself

yeah. To the side because that warm fire, the, um,

and, and really that, that, uh, that pleasure that I get from, from feeling strong

Okay. Speak to the, uh, the personal trainer who I haven't met. I'm still trying to set up a first appointment with and explore that also. Okay. It sounds like there are some actions that have come out of this session for you. You mentioned speaking to the personal trainer. What are some other things that might happen?

They, the planning piece, the making time for the planning.

And then they really looking at what might be possible for the seven hour or in terms of, there's a limited number of dry weekends, I think ahead. Uh, so blocking them out as tentative or carrot a day is tentative and then seeing what actually happens. Otherwise. Okay. I'm really looking forward to seeing how this goes for you.

Thank you. Me too. It feels very experimental at this stage. Does it feel experimental to you? Yeah, I like the, the, the rules idea and I need to, and, and figuring out, um. Yeah. How that's going to work out for me is experimental. Okay. Well, I look forward to checking in with you at a later point and we'll see how everything went.

Thank you so much, Katie. You're welcome, Isabel. Always a pleasure to coach you. Definitely being coached too. Thanks for listening to this episode of coach to coach. For any resources mentioned in the episode. Check out the episode, show notes@drkatielinder.com slash coach if you found this episode to be helpful, please take a moment to rate or review the show and Apple podcasts or recommends episode to a friend or colleague.

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