**YGT episode 198**

you're listening to, you've got this episode one 98. Yeah. Welcome to you've got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day to day demands of an academic life. I'm your host, dr. Katie Linder. On this episode, I'm going to talk about my plans for a restful July.

And this is thing that I've done for the past couple of years, and I'm going to continue it this summer. And basically what this is is I take a break on my regular podcast, content recording and my blog content so that I can get a little bit rejuvenated. Um, for that content creation, since it happens every week for the entire year.

And I usually devote time to other creative projects. And so I usually have some plans of what I hope to get done during the month of July. And it's also just a really good opportunity for me to take stock of what I'm typically doing and creating, and to think through how, and whether it's aligned with my values still and kind of the direction of where I want to take that content.

Um, so sometimes it results in new creative projects like coach to coach, which came up last year when I, um, did my. Uh, my July, um, my restful July project. Um, but overall I think it just helps me to keep my content from. Becoming too kind of stale in routine. So, um, I thought I would share a little bit about my goals for what I'm hoping to do this restful July.

And also just to give you a heads up that you will not be seeing regular, um, podcast content coming out for this month. Now in the past, what I've typically done is shared some archived episodes. Um, and I'm not even going to do that this year, so you'll see my blog go quiet. My podcasts are quiet for all of July.

Um, and then I will be back in August and looking forward to sharing more content then. So here's what I'm going to be up to. In the meantime, I have kind of four categories of goals that I'm really hoping to focus on. The first one is really about reflection. And this is a great time of year because it's midway through the year for me to really stop and reflect on how things are going.

And even with everything COVID-19 unrelated, I still have, you know, some goals and things I'm working toward. And it helps me to just kind of pause and see how things are going. And a lot of that is related to my business. So I am signed up on July 2nd to do what is called a CEO day with, uh, the, an organization called being boss, where it is kind of like a big strategic checkin on how things are going with the business.

And I'm going to use that time to think through my business tasks and goals for the remainder of the year. And also start to think about my big picture items for 2021. Now you might be thinking, this is so early in the year to be thinking about 20, 21. And you're kind of right, but because I have so much going on and I'm juggling quite a bit, I actually like to think like six months ahead, it really helps me to make sure that I have time to devote to bigger projects.

So I'm going to be doing that on July 2nd. And I actually took that day off so that I could, um, have like a full 40 weekend with a July 4th holiday being on July 3rd in the States this year. Um, and then the other thing I'm going to work through is something called the commitment blueprint. And these are materials created by Tara McMullan for her what works network group.

And, um, this is something she's going to be releasing openly in July, um, for people to look at, but I'm part of her what works network community, which I can link to in the show notes. And I haven't been able to kind of follow along with this in real time. She's actually doing this as I record this episode this week, and I haven't been able to follow along, but this is a program that's really tying your values in with your decision making, um, with your business.

And so I wanted to do that as well in early July, and really use that first kind of long weekend to dig into that. No a big part of that work is going to be also, um, to begin to outline my 20, 21 services and program calendar. So this includes things like my coach training program for 2021. Um, my slow hustle program, the seven weeks to radical self-trust program, the writing groups that I run and really starting to get some of that information up on the website so that people can join waiting lists if they're interested in those programs for the new year.

Um, so. All of that is going to be kind of my reflective time happening in July. And I'm going to stick to my morning pages, which I always do. So that's a good reflective exercise for me as well. So category number one for my goals is that reflection. Category number two is creation. So, um, this is always a great time for me to do some content creation, even though I'm taking a break from the regular content creation and there are other things I'm hoping to get ahead of.

So I'm going to, um, first of all, record, season four of coach to coach and I decided to do kind of a solo season, um, for this season. It because it's going to be released starting August 7th, and I'm going to focus on coaching fundamentals in those episodes. I'm going to try to record that in, um, in July.

I also need to start scheduling recording dates, um, for season five and season. And so that's something I'm also going to be working on during the month to kind of get that coordinated. I need to draft some facilitation guides for my coach training courses that are coming up three Oh two and four Oh one.

And this is in preparation for my program accreditation application. That I'll be submitting in quarter one of 2021. So again, working kind of ahead on this, but I know it's going to save me time later on this year, and I'm really looking forward to that. And then the really big creation project during July is I'm going to launch into the revisions for my coach training website.

And I'm really hoping to complete this by the end of the month. Um, and I'm going to be creating a separate site for the coach training program that will link from my site. And this is also part of the requirements of what I need to do for, um, the accreditation of the program is include certain kinds of information on that website.

So really looking forward to digging into that and very much crossing my fingers that I can get it done by the end of July. The third category for my goals is learning. I have quite a bit of, um, things that I'm kind of trying to learn right now. And one of them is I purchased a couple of courses on decolonizing yoga.

And I have been slowly working my way through those. It's basically recorded conversations, almost like a podcast. And so it doesn't require me to do like exercises or anything like that specifically, but I am, um, really thinking through the material and digesting it and trying to be. Um, kind of incorporating it into the process of learning for my yoga teacher training, which is the other part of learning that I'm doing in July.

I have four to six weeks of content watching and reading for that program. I'm really trying to get ahead. Um, so I'm also going to do that. I'm going to be engaging in daily yoga practice and also some extra practice as assigned by the program. So there's going to be a lot of yoga learning happening in the month of July.

Um, I also have a book I want to read on yoga and social justice that I'm going to try to squeeze in, and I need to complete four more weeks of webinars for the sematic coaching course that I'm taking. Um, that's focused on embody coaching. So a lot of my learning is tied in with kind of that embodied piece that I've been focusing on lately.

I'm really looking forward to it, but I will admit it's looking a little bit overwhelming with everything else on my plate for the month. So I'm really curious about how this is all going to fit in. Lastly, of course I have a fun category for my goals, and this is really simple. I want to keep continuing to read fiction, which I've been mostly doing through ebook format, um, for my local library.

And then I also want to watch a new Polish adaptation of the woods, which is on Netflix from a Harlan Coben novel, which I've read before and really enjoyed. So I'm wanting to see. Squeeze that in, um, as kind of my fun time this month. So I'll have some reading and also potentially some Netflix watching as well.

So you might be looking at all that thinking like, wow, that's a lot on your plate and you're working a full time job. And I feel the same way. This is actually quite a bit, it's really, um, optimistic for me to think that I'm going to be able to do all this. And so how I handled the goals like this, um, and this is kind of all the time when I have these big goals is to have some flexibility in there too.

I want to get some rest during the month of July. It is a restful July after all that is the project. Um, but I think that this is also something, you know, going into the fall and knowing that it's probably going to be a little bit crazy and chaotic at my institution. And my job is going to get pretty intense.

Um, I really want to try to get some of this stuff done now so that I'm not concerned about it in the fall. And so really what July is about for me is working ahead and trying to kind of think through a lot of things that I would typically think through in the fall. In July instead. Um, so I would love to hear if you are also thinking about doing something like this at the mid point of the year, if there's like a check in that you're going to do or some reflective work, or even taking some time off this summer to work on creative projects or to just relax and rest, um, I encourage you to think about taking some time off.

If you are a regular content creator. So that you can really think about your goals and your values and how it's tied in with what you're creating and sharing with the world. If you want to tell me about it, I'd love to hear. You can always email me at hello at dr. Katie linder.com. You can tweet to me at Katie double underscore Linder.

You can connect with me on Instagram at Katie underscore lender, any way you contact me. I always love to hear from you. Thanks for listening. And I'll be back with new content in August. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie linder.work/podcasts.

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