**YGT episode 211**

You're listening to, you've got this episode 211. Mmm. 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. Mmm. On this episode, I want to talk to you about some of the simple pleasures that I'm trying to build into my day to day life that are really giving me something to look forward to each day as I get up in the morning.

And that are really kind of motivating me, um, to do some things that maybe in the past, haven't been as fun for me to complete. And I'm sure that you have these simple pleasures for yourself. I'd love to hear what they are. Um, so stay tuned at the end of the episode, I'll give you all the ways you can contact me and tell me about your simple pleasures.

And I would love to have more for my own list because this is really something that I'm finding so much joy in right now. Okay. So let me give you some examples of what I mean. So recently I came across, we have a subscription to the New York times, um, digitally, and as you may know, New York times has a crossword puzzle.

That's part of their, um, uh, newspaper kind of digital experience, but they've also built out these other games as well. There's a tile game. Um, there's, uh, I think it's a Duke game. There's a bunch of stuff, but I stumbled across this game that is called the spelling bee game. And I am having just way too much fun with it.

So basically what this game is, is there is a, um, kind of diagram of letters that you get each day. And I think there's seven letters. If I remember correctly, maybe eight letters and there's a kind of a ring around the outside. And then there's one letter that's in the middle. And the letter that's in the middle has to be included in any of the words.

That you build out of the letters that are currently in this diagram. And then one of your goals for the game is to get what is called a Pangram, which is where you use it. All of the letters that are in this diagram to form one word. Now I have, basically every month, morning I wake up and I refresh this, this little thing on my phone.

Hmm. And I see what was the, the words from yesterday. Cause I like check my status from how I did this yesterday. And as you're getting these words, it's, it's basically just a word find game. You're getting a certain number of points and it shows you each day. What is kind of the level of points that you're trying for based on the letters that are.

In the visual that you're given and the goal is to get to what is called genius level. Now it is very rare that I can get to genius level on my own. I often have to recruit my partner who has a much better vocabulary than I do. We're both English majors, but I can admit he has a much wider vocabulary than I do.

And we try to do this together. So sometimes this is how we end the day. Like if I haven't gotten to genius level, by the end of the day, we'll like was on the couch and try to look up these words together. Um, and then I check in the morning and then before I get out of bed, I basically. Spend like 10 minutes trying to get as many words as I can for the new day.

And I try to find the Pangram before I get up out of bed. Now, this is like the most nerdy, simple pleasure that you can probably think of, but it is really fun and it's motivating. And it kind of gets me out of bed in the morning because I'm like ready to go see this game. And I feel like it is a little bit more educational because it's expanding my vocabulary.

And it's also something that is connecting me to my partner because we're looking at this game together. Um, I can tell you, he's not as excited about it as I am. I often have to, uh, recruit him and kind of win him over to come finish this game with me. Um, but it's something that I'm just really, really enjoying.

So I'm not sure if this is available, if you don't have a New York times subscription, um, but you could try to find it. It's I go to the New York times website and you scroll all the way down to the very bottom in their sub kind of footer menu. There's a section called games. And if you click in the games area, you should be able to see what I'm talking about.

And again, it's just called spelling bee. So another simple pleasure that I've really been enjoying recently is I have stopped going to my physical library. Um, I think they have some pickups and things that you can do there, but I just don't really feel comfortable doing that during this pandemic period.

And when we do leave our house, it's usually to go to our PO box. Um, we have a drive through at our bank that sometimes we go to. We will go to FedEx. If I have to ship something for the business, I'll do a drive through pharmacy. And that's basically all we do other than pick up groceries. So we're always masked.

We're always really careful. And I don't really feel comfortable going and getting physical books from the library because then I'd have to sanitize them and all the things. So I think going to the ebook section of my library, which I'm so thankful that they have this and I can get eBooks and audio books.

And I found this area that shows me the new releases. So every couple of days I go in and I check the new ebook releases. And then there's an area that is called coming soon, which allows me to see the new things that are coming out. And I can kind of put them on hold or tag them as books that I want to read in the future.

Now, when I used to go to the physical library, one of my favorite things was to go to the new books area. This is something I think I've talked about on the show before. I'm such a library nerd. And I loved to go to the new books area and just kind of browse and see what was there and what were some of the new things that had been added.

So the fact that I can do this in ebook form is just making me super happy. Mmm. Okay. Simple pleasure that I've had recently, um, is I mentioned in a previous episode that my partner and I had recently purchased these nonstick pans. And, um, it has allowed me to kind of perfect my tofu scramble that I eat in the morning for breakfast.

And I've also started roasting in kind of bulk baked potatoes and then taking those, um, potatoes that are already cooked and kind of Browning them and cooking them up in the morning. So I have these like roasted kind of crispy potatoes with this tofu scramble. I add some taco sauce and I feel like I'm eating a meal that is like from a diner, um, like a vegan diner and on the weeds again, sometimes I add some Tempe bacon and make it even, and more, you know, kind of diner luxurious.

And I can tell you in a say, it's a simple, but. Nice pleasure to have in the morning that I have this kind of warm breakfast that is, um, a little bit more fancy than like, you know, yogurt and granola or something else that I might throw together. Um, and sometimes we have fresh fruit that I add to it as well.

I basically feel like I'm taking myself out to a vegan diner every morning for breakfast. So this has been one of the simple pleasures that I've really enjoyed recently. Kind of connected to this is I feel like I've finally discovered probably a secret of adulthood that you all probably already know.

Um, but it has taken me all of the years of my adult life to figure it out. And that is that I basically am now keeping my dishwasher always in a state where I can load dishes directly into the dish. Now try not to judge me too harshly, but in the past several years, you know, I'm, I'm one of those people that kind of piles dishes in the sink and on the counter.

And then when it gets a little out of control, that's when I load the dishwasher. And I'm also, you know, in the past, I haven't been someone who like immediately unloaded. The dishwasher, as soon as things are clean, you know, like I I'll let things sit in the washer for awhile or we'll just pull things directly out of the clean dishwasher.

Um, and so recently I've gotten into this mode where I just don't have anything on the counter or in the sink. So if that means unloading the dishes right then to make sure that I can put something directly in the dishwasher, I do that. And basically by the end of the day, every couple of days, it usually doesn't fill up that quickly.

Okay. We turn on the dishwasher. And then sometimes in the morning, as I'm making this diner breakfast for myself, I'm unloading the dishes and kind of getting it ready for the next load. And to me, this feels like the secret of adulthood, because it does lot was to have a clean kitchen, you know, for the most part, every night is we're going to bed and it just keeps our kitchen counters really clear from all of this clutter.

And now that I'm home more and I sometimes work in an area that's kind of adjacent to our kitchen. I see it more. And I think that when I was not in the house as much, I wasn't as attuned to the clutter. And what was building up over time. So now that I'm working from home, this feels like I've kind of unlocked this, uh, extra level of being an adult and cleaning my kitchen.

Um, that again, very simple pleasure. Okay. The last thing that comes to mind and I am so behind on this discovery, I know it's something that many of you have probably already discovered for yourselves, but I wanted to mention it is I am now getting into wearing leggings. Now again, I'm like way behind the eight ball on this one, because I think that it's probably something that for years has been going on.

And, um, I'm pulling mine from old Navy, so super cheap. Um, sometimes they have sales where they're like eight to $10 a pair, so really easy, um, to purchase, um, At a discount or, you know, relatively cheaply or inexpensively. And I went ahead and ordered, um, the talls. So this is the secret. I'm about five eight.

And if you're five, eight or taller, you need to order the talls. Um, because otherwise you're getting basically Capri style leggings, which is also fine, but I wanted something that was a little bit longer. And as we're heading into winter time, um, and especially since we're on zoom and nobody sees me from the waist down, when I'm working from home, it is so cozy and comfortable to just wear these leggings.

When I am home around the house and I can throw, you know, like a sweater on top or something, that's a little bit more professional from the waist up. Um, and then I have really comfortable, uh, bottoms that I'm wearing that are not the JAMA bottoms. They feel a little bit more dressed up than that. But they're definitely not work kind of dress pants either.

And so this is just something, again, I feel like I've recently discovered it. Um, I don't know why I didn't try it before. In the beginning I was using kind of workout leggings that I decided to just go ahead and grab some that were more cotton than workout material. And I kind of go back and forth between them.

And this is also of course, helping me to be able to get into. Uh, comfortable clothes that I can easily do, like a yoga sequence, like in the middle of the day, if I want to take a few minutes, uh, and do like, you know, some sun salutations or something like in the afternoon, or I want to just sit and do some stretching on the floor.

Um, it makes it really easy when I'm wearing something that is comfortable and stretchy fabric, and I can just easily do this. So again, super easy to find these I'm sure anywhere you shop has some version of these leggings. And, um, you know, they're not super well constructed. I, that's not really the point.

I think they're just meant to be comfortable. And I don't know that I would even wear them out of the house, um, a ton, but I really liked them for working from home. They're just a complete, simple pleasure. So I want to hear all of your simple pleasures right now. What are the things that are making you smile that are motivating you?

And I will link all of these in the show notes. If you want to take a look at them. Okay. Um, and you can always contact me at hello, 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. And please do share all of your simple pleasures shares with me so that I can add them to my list as well.

Thanks for listening. 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. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening. Mmm. Mmm.