**YGT episode 241**

You're listening to, you've got this episode 241. Welcome to you. 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 thought I would talk a little bit about my summer bucket list, because as we are closing out this last week in may, um, here in this part of the world, we are entering into summer, and I know all of my listeners, it may not be the case that you're entering into summer.

So I would encourage you to think about your seasonal bucket list. If this does not apply to you and for folks who are coming into the summer months. What is your summer bucket list? And I shared a little bit about my summer plans on a recent blog post. So I will go ahead and link to that in the show notes, in case you want to take a look at that, but I've just been kind of thinking about what are the things I really want to devote my time and attention to this summer and what are some things that I want to make sure I'm building in, in the midst of everything else that I have going on.

So here are some of the things that made my list. So my partner and I are about to wrap up watching all of the Marvel movies, we're getting really close to being caught up. And that means that we have all of these television shows that we have to watch too. And if you know anything about the Marvel universe, Um, it's large.

There's a lot going on there. If there's a lot of shows, there's a lot of movies. So, um, what's on my list is agents of shield, Wanda vision and the Falcon and the winter soldier, um, to watch over the summer. So that's going to be how we're spending some of our time. I think I also previously mentioned in a podcast episode that I'm taking a series of courses on change management for a certificate and those run, uh, this month through August.

And I just actually wrapped up the first course of five and I'll be taking a couple more, um, in June and then a couple more throughout the rest of the summer. And that's something I'm really looking forward to. Um, I just feel like this is an area of literature that I'm really enjoying. I'm really enjoying doing a deeper dive into this and thinking about change and organizational development.

So I'm looking forward to that. I'm really hoping and I'm close. I'm so close to completing the hours I need of, um, teaching experience for yoga to do my next credential and I need a hundred hours and I'm about it. 85 right now I'm 80 or 85. And so I have that still opened up for people to sign up, to do yoga with me.

And I'll definitely drop a link to that in the show notes. If you haven't had a chance to do this yet, maybe it would be fun for you to try. And I should just emphasize, um, I'm working with a lot of people who don't have a ton of yoga experience and a lot of these sessions are very restorative and like very gentle and calming.

And so if that's kind of what you need, especially right now at the end of academic term, then maybe this is for you, especially if you've not done yoga before, um, please don't feel intimidated. I'm not like taking you through crazy difficult poses. It's really meant to be kind of fun and calming and restorative.

So I'll drop that link into the. The show notes. And then I'm also in June completing my meditation, um, yoga teacher training program than I did the 200 hour for that is, is wrapping up at the end of June. And I've done almost everything I need to for that which included some, some teaching hours of meditation and, uh, have a couple more things, a little assignments and things that I need to do for that.

But I'm excited to wrap that up this summer. That felt like a really great way to kind of ease from the spring into the summer was to really focus in on that practice, which I've been doing. Um, since the beginning of the year, really trying to do a deeper dive into meditation. Now in the middle of the summer, I'm also going to complete another restful July.

And if you haven't been listening to the show for a while, you might not know that I typically take off July from content creation, which means I don't produce new podcast episodes. And I don't produce new blog posts during that month. And sometimes they focus on another creative project and sometimes I just rest.

That's why I call it restful July. Okay. So I'm planning on doing that again this year. Um, and again, really looking forward to that, it's just a good time for me to reset in the middle of the year. And I would definitely encourage you if you're thinking about, you know, needing something along those same lines to plan that in for yourself.

Now, also over the summer, my partner and I are fully vaccinated as I'm recording this. Um, my partner is fully vaccinated as of tomorrow, so we're both really excited about that. And we're going to take our car in for some overdue service that it needs. Um, we're gonna start getting maybe some more local takeouts, especially Thai food, which we've really been missing and we don't really make it home.

And we're also going to hire someone to come in and clean our house from top to bottom. And this is something that I'm probably the most excited about. Um, even though we live here and we've been working here and, you know, we're here obviously mostly 24 seven. Um, I just would appreciate having someone else come in and do that kind of squeaky, clean, deep dive in the house.

And so we've been looking into that and we'll bring someone in to do that. And then I'm also getting a haircut, uh, super excited about this too. I thought this was going to happen in June. And then I looked at the calendar and realized my partner was going to be fully vaccinated before I thought. And so I actually have this scheduled as I'm recording this like two days from now, it's going to be this week.

So I'm really looking forward to that. Um, and just, you know, getting a refresh. I think we all know that it's so nice to do that. And I haven't had a haircut since February of 2020. Now a few other things that are on my bucket list for this summer, I decided to give myself a bit of a reading challenge and I'm going to read at least 50 books over the summer.

That's my goal. And I was able to read 50, um, four books thus far, uh, I think, uh, in the first several months of 2021. So I'm aiming for 50 more over the upcoming three months of June, July and August. And I think I can do it. Um, but. I will tell you I'm going to have so much fun trying, even if I don't. Um, there's so many things on my to read list that I'm really excited about.

And that just seems like a really nice way to spend the summer is getting in some extra reading time. So really looking forward to that. Now, of course, the summer months is also a time when I am facilitating some of my programs for my business. So I will be launching a new coach training cohort in June, and I can drop a link to that in the show notes, too.

If you're interested, that starts on June 12th and the first, what a one class is going to run throughout June, July, and August. But then I also have some other, um, coach training courses that are also just running this summer. And so I'll be doing that with people who are already in the program. And then I also am facilitating my summer virtual writing group, and that runs June, July, and August.

And it's meeting on Saturday mornings. And again, I'll drop a link in the show notes in case you're interested. Um, but this is a group that it's just an hour every week. We just check in with each other to kind of see how goals are going. It's not really a mutual writing space, but more of a accountability goal setting space.

And I've got a good set of folks already signed up for that. And I'm really excited. Some of them are repeats from previous years and a lot of clients that I've worked with in the past, which will be really fun to just bring that group together. Of course, I'll continue to just work with my coaching clients throughout the summer months as well.

My one-on-one clients, some people like to take a break over the summer, which I completely understand. And it's kind of nice just to spend time with family and focus on other things. But I have other clients who decide they're going to just like power through and they've got a lot of writing or other things they want to do over the summer.

And so coaching is really helpful for them. So I see some clients kind of pause and other clients go a little bit harder on the coaching. And so I'll continue to do that as well. So I would really love to hear if you have things that are on your summer bucket list, if your or your seasonal bucket list, depending on where you are in the world.

If you're starting to put together this list for yourself of the kinds of things that you think you're really going to enjoy over the summer, I find it really nice to have these kinds of things just in front of me and view because sometimes I'll have like, A free period of time, like, or like my husband and I we'll have our date night and we'll decide, you know, we want to watch a TV show or a movie, or we kind of have these schools are really, I have these goals.

He doesn't set them as much as I do, but I have these goals of things that I want to get done. And it helps me to kind of plan out my time and really make sure that I'm prioritizing. What I really care about. And this is really when I talk a lot about like values alignment and things like that. It's, it's really this kind of planning that helps me to do that because I look ahead of time and I think, where do I really want to put my time and attention for this next season?

What are the things that I really care about spending my time on. And a lot of it is, you know, some relaxation stuff, but also, you know, there's definitely pockets where I'm learning new things and I'm able to, um, kind of support myself in getting more information coming into my brain, which is something that I always appreciate and just enjoy doing.

So it allows me to create space and time for that in a way that maybe doesn't always fit into the rest of my year. So please do feel free to contact me and tell me about your summer bucket list or your seasonal bucket list. What are some of the things that you're planning on spending your time and attention on?

You can always email me at hello at Dr. Katie linder.com. I would love to hear from you and I hope you have some really fun things planned for the upcoming months. 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 Dr.

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Okay.