You're listening to, you've got this episode 260. 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. I'm your host, Dr. Katie Linder on this episode, I want to talk about the importance of identifying the things that charm you.

Now, this is kind of tied to last episode, where I talked about finding bright spots and I can link to this in the show notes, but I started to realize that a lot of my bright spots were things that I found to be. Charming to me. And what I mean by that is that I'm kind of entranced by them or they feel almost magical to me now.

I think there's a number of ways to figure out if you feel charmed by something, um, one way is you immediately want to learn more about it. And I'll give you some examples of that. You might want to emulate what you're seeing. Um, if it's something that someone else is doing or, um, you might click a buy button, that's something that you want to purchase and have in your life.

Or you could also just be glad that it exists in the world and you want to support it. Even if you don't want to engage in it yourself. There's all different ways. I think that we can be kind of charmed by things that are around us. And I started to kind of collect the things that were in my life that felt charming.

And a couple of them really kind of stuck out and it gave me the idea to talk about them on this episode. So last time in the bright spots episode, I did talk about this concept of extravagant hope mailers. And this is by someone named Brandy Kincaid. I will link to her in the show notes, but she also inspired me because recently on her channel, she talked about this concept.

Hosts baskets. Um, now by channel, I mean, Instagram, I was on Instagram. She had an Instagram story about this, and I had never heard about this concept of a house basket. And maybe you have, but basically what this is, is a little container that you might have. It could be a basket or a bin or something. And it contains all kinds of things that you want to have near you when you're at home.

So I actually have a blog post coming out this Friday, where I'm going to talk about this concept and what I've put in my own house basket, but it includes things like journals, um, because it's so dry here. I have like some lotion and some chapstick in there. I have, uh, my iPad mini because I read a lot of eBooks.

I have like the most recent physical book that I'm reading and I put all these things in this house basket, and then I can carry it around from room to room, um, or from my bedroom to downstairs or from my office to my couch, you know, wherever I want it to go. But then I have everything that I need. And, uh, I find this so charming this concept of having a house basket.

So I immediately decided I had to create one from. Now, also when Brandy Kincaid was sharing about these house baskets, when she, she talked about what's in hers, now she happens to be an art journaler. Um, and she has some other things that she, she kind of engages with as a journaler, but she also had magazines in this basket that she wanted to get to.

And there was one. Oh reader magazine. And I immediately went and bought several of copies of these different overeater magazines, which are basically magazines about reading. Um, it shouldn't surprise you at all, that this would be intriguing to me. So I am an officially, a Brandy Kincaid fan girl. I've been completely influenced by her house baskets by her magazine purchases.

I think it's just so wonderful that these things exist out in the world. And, um, it just felt kind of magical to kind of learn about all these things around the same. Now some of the other things that are charming me right now, one that immediately came to mind and it might just be kind of this time of year is like crisp fall weather, rainy blustery days, you know, the kind of days where you want to sit inside with a cup of tea or by a fireplace.

I find that to be incredibly charming, just as an atmosphere. And it also made me think about when you go out hiking and it's kind of like rainy or cold. And that got me thinking about theory houses, which I've never created myself. Um, and I've never really, I don't think seen one in the wild, but I did have an upon a book the other day that was talking about how to create fairy houses.

Which are basically like these tiny little houses that you can, um, kind of tuck up next to a tree on a hiking path or something like that. Usually they're made from natural materials and they're just kind of these tiny little houses that varies what live in again. So charming that these things exist out in the world.

And I love learning more about these kinds of. Now the other thing that's charming to me this time of year. And I've been very influenced by all different kinds of people that I follow is overnight oats, which is basically when you take a dry oats and you put liquid in them, I use almonds milk, and then you can season them with all kinds of things you could put pumpkin in there.

I put chia seeds in mine. You can put, um, Uh, whatever you want to include, and then you leave it overnight in the fridge and the oats kind of soak up the moisture. And it's a great way to have some kind of like oatmeal, um, without having to like cook it directly in the morning. You have it kind of, uh, overnight, but you can add in like nuts, dried fruit, all kinds of things that feel very seasonal right now.

So I find this very charming to have overnight oats in the morning. And I also love the idea of prepping for my morning, the night before. It's like a little gift that I'm giving to me. Okay. So another thing that I find incredibly charming are jigsaw puzzles. I think they're super fun. I know many of us got into jigsaw puzzles during this pandemic time.

They're a great way to kind of connect with people that you're living with. And I love just kind of noodling over a jigsaw puzzle. Finding the right spot for each of the pieces. And I was doing a quick search online and I found one that is actually a jigsaw puzzle. That's called a cozy retreat and it has a books in, it has a cup of tea.

It's just the cutest little puzzle. So I'm going to link to it in the show notes, but I love the concept of like having a puzzle sitting out. And then as you walk by, you just kind of put in a little, you know, a couple pieces and you're just working on it over a period of time. I also. Doing jigsaw puzzles while I listened to audio books, that was one of my favorite things to do during the pandemic period when I was home.

Um, and so jigsaw puzzles, I think are super, super fun. Now I would say really for me, anything cozy. Falls into this definition of what char miss me. So twinkle lights, candles, tea, anything that I can kind of set up around myself that feels kind of cozy. And this led me to, um, realize that one of the YouTube channels that I follow, I find it so charming because it is all of these things.

And I'll link to this in the show notes. There's a woman named Morgan long, and she's a book flogger as I've been following so many of them recently. But she does these videos on like atmospheric reading cozy fall days. She takes you along when she goes to the used bookstore, she happens to live in Portland.

So that feels very familiar to me. And it's really fun to follow along with her. Um, and she just has a way of, you know, like bringing this atmosphere into the video that is incredibly charming and you're just kind of, uh, very cozy just watching her be cozy as she's reading and going about her. And what I've realized is that many of the YouTubers I choose to follow are people that I find charming.

I'm very entranced by their lifestyle. They have almost just kind of a magical way of going about the world and seeing the world. And I love to be inspired by that. I think it's just incredibly crazy. Now the other thing I realized when I really started to dive deep into this concept of things that are charming to me is I love watching people's behind the scenes process of something that they're incredibly passionate about.

And for me, this is often like artists doing different kinds of things. Yeah. Like painting or other kinds of art that they put together because I'm, I am incredibly entranced by when people are so passionate about something that they want to share it out with the world. So recently I've been also looking at some YouTubers who are doing things like art journaling, and then the other thing I stumbled across, which I just find so incredibly charming is the concept of commonplace books.

Now, I'm not sure if you know what art journaling is or what commonplace books are. Um, I'm sure many of you are familiar with these ideas. Art journaling is basically a form of visual journaling. So it could include painting or collage or drawing, like all kinds of things. And there's a ton of people who share about this on YouTube and show the different kinds of ways that they do art journaling.

Sometimes this is also called junk journaling because it's taking like various, um, scraps and things that you might have around your house and putting them together in a way that's artistic. And then commonplace books is something that I've known about for a while, but I was reminded of it because Brandy can cage.

Again, I'm a huge fan girl. She happens to have one. And it's basically where you collect quotes and things that you're kind of coming across in your day-to-day life that you find really inspiring. Some people combine art journaling with this concept of a commonplace book. Um, some people use commonplace books tied to things like religious scripture, but other people just use it to kind of pull out quotes and things from, from what they're reading.

And I love this concept of, especially when I'm reading a lot of non-fiction being able to do. Quotes from that and keep them all in one place and then be really inspired by those. So all of these things, I'm just so incredibly charmed by. And I think that one of the things that's so interesting is that we are all kind of entranced and charmed by different things.

So I would love to hear if you have different things that you're charmed by and that you are just kind of like. Almost smitten with when you kind of learn about something and you think, oh, that's such a wonderful thing. And like, for me, when I found this overeater magazine, I immediately clicked the buy button.

This was something that just felt like such a fit for the kinds of things that I love to read about and the things that I care about. And I was so glad that I stumbled across someone who was kind of a kindred spirit and who was also looking at those things as. So I would love to hear it. Tell me what you're charmed by.

You can always email me at hello at Dr. Katie linder.com. And I always love to hear from you. I hope this gave you some inspiration to kind of look around and see what is terming you right now. And how can you maybe bring even more of that into your life? Thanks for this.

Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.