You're listening to, you've got this episode 278. 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 time, how I'm spending it and how I am not spending it, because in some ways you can think about time as a form of currency that you are spending and making choices about in the same way that you might make choices about money.

But the challenge I think with time is that you can't save it up in the same way that you can see. Money. So I've been thinking lately about what I'm saying yes to right now, what I'm saying no to right now, and really trying to tie it in with the specific season of life that I'm in. Because I think sometimes I can get frustrated about like, oh, I don't feel like I have time, you know, for something I want to be devoting my time to.

But then I just kind of remind myself that in this season I'm making particular kinds of choices. And so I thought it would be helpful. Through some of those choices and really what this is stemming from. This episode in particular is every month in prolific, we do a monthly intention and goal setting event.

And one of the questions I always ask is what are you saying yes. To in the coming month? And what are you saying no to, and one of the reasons I love to ask that question every single time. Is because these answers can change. So something that you said yes to in one month that could actually be something that you say no to in the next month.

And part of it is just the seasonality of where we are in our lives. So I love this idea that we can make choices about where we're putting our time and it can look very different in different periods, but it can also be serving us in really different ways. So let me talk a little bit about what I'm saying no to, and yes.

To rate. And one of the reasons that I love to do this reflection is because it also gives me a sense of what I feel like is missing. So when I think about where I'm spending my time and where I'm not spending my time, then I can start to think about, is there, are there changes that I want to make to that?

So some of the things that I'm not spending my time on in this particular season of my life, Um, I'm really not watching a lot of television. Now. This is something that I think, especially during the pandemic and like remote working, I got into several different TV shows and I would watch things with my partner.

We had our Marvel movie challenge that we did last year. And really what I'm finding is that right now I'm just not drawn to television. And I think part of it could be I'm looking at a screen all day. And so I'm not really interested in looking at a screen in my free time. Um, now I do, you know, other kinds of work on the weekends, or I read on an ebook, you know, on my iPad or something, but for some reason, I'm just not really drawn to TV right now.

Now the other thing that I'm really noticing that I'm not spending a lot of time on is, um, some level of social media. Now I've highly curated my Instagram and mostly what I'm looking at. There are people who are talking about. Books, which as you've heard in other episodes, this is something that I'm really enjoying right now is a season of my life, but I'm not spending a lot of time on Twitter.

I'm not a Facebook user. And when I do go on social media, I usually am kind of like popping in for a couple of minutes. It's not like an endless scroll, which I think is something that in previous seasons of my life I have had, I have spent a lot more time there. And that's, so that's something where I'm not giving a lot of time to.

Now, I'm also not spending a lot of time in a season of my life on, um, things like cleaning. Uh, I do outsource this. We have a service that comes into our house every couple of weeks. And so that kind of basic maintenance really allows me to not feel like I have to be keeping up with a lot of things in my house.

Cleaning now a reminder if I haven't shared this before my partner and I don't have any pets and of course we don't have children. And so the stuff that is kind of getting, you know, dirty in our house, like it's very under our control and whenever we've had cleaners come in, they often comment on this, that, that we're not like racking up a lot of dust.

We don't have dog hair, you know, like we don't have those kinds of things. So it really does allow for us to have pretty easy maintenance. Certainly we do the dishes. I do the laundry, but I don't feel like I have to like deep, clean, you know, our bathrooms or things like that. And especially areas of our house that we're not using a lot.

Um, those get refreshed by a service that we outsource to. So that's really helpful. I also feel like right now, I'm not spending a lot of time on like what I would consider to be house projects. Since we finished our kitchen and bathroom renovation, there are definitely other things we need to do. But some of these are, you know, something that we would hire, like.

Uh, handyman four or a handy woman for, um, or we would, um, outsource to some kind of service because we can't do it ourselves. So some of those things are delayed right now, just because we don't want to get into them or we're choosing to outsource them. And we haven't found the right person yet. A good example of this is we have a couple of ceiling fans that we need to install, but we really need an electrician to do that.

And we just haven't found the right person. So those kinds of projects right now, we're not really a priority and I'm kind of setting them aside. And when they do happen, those are often also delegated to my partner who manages a lot of those things. So I personally am just not spending a lot of time on that.

Another area where I'm not spending a lot of time is cooking. So I'm doing a lot of bulk food prep on the weekends. And what that's looked like lately is a soup. So I make a big pot of soup. It covers all of my lunches and even some of my dinners for the week, it's got a ton of vegetables in it. I feel like it's very nutritious.

Um, but then I'm not spending during the week a lot of time, you know, prepping. And a lot of my other food that I eat is kind of grab and go, or it's really easy to assemble. Um, things like, you know, yogurt and fruit and granola. Um, so it's, it's super easy and I'm not spending a ton of time, like making a variety of meals throughout the week.

Now I have been kind of a motto meal person for a while and that I don't really get. Sick of things. I don't need a level of variety. And if I do feel like I need that, maybe we'll go out to lake Chipola or we'll grab some, some vegetarian sushi, Vermeer or something. Um, so I, I just find that this is an area where I don't need to spend a lot of time.

And then the other area kind of related to that is grocery shopping because I have a pretty consistent diet of what I'm eating right now in terms of like the bulk meal prep and the assembly foods. There's a pretty consistent grocery list as well. And right now my partner manages all of that. We do a lot of food delivery.

Um, so this is an area where I don't really feel like I have to. I spend a lot of time or energy because I'm kind of outsourcing it to my partner. So what am I spending my time on in this season of life? A lot of these other little kind of my new state areas are not where I'm spending my time, where I am spending my time.

And I think you've heard this on the podcast is definitely my job. Uh, it is taking up quite a bit of time during the week. And I would also say sometimes after hours, you know, I'm on the phone or I'm doing something related to my job. So that is definitely taking up my time. And that's actually something that, um, right now feels kind of challenging.

It feels very fulfilling. There's some of that work that feels creative as well. And so it is enjoyable. I don't mind to giving my time to that. And I do feel like this is a season, particularly because I'm still in the first year of working in this job, um, that it feels kind of like an investment in what I'm doing moving forward.

And that feels fine for me. I'm also spending some time on what I would call like business maintenance. So I do run the business on the side. There's some administrative tasks, things like content creation, even recording this podcast right now that are areas where I'm spending my time. And then of course, in client sessions and coach training, which I do on the weekends.

So there's still a pretty significant amount of my time. That is also going to, um, these business-related tasks. I would say that I've done. Pulled back in a pretty significant way. I used to do that work on the evenings as well, which I'm not, I'm using evenings for sometimes work tasks, but also recovery time.

And so that, um, part of my schedule has really shifted. Um, it won't surprise you at all to hear him using a lot of my time right now in this season for reading, which I often use as a decompression technique. And then also things like journal. Or habits that I'm kind of continuing in this period of time as well.

I find it really helpful to have consistent reflection, especially when my life is feeling very busy, because it helps me to notice patterns and to pick up on things that I might not have noticed otherwise. So when I go through that list, I can see immediately some things that I feel like are missing and I can start to notice.

Areas that I want to maybe change the ratio of time that I'm spending or where I can kind of fit in other things, um, that are feeling kind of missing right now. So here are some of the things that for me feel missing as I go through this, like, what am I saying yes to, what am I saying no to exercise. So one of the things that feels really missing for me right now is embodiment.

Um, I think that it's really easy for me. And I think this is true of a lot of academics and higher ed folks. We are in our heads a lot. Uh, we're trained to be in our heads and this is an area where it is my fallback. It is my default. I I'm very into kind of the cognitive and a lot of my day is spent in that way.

And it's really easy for me to ignore my. Um, to the point where it's like, you know, you forget to eat or you realize all of a sudden, oh, I really have to go to the bathroom. Like, I mean, cause you, you're just going from thing to thing to thing. And I know many of you have experienced this as well, so I'm starting to really feel this.

I'm starting to really feel like I need to bring back a consistent embodiment practice. Um, and for me that's usually yoga and other forms of exercise. The other morning, I did, um, kind of a lengthy yoga session and. I felt so great. Um, and I really needed to kind of stretch out and have that, that kind of connection time with my body.

So that is an area that's feeling missing for me right now that I really want to be building that. Now kind of connected to that. I'm also feeling a need for more forms of like deep relaxation. And for me, that would be things like meditation, um, taking naps, which have really been challenging for me to fit in, in my current schedule.

And, um, I don't typically take naps during the week, but especially on the weekends, I just haven't really had time to do that. And then also things like massage, which I haven't engaged in since before the pandemic. And I'm just feeling that need, um, and that part, that's part of the embodiment piece as well.

Um, of just not feeling that kind of connection or, um, that ability to kind of outsource some of that self care. Uh, and, and really carve out time for it in a way that I can kind of have an appointment that I can look forward to. Now, I would also connect that to some forms, uh, other forms of self-care that are missing right now.

Like I'm having a hard time even scheduling in like a haircut. I haven't really found the consistent place where I like to get my hair done here in town. I've gone to one place a couple of times, but I feel like it's not really permanent. And it's not in a convenient location for me. So there's some things like that that I just need to kind of get into place that would help me to, um, feel, I think a little bit more settled in some of my self-care practices.

Now, a couple other things that I really feel like are missing right now. I don't really have, um, What I would consider like creative projects that I'm working on for fun. I mentioned passion projects in a previous episode. And so that is one area where I feel like I have been able to fit this in a little bit with, with things like creating some videos, but I definitely have a couple of what I would consider to be like fun projects that I've had on my mind for a while.

And I haven't really been able to devote time to them. And, um, Entirely sure when I can fit that in this may just not be the season for that. And I think that's one of the great reasons to do this exercise is to kind of identify. What fits in the season and what does not fit in the season for me. And it may be that a new creative project.

I need to set that aside until like I'm a little more settled in my job and things like that. Um, but it's something that I do miss, because I do like creating things and building things. And I guess what I would say is right now, some of that is happening at work, but, um, work is work. And so I like to sometimes do this on the side.

And then the other thing I would say that I'm, I'm trying to carve out time for, and it actually made this a bit of a goal for my month of March is to listen to podcasts and watch YouTube, both for entertainment and inspiration. I did get a chance to build in a couple hours of like catching up on YouTube videos the other day, but I've really fallen off listening to podcasts.

And part of that. Completely was the fact that my commute changed and I used to do a lot of podcasts listening on my commute. I would also say I'm way more into audio books now. And so when I have listening time, it is typically devoted to that, but there are so many amazing creators out there.

Podcasting work. And as a podcaster, I love to listen to what other people are doing. I find it incredibly inspirational and I still follow new shows, but I don't always take the time to listen to them. And so that's something that's feeling kind of missing for me right now as well. I think in some ways it's kind of, um, I've talked before about having intake seasons and output seasons, and I feel like.

I'm not sure where I'm at in terms of that. Um, but I do appreciate all of the intake from, from books and that kind of media. I'm not sure. Um, if there are other ways that I want to be, uh, learning or growing or evolving in terms of intake and certainly work has been kind of an output season. I don't feel like that's been clear for me lately.

And I think that that's maybe something that I'm feeling is a little bit missing is just not having a clear sense of the directionality of my creativity. And it feels a little bit all over the place and not, not as directed as it has been in other points of my life or other times of my career when I'm like writing a book or something like that.

Um, and so that's been kind of an interesting shift for me to notice through this exercise. So I hope this gives you some ideas of how you can start to think through your time as this form of currency that we're spending and how we can do it. So intentionally we can really be thinking about where we want to be putting our time and also what shifts we might be making in Howard devoting time.

And I guess what I would say is, even though there's some things that I feel like I'm missing right now, I want to build them in, in small ways. Um, but also it's kind of like keeping an eye out for when I have that seasonal shift where, um, maybe some things that are currently getting a lot of my time and attention that starts to kind of, um, downshift a little bit, and I can bring in some of these other things.

I would also say, I think seasons of the year. Um, so it different from life seasons in the winter time, you know, like we were maybe inside more we're hibernating a little bit. Like there's going to be different ways that we're spending our time. Then when the sun starts to come out, the days get longer.

There's a lot more breaks. I think that that also just kind of shifts what we feel like doing. Um, and for me that often becomes a very creative time. So I'm kind of looking forward to that seasonal shift as well, to see how that's gonna change, uh, this, the sense of how I'm spending my time. So I would love to hear what you're saying yes to right now what you're saying no to right now.

And maybe some things that you're feeling are a little bit missing. You can always email me at hello at Dr. Katie linder.com to share about those experiences. I always love to hear. 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.

Katie linder.com/podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening. Um,