You're listening to, you've got this episode number 293. 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 gonna share a little bit about my plans for my restful July project for 2022.

Now, if you haven't been listening for a while, you may not know that typically in July, I've been doing this for maybe the past three or four years. I take the month off of all content creation related to like my blog and my podcast. And in the past, um, this probably started because as sometimes I hit this point in the year and I kind of run out of ideas.

Like, I'm not sure what I should be blogging about or podcasting about. And also I think just in the summertime, you know, a lot of people aren't necessarily paying attention to some of this content cuz you know, you all are off on vacation or. You know, doing all kinds of fun things in the summer. And so it's a good time for me to kind of take a break and then come back a little bit refreshed in August and then have content for the remaining, you know, five months of the calendar year.

And so I I've done this for a while and it actually is really helpful for me. I find it a great opportunity to kind of reset in terms of what I'm. Talking about, you know, what I'm writing about, what I'm podcasting about. And, um, sometimes I think when you get into a mode where you're just kind of producing content, so consistently it can be hard to take a step back and really think about like strategically, what are you trying to do?

Or are there certain themes that. I want to be, you know, talking about or writing about more or are there certain topics that I feel like I haven't addressed in the way that I want to, um, and just kind of making sure that the content doesn't get stale. And so it's hard to do that sometimes in the midst of everything else.

So I really like taking a break, you know, halfway through the year and kind of just really thinking about what am I doing, you know, on, on the different platforms that I publish. the other thing that I often find helpful to do during this restful July, uh, period, is to start to think about the remainder of the year.

Maybe plan out some content of what I wanna do, but also start to think about, um, the rest of this calendar year and starting to launch into. 2023, especially around things like services and products in my business. And I've always kind of taken this time in July. And I think partly it was because I started my business in July.

Like when I first started doing a lot of content creation, like my newsletter and when my podcast launched, it was in July. And so I have always just felt like this was a really special month, um, as it relates to content in my. And so I like to take it as a time of like reflection and thinking about what I wanna do coming up.

So what that means is you are not gonna see content publishing in the month of July, either on my blog or on this podcast, but I will be back in August and, um, happy to be kind of refreshed and resetting there. now in the past, sometimes I've actually picked up a very particular kind of project that I wanted to work on in July.

Um, I've used it to kind of like create a new product or something for my business. I definitely don't think I'm gonna be doing that this year, just because I don't have a whole lot of capacity to launch new things. Um, but I am working on. Bringing, uh, my slow hustle program back in 2023, I've had a lot of people asking about that.

And so I need to kind of refresh that and like post it on my website. So if you're someone who's interested in, slow hustle, keep an eye out, cuz that'll be coming soon in terms of just availability to be on the waiting list and, and to. To consider joining that program. And for those of you who are not familiar with it, slow hustle is the program I created several years ago to help academics and higher ed professionals, um, consider creating, uh, businesses that are very like values led and intentional.

and I've run that for, uh, two or three years now. And then I paused it in 2022 when I, when I moved and took on a new job, but I've had so much, uh, requests and interest in it that I'm gonna bring it back for 2023. So this is an annual program. It runs 12 months and I'll be releasing more information about that soon.

So that's something that I definitely wanna re. Fresh. I also have a couple of coach training courses, um, for people who are more kind of further into the program, those are launching in July. So I wanna make sure I can give plenty of time to that and then definitely kind of planning out some content for the remainder of the year.

Sometimes I like to have just like a brainstorming session where I'm really thinking about what is it that I want to be sharing and especially thinking about like seasonally. Is there anything that makes sense for me to be, to doing in advance? Now the other thing, I'm trying to figure out how I can squeeze into July.

And I'm actually planning to take off a couple of days in the month if I can, um, of vacation and, uh, you know, me, if you've been listening long enough, you know, sometimes I use my vacation days to, to get some projects done. I do need to do some refresh work on the coach training program because of some changes that the international coaching Federation has made.

To different levels of accreditation. And so there's like a training I need to complete and some paperwork I need to do. And it's been, um, well, I've said in my own mind, uh, maybe I'm putting limitations on myself, but I've felt like it's been challenging to do that without like having a concentrated amount of time to just sit down and like look at it all together.

Versus trying to do it, like, you know, 15 minutes here, 15 minutes there. And so I've been looking for an opportunity because I need to get that done by the end of this calendar year, I've been looking for an opportunity to set aside some kind of quality time so that I can really pull all those pieces together and get it submitted.

So that's something that I'm kind of thinking about in July. So it's kind of interesting, like. Even though I'm taking time off of the content creation for my business. I definitely feel like I'm wanting to kind of spend a little bit of time on the back end, like the administrative side of my business and just kind of clean up a few things.

Uh, maybe do some refreshing on the website and see what I can get done there. Now, the other thing I think that just gives me a really nice break when I do take a break from content creation, especially this year, um, more than I would say any other year. I'm really doing a lot of content creation kind of at the last minute, like typically in the past, I've tried to pre-record some things, sometimes I would even, pre-record like a month's worth of episodes and just have them all ready to go.

And prescheduled, and I haven't been able to do that hardly at all this year. I'm lucky if I can like record or draft something the weekend before, which is kind of what I try to do, but so. And today's a good example. It's the night before the podcast is coming out and, and I needed to kind of do something at the last minute, which is not my preference.

I feel like I really like to be reflective and, you know, thinking about ideas. And, um, when I try to kind of. Procrastinate and get things done ahead of time. I, I do feel like I can have a better sense of what I'm trying to do and be a little bit more strategic or meaningful or intentional about it. So taking this time off of the content creation does give me a chance to kind of reset that and think about, is there, you know, an opportunity to kind of schedule this differently?

To maybe pre-record some things, and I know I'm gonna wanna be talking about, um, and just to kind of give myself a little bit more time. So there is like a, a benefit of this restful July of like giving myself some time back in the evenings in particular, and trying to kind of think carefully about how I can kind of reboot as I go into this latter part of the calendar.

Now, the other thing I'm really looking forward to in July is I have gotten back to walking regularly in the mornings. Now I definitely think this is a summer season thing because I've really enjoyed having the lighter mornings. I felt like I had a little more energy, you know, each day because my calendar has gotten just a little bit of a reprieve as people are going on vacations and things like that.

And so, um, I am doing about. 30 miles a week, uh, roughly on the treadmill. Um, usually four miles on the weekday mornings and then sometimes a couple 10 Ks over the weekend. And, um, nothing too crazy in terms of speed. I mean, this is really just my time for solitude. I often listen to audio books, you know, like it's just nice to move.

So I'm really hoping to hit at least a hundred miles in July of that time, kind of walking on the T. and hopefully that means I get some good reading in as well. Um, because I've just really been enjoying audio books during that time. Sometimes I use it to catch up on YouTube videos as well, but, um, audiobooks have been wonderful lately.

And I would just say if you're not an audiobook listener, you're not sure about them. I would definitely take a look at your library and test them out because I just find them. So pleasurable. And I know many people listen to them like in the car or, you know, when you're kind of running around and doing errands and taking walks and stuff like that.

But I know there's also people out there who probably haven't tried them in a while. And lately I've been just doing a bunch of different things. Re-listening to things that I I've previously read, listening to favorites from my childhood. Um, you know, obviously new fiction that's coming out is really great too.

And it's just been really wonderful. So I'm definitely looking forward to some walking and audiobook listening in July as well. So as always, I love to hear if you're kind of taking a break midyear. And what does that look like for you? I mean, it could be a more traditional vacation. It could be that you're taking a bit of a rest from something that you have kind of built regularly in your schedule.

Uh, could be that you're just getting a bit of a reprieve of meetings at work, which has been really wonderful for me this time of year. But. Wanted to give you a bit of a warning, but you'll see maybe one more episode come out next week, talking about my annual goals, debrief for quarter two, and then you're gonna see me, uh, pull back, go silent for about a month and then I'll launch back in, in August.

So as always, um, thank you so much for listening and definitely let me know if you're gonna take a bit of a break yourself. You can always email me at hello at Dr. Katie linder.com. I always love to hear from. Thanks for listening to this episode of you've got this. You can access show notes and transcripts for each episode at Dr.

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