You're listening to, you've got this episode number 302. 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 Linda, on this episode, I wanna talk about small, good ordinary things that I have in my life.

And hopefully encourage you to think about some that you have in your life too. This is the time of year where, uh, when the seasons are changing, at least in this part of the world, I like to start thinking toward. Coziness. And I have at least one previous episode where I've talked about my favorite cozy things.

And today I thought I would talk about small, good and ordinary things that are kind of popping up for me. And this is inspired by a book that I recently read called. I didn't do the thing today by Madeline do. And this is a book basically about not. Judging yourself for a lack of productivity and focusing a lot more about being in the now I would highly recommend it.

I really enjoyed it. And one of the things that she talks about in this book is focusing on small, good ordinary things. I love this concept because, uh, it really does encourage you to focus on this concept of simplicity and the kinds of things that are really bringing you joy. And it doesn't have to be things that are.

Big, uh, or that take a lot of time. It can actually be some really small things in your life. So today on this episode, I thought I would talk about some of these things that often put me in a good mood. They help me to have a good day. You know, they're the kinds of things that if I look back on my day and I can identify, I know that it was a good one.

So, um, of course, number one on this list, it won't surprise any of you is reading. I think reading is one of the best, small, good ordinary things that I can fit in. And, uh, I read in so many different formats. It's really easy to put it into my day, whether that's an audio book, an ebook or a physical book that I'm reading, like over my lunch hour.

Um, so reading is definitely on my list. The other things I put on this list were things like drinking cold water on a hot day or drinking warm tea on a cold day. So good and so small and so ordinary. But, uh, I love those kinds of things. Um, I added journaling to my list. This is something that definitely helps to keep me in a good mood.

As I'm processing and reflecting on different things happening throughout my day, uh, making a batch of soup that will feed me all week. We're headed into soup season and I've actually been having soup, um, as a regular meal for months now. Uh, this is like the easiest thing for me to do is cook a big batch of soup on the weekend.

And then I have that for lunch throughout the week. I also identified the first night sleeping on fresh sheets. Oh, that's the best feeling. And we do this at least once a week, where we swap out sheets and we get that wonderful, fresh sheet feeling. Uh, the first breath of fresh air. When you walk outside in the morning now here in, in this part of the world in Denver, it's still pretty warm and we're not getting a lot of those crisp fall mornings yet, but I know they're coming and I love that, that feeling of stepping outside and having that first breath of fresh air.

uh, taking a nap, aren't naps the best. And I know not everyone can take naps, but on the weekends when I have some uninterrupted time and I can squeeze in a nap, I love taking a nap and getting that extra rest in. I also put, picking up a book on hold at the library. Uh, this is something that I do probably a couple times a week where I will put books on hold and then I'll stop by the library on the way home from work and pick up, uh, the book that's on the hold shelf browsing the new book area in the library is also something that I do on a regular basis.

Whenever I'm there, I just kind. To see what's new. And what are some of the books that they're, uh, getting in that are more recent and then also, uh, marking an ebook as read on my Kindle. So I've actually organized all the books on my Kindle into categories of fiction and non-fiction, but also kind of sub genres.

And then I've organized the non-fiction by page length. So I can kind of choose if I'm looking for something shorter or longer to read. And so when I read a book on my Kindle, you can mark it as red, but then I also kind of recategorize it into my red folder. Um, so it's not categorized in the other places and, and wow.

Is that satisfying? Uh, it's really wonderful to, to use that. uh, recently we had to replace a burned out light bulb and I thought, oh, that is such a small, good ordinary thing of like getting something bright again, after you've had shadow or darkness, um, I've recently have started eating these vegan vitamin gummies in the morning.

And this is kind of embarrassing to admit, cuz you'd think as an adult, this would not be an issue for me, but I would imagine there's at least a couple of you who run into this problem as well. I struggle with swallowing, large pills and a lot of adult vitamins are huge. Like they're really, really big and it's it's I can do it, but it's just not fun.

I don't enjoy it. So my partner had gotten me these vegan vitamins and they were really big. And he's like, are you taking your vitamins? And I had to say like, no, I'm actually avoiding taking them because they're such a pain. So he got me these vitamin gummies that are basically like fruit snacks. And you take a couple of them.

I have them in the morning and small, good ordinary thing that actually gets me to have my vitamins on a daily basis. So, um, I can drop the link to the brand that I'm I'm having for those in the, the. Show notes, uh, mopping a floor, small, good ordinary helps your house smell great. Uh, I love that idea of mopping a floor, filling the fridge with fresh produce when we do grocery runs and we have all of our fresh produce, you know, filling the, the vegetable drawers and different parts of our fridge.

I love that, uh, wearing a thick sweater on a windy day. It's just wonderful. Um, I, so many of these things are like seasonal for me, small, good ordinary things. I love to tuck in and be cozy and warm and fall is my favorite season. So you're gonna hear a lot of things related to that. Uh, watching a rainstorm out the window.

Now we've lived in a couple of places where there's so much rain and we don't have a ton of it here in Denver. So when it happens, I really, really savor it. Whether I'm at home or at work, I love to watch the rain out the window. uh, lighting a candle, they smell so good. They're so seasonally. Themed. And I love lighting candles around our house, uh, reading by lamplight.

This is, um, pretty much what I do every evening and morning. I have a lamp that's right next to this chair in our living room. And I turn on the lamp and read by the lamplight, which I think is wonderful. Um, it won't surprise you at all that. I added checking off an item on my, to do list to this list of small, good ordinary things recently, actually.

Um, I got my vaccine booster the most recent one a couple days ago, and I got it on a weekend so that it would try to not disrupt too much, you know, my, my work cuz I end up getting pretty tired and sometimes, um, fatigued and muscle muscle aches and things like that. And I know many people kind of struggle with the, the booster and the vaccine responses.

And so I ended up taking a weekend just to kind of like take it easy. But at the end of the weekend, you know, of course I often spend. Getting some tests done and I was just feeling super stressed out. Um, and so I made a list which always helps me. I don't know if that helps you too. And I called the list, uh, like my stress Buster list it was like, what are the things that if I get these done and I check them off, I'm just gonna feel so much better about, you know, The state of my life and, and just getting some of these things done, and some of these things were personal.

Some of them were work related. I mean, it was a bunch of different kinds of things and crossing things off that list. I, I took like a couple days just to really focus on it and I'm, I'm really making progress and it's felt wonderful. And it's such a small thing to cross that little thing off your list, but man, it can make a, a big.

I also added shutting down my laptop at the end of the day to this list of small, good ordinary things. Uh, so nice to just shut the, shut the lid on that and move on to whatever you're gonna do to kind of close out your day, uh, folding clean clothes and putting them away. I actually really like to do this.

I'm often listening to an audio book when I'm folding laundry. I love the idea of going from kind of a cluttered bedroom space with like a bunch of loads of laundry that need to be folded to something that's kind of clean and neat and uncluttered. So that always feels really good to do that. I. Uh, watching a seasonal movie or television show, if you read my blog, you know, that in September on my list was to watch you've got mail, which is a kind of seasonal fall movie on my list.

And it was so fun to just like sit down at the end of the day and watch that movie. And I hadn't realized, even though I hadn't seen it for years, um, how many lines of that movie? My partner and I had memorized, and it was just. Really fun to revisit it. Um, so seasonal movies, television shows. I know a lot of people watch Gilmore girls this time of year when it turns, uh, seasons.

So, uh, love that as a small, good ordinary. and then of course I added things like snuggling in a warm blanket as something that's so small. And recently my partner got me a new kind of lap blanket that I can use this winter when I'm kind of reading and snuggling in my, my reading chair. And, um, it, it doesn't have to be big stuff.

That's what I, I love about this list. So what I find is that when I'm grateful for these small, good ordinary things, it's so much more easy for me to settle into the present and to feel like I have everything I. Right now, uh, that I, I'm not seeking, I'm not striving. I'm just really enjoying the things that are around me.

And, uh, I would love to hear if you have small, good ordinary things that are on your list, you can always email me at hello at Dr. Katie leonard.com. I always love to hear from you and hopefully this got you thinking about some of the small, good ordinary things that you're grateful for this time. Thanks for listening.

Thanks for listening to this episode of you've got this. You can access show notes and transcripts for each episode at Dr. Katie linder.com/podcasts. If you found this episode helpful, please also consider reading and or reviewing the show through apple podcasts.