You're listening to, You've got this episode 311. 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 going to share with you my Thanksgiving retreat plans.

Yes, indeed. It is that time of year where in the United States. We have a long weekend for the Thanksgiving holiday and uh, I am actually taking the Wednesday before Thanksgiving off of work so that I have a five day. And I am super excited about what I'm gonna be able to do with that time. And I'm actually reserving Wednesday, Thursday, and Friday to not be meeting with clients.

Um, which is kind of a rare thing cuz I meet with clients most weekends and so I get like three full days that are like wide open in terms of what I can schedule. And uh, I'm so excited. That is like, you know, unscheduled time is like my love language. I love being able to. Really choose how I want to devote that time.

So I've made a bit of a plan for myself and, uh, here's what I'm planning to do throughout this Thanksgiving, uh, retreat time. So on day one, which is Wednesday, I'm planning to walk my half marathon. Now, this is something that I've been wanting to do all year long. I have not been consistent with quote unquote, like training for this.

Um, so I'm not racing. Let me be clear. I'm, I'm going to walk the amount of miles, which is 13.1 miles, but I am not planning on racing. I am planning on kind of taking my time and just completing this, um, probably within like three and a half to four hours. And, um, so my plan is actually in my little gym area.

I'm gonna use my treadmill for this. , I have a TV set up and I've got all the different apps on it, like Netflix and things like that. And I'm planning on just watching like a couple of holiday movies. I thought that would be a really fun way to spend that time, keep me kind of engaged and motivated to keep going.

Um, and so I'm really looking forward to that. So I'll probably do that sometime in the first half of the day on that Wednesday. Then I'm planning to take a shower, obviously, and probably. Uh, take a long nap. I would imagine my body is gonna be a little bit like, what just happened here? Um, so I'm gonna take a shower, grab something to eat, and then allow myself to just rest and take a bit of a nap.

And then, because I am still working through, uh, other annual goals, like watching Star Trek movies, I thought I would probably watch a couple of those movies in the evening with my partner. So basically taking the rest of Wednesday to be kind of horizontal, give my body a bit of a break after I do that half marathon in the.

on day two. This is the day of Thanksgiving. Um, my partner and I don't really celebrate Thanksgiving. Both of us have different food allergies and food restrictions where we can't really do like the full meal, and we haven't done that for a long time. So this is not really a holiday that we feel strongly about celebrating.

So I just see this as. Um, it's another day where I can kind of take the, the day off, but I do want to, especially following up on this half marathon, I thought it would be fun to have this be the day where I complete a day long yoga and meditation retreat. And this is another annual goal that I had. It's been hard for me to carve out this time, and I am excited to kind of design this particular retreat to focus on gratitude.

So I'm going to have a range of different, uh, yoga videos and meditation. Um, guided meditations that I'm planning to do throughout the day. And I'm also gonna build in like a good amount of like journaling and reflection time and just allow myself to have a bit of a schedule that I can complete throughout the day.

Now, I probably am not gonna have a bunch of like, super special foods or things that you might like associate with like a, a yoga retreat. But I eat pretty cleanly as it is. So I imagine I'll build in like some salads and other things that I'm gonna have throughout this day. Just something that's a little bit special and maybe different than what I normally do.

So that's gonna be Thursday is that day long yoga and meditation retreat and you can keep an eye out on the blog this week cuz I'm actually gonna outline how I'm structuring my day long yoga retreat in case it's something that you might wanna focus on as well. So, um, I'll share a little bit more information about that on.

on day three. This is the Friday of that weekend. I have an open schedule as well, and so I'm planning to work on content creation for the month of December. Now, this was one of my November goals was to get as ahead as I possibly could for the remainder of the calendar year just so I can feel like I can kind of ease into the end of the year and have some margin.

and feel like I'm not kind of rushing to get a bunch of things done. I feel like this time of year there's a lot of things competing for our time and attention as we're trying to wrap up projects at work as there, you know, there's holidays, there's all kinds of other things, and so I would like to kind of get ahead with that content creation for the month of December.

I also wanted to use some of that day to do a little bit of planning for my side business by updating like recurring tasks and things that are gonna be coming up in 2023 in Asana. So Asana is the the task system that I'm currently using to kind of organize things, and I really like to do as much of this ahead of time as I can so that I just have things in my task list and I don't have to remember.

To do certain kinds of things. Now I have a lot of recurring tasks in Asana already. So for example, like the podcast I need to record each week. The blog posts a lot of stuff around content and um, some other kinds of like administrative tasks. But I'd like to use part of that day just to kind of.

Refresh that a little bit, update it, see if there's anything that I'm missing so I can really be, um, ready to go for the new year. Now on, uh, day four of that weekend, this is the Saturday. I do have a few client meetings already on the books, but I made a point of blocking a. Big portion of my calendar that day.

I think I blocked like five hours. So I wanna continue to work on content creation for the month of December. Now, typically, I'm not able to do all of this in like one day I'm gonna have to record a bunch of podcast episodes. I have to edit them, I have to schedule them. I have to think about, uh, what I need to do for the blog.

I mean, like, there's just a lot of things that need to get done for a month of content, so I need to have a little more time. So I'm gonna work on that content creation also. Four. And then I was also gonna add in, um, I've got a bunch of 20, 23 events that I need to add into my prolific online community space.

So these are the, um, Sunday planning hour events that we do every week for weekly planning, the monthly goal setting events. Um, the readathon, the creative. Uh, there's like a bunch of different things that we do throughout the year with the prolific community, and I like to put all of them in before the new year starts so that people can start RSVPing for things, getting them on their calendars.

And I also need to make sure that this is on my calendar as well. Now, the good news is, at least for me, is that I already went through and did like the entire calendar for 2023, a couple of months ago because I needed to know if I. Bring back slow hustle and some of these other things that I had on my mind and I, I needed to kind of just block my weekends and make sure that I had what I needed on my calendar.

And so I actually have all of this scheduled out in my own, like Google Calendar and, and in like this visual calendar mapping thing that I do for the year. So I just need to kind of plug in those events to prolific and make sure that they're set up for RSVPs and things like that. Um, that usually takes me a few hours to get that.

So I wanna make sure I have dedicated time to just sit down, get through as much of that as I can, and, um, then let everybody know in prolific that they can be signing up for those events for the new year. Okay, so that leads us to the last day of this Thanksgiving, uh, retreat. And, uh, this is probably one of the days I am, well, I'm excited about all of these days.

I just have to say I, I probably am equally excited about each of the things I've outlined here. But day five is when I'm hosting the last prolific readathon of the year. So I know I've talked about these before on the show. This is basically a day that I carve out and devote just to reading, and I invite all members of prolific to join in.

We basically check in throughout the day. We start the day by kind of outlining what we're trying to read, and then we do have various check in points throughout the day about what we're reading. Now many people come to this with reading that they're doing for professional stuff, like if they have articles they need to read or a book they're trying to read for work.

But people also bring fun reading, and I often bring fun reading to this event. So I bring novels or audio books or things that I'm working. I also thought that while I'm in the midst of hosting that prolific event, this would be a great day to do some laundry, some dishes, some food prep for the upcoming week as I'm getting ready to transition and, and turn the month over toward December.

Like this would be a really good time for me to be like just getting some kind of like. Domestic things done around the house. And because we do like two hour blocks of reading within the retreat, it's easy for me to like listen to an audiobook and do something else, um, during one of those two hour blocks.

So I'm gonna be using this day too, to just kind of like prep myself for the week and help myself to feel like I'm ready to go back into the work period after having like this time away. It's always really important for me to think about how do I like transition back into work with intention, and so I think this will be a really good day for that as well.

So basically I am filling my Thanksgiving long weekend with, uh, some half marathoning with some yoga and meditation, with some content creation, which I'm really excited about with some organizational admin tasks of things I need to get done for my side. Um, with some movie watching and, uh, with some reading, and I cannot imagine a better Thanksgiving retreat, uh, than all of those things coming together.

So I would love to hear if you're building out a bit of a Thanksgiving retreat for yours. I will definitely update next week on how it all went. I'll give a bit of a debrief on the podcast so you can hear a little bit about how it went, but I would love to hear if you're gonna do something like this too, uh, you can always email me at hello@drkatielin.com to tell me a little bit about your Thanksgiving plans.

Um, and if you are not here in the US and you are not celebrating Thanksgiving, I would also just love to. If you're planning any kind of end of year retreat for yourself and what that looks like, um, as we're getting closer and closer to 2023. Thanks for listening. Thanks for listening to this episode of You've Got This.

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