You are listening to, you've got this episode 315. 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 thought I would share about my winter break bucket list.

Now, if you have been listening to this podcast for a while, you know that in the past I often have done retreats over my winter break and I have long. Long lists of all the things that I try to get done during those periods of time. And sometimes it has to do with writing projects. It often has to do with prep for the coming year in terms of like things that I can do for my business.

And I'm not gonna lie, I have a list of almost 30 things that I'm trying to get done over this winter break that are tied to all of that, that are tied to work projects that are tied to, um, You know, like website maintenance, all of that kind of stuff. But that's not what I'm gonna talk about on this episode.

What I wanted to talk about on this episode is my bucket list, which is all of the things that I wanna do over my winter break that are just for fun. And I think that that is more interesting, hopefully to you. And also I wanna encourage you to try to create a list for yourself. For the winter break.

That is all stuff that you want to do because when I was creating this list, I thought, I don't wanna look at this list and kind of shy away from anything on it. I want everything on my bucket list to be things that I'm really, actually, genuinely interested in doing. and, you know, I'll, I'll admit some of the website maintenance and other things on my other list, they're not really, you know, super exciting and, and things that are like filling my heart with joy.

But, um, so what I decided to do is I brainstormed a list of 20 things for my bucket list and I broke it into five categories and each of the five categories happens to have four things in it. So, um, the five categories I have are food related. Reading related, uh, what my partner calls media indulgences, which I will describe in just a moment.

Some things that are just for fun. And then a fifth category called resting. So I thought I would walk through each of these things. As you know, I love lists. I love to categorize things. I love to check things off. So what I did was just put this on my. and it's just in kind of my notes on my phone. And when I get up each day on my winter break and I'm kind of deciding what to do, I can look at this list.

So first in the food related category, I want to procure ingredients for and make gluten-free vegan pizza. now, this is something that I haven't made in a long time, and to be clear, I'm not looking to like make my own crust and like dough. I'm looking for like a pre-made crust that I can eat that's gluten free.

But the challenge with like frozen vegan, gluten-free pizzas is they all have garlic in them. And I can't eat garlic because I react badly to it. So I need to find some kind of crust that I don't have to like. Create my own dough, hopefully, and uh, and then I can, you know, get some kind of sauce that is garlic free and then put various ingredients on this that, to make it vegan.

I haven't had pizza in a while and I've really been craving it, so I thought winter break would be great for that. The second thing I put in the food category is we have a new Natural Grocers that's opening in our neighborhood, like just down the street on December 28th. So I would like to go to that and visit the new Natural Grocers perhaps to get.

Pizza making ingredients, we shall see what they have. Um, but that was the second thing on my. . The third thing I put in this food related category is, um, I'm actually super excited about this. I want to eat a bunch of salads over the winter break because, uh, I have been on a soup kick for months now. It's just like the easiest thing for me to bulk prep.

I take it into work every day. But I haven't been eating a lot of salads and part of that is because I think I don't wanna like buy so much produce that it goes bad. So we've just gotten kind of out of the habit of making salads and um, a week where I'm completely home the whole time and I can be cooking in my own kitchen.

Is like the perfect opportunity for me to be making salads for myself. So I'm really excited about that, to eat as much salad as I can. And then the other thing I put on this list was to make a snack dinner one night. And I'm sure all of you have done this before, but this is basically where you assemble a dinner that's just like snacky things, you know, it, it could be like popcorn and fruit and like veggies and crackers and you know, those kinds of things.

And um, I think it'll just be fun to like throw something like that. Okay, so that's my food related category. My second category, which will surprise absolutely no one is reading , and I have, uh, four items on my bucket list related to reading. The first one is to spend an hour browsing at my local library.

I love a good, uh, leisurely browse and looking at all the different books there. Of course, I will not be able to resist picking some new things up for my stack, but I definitely will have time to, to go to my library. Preferably during the middle of the day and just kind of browse for a while. I also want to spend a little bit of time organizing my January to be red list.

And um, I will be talking probably two episodes from now about my goals for 2023 and, uh, I will kind of update on where I'm at with my, my TBR videos and things like that, that I've been doing all this year. Um, but I do wanna kind of get my list organized for January of what I'm hoping to. , I do have several reading related goals for 2023, so I'll update you on those soon.

And, uh, I also have on this, this reading related bucket list. Um, I am actually kind of close to hitting 300 books read this year, which is a little bit crazy to me. Um, I don't know that I'm gonna be able to get to 300, but I would like to get as close as I can. And I think as of right now, when I record this and release it, I'm probably like 25 books away.

Um, that, that feels insane to try to read 25 books in the next like 10 days. But, you know, I'm always up for a challenge. So I've put that on my list. And then I also added to buy a physical copy of a book or series that I really want. So this would be kind of like a holiday gift to myself. I've gotten a couple of gift cards this year, um, from folks who know how much I love to read.

And so, um, I would like to purchase something that I, I want to have in my physical. . Okay. The next category is, uh, I got some help from my partner of like, what to call this, but it's basically like content that I wanna catch up on or things I wanna like watch or listen to. And so he called it media indulgences, which I actually think is really great.

So the things I put on this part of my list were to watch the divergent movies because I just read all of the divergent books and I think I've watched the movies before, but it's been a while. and that led me to also put 'em on my list to watch the Hunger Games movies, because if you're gonna go down the route of ya, uh, dystopian, why not just go all the way down that route?

So I'm, I'm adding two of these, uh, groupings of movies to my list to watch. I also wanna catch up on watching YouTube channels because it's just been a while. I've been really, really busy at work and I, I've. Prioritizing reading over YouTube. And so it would be fun to just kind of catch up on some channels that I really enjoy.

And then I wanna spend at least one morning listening to podcast episodes because I've just really gotten out of the mode of podcast listening and, um, I miss it. And there's some really great shows that I wanna catch up on. So I figured I would spend at least a little bit of time doing that. . Okay. The next category is called just fun, and these were kind of like catchall things, but I, I do think this category makes sense.

So the first thing I wanna do is I need to finalize my 2023 goals list and slight spoiler alert, what I'm really focused on for 2023 is really similar to this. Bucket list, which is, I want everything on my list to be something that I actually want to do. I don't wanna put things on that list that are like, have-tos.

I mean, it really needs to be like, want tos. And so I, I've been really careful about finalizing that list and making sure I feel really good about what's on it. Um, so I gotta finalize that over the break. . And of course I find goals setting to be super fun. So this is definitely not feeling like work to me.

Um, second item on the fun category is to play a game of Scrabble with my partner. Uh, we do have a Scrabble board. We never play it and we both love word games, so I thought that would be fun. . The next item needs a little bit of explanation. I am purchasing a game for my partner that will come over the winter break, and some of you may have seen this.

If you're on social media, you may have gotten served at this. This ad, this is how I came across it. It is a game called Box one. It was designed by Neil Patrick Harris. I will link it in the show notes. and this is a game to be played by yourself. It's basically an introverts game. It's a code game. It's a puzzle game.

And of course, my partner, who is almost as introverted as I am, um, I bought this game for him, but I thought it would be fun for both of us to play it. Um, so whether we'll play it together or on our own, I'm not sure, but I put that on my list to potentially play that game over. . And then the last item I had in the fun category was to try a new video game that is to be determined.

I don't have a specific one in mind, but um, I thought it could be fun to kind of see what's out there lately, cuz I haven't looked at video games in a really long time. And I usually like very specific kinds of like puzzle games or mystery games. And so I thought it would be fun to kind of look around and see if we could download something for me to play over.

Okay. Then I have this fifth category and uh, this is one that is kind of tough for me. As I've talked about in my, my Thanksgiving debrief episode. Resting can be challenging over these breaks because I feel like I go from like over 110% to like hitting a wall and, and going to zero. But I wanna build in some really intentional rest because, um, I have been pushing very hard over the past couple of months with some stuff going on at work.

So, um, first item on my resting category is to spend at least one full day in bed reading or watching movies in my pajamas. I cannot even tell you how long it has been since I have been able to do this because I, I very rarely have uninterrupted time and typically I only do this when like I'm ill and I don't think that is the only time when we can give ourselves like extreme rest.

So I wanna spend at least one full day in my pajamas reading or watching movies. I think that'll be fun. definitely wanna take at least one afternoon nap, hopefully multiple. But um, if I can squeeze in at least one, that would be awesome. I want to take a couple of longer, more leisurely walks, so definitely not like workouts and probably not the half marathon that I did right before Thanksgiving, but just something where I, I can kind of amble around and I have.

Plenty of time, and I'm not like watching the clock. So this rest category is very much about like, I don't have to be somewhere else. I don't have to like set an alarm to make sure I like, get to my next meeting. Like this is just meant for me to like really sink in and enjoy having like lots of extended time.

So to that end, uh, the last thing I put on this list was do not wake up to an. , um, during this entire winter break because I don't have things scheduled where I would need to wake up to an alarm, um, like getting ready for work, for example. So I am super excited to like put my phone alarm away, for an extended period of time because I will not have to be like watching the clock to make sure I get to the next thing on my list.

So those are the 20 things that I have on my winter break bucket list. And I would love to hear what you have on yours if there are certain things you're trying to get to or build in. And really the only rule I'm giving to myself here is that I want to do these things, that they sound fun, that they sound like what I need right now.

And, um, I will definitely update after the winter break about how these things went. . But if you wanna let me know what's on your winter break bucket list, you can always email me at hello dr katie lender.com. I always love to hear from you and I am wishing you a very restful and wonderful winter break, however you decide that you might want to spend it.

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