You are listening to, you've got this episode 329. 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 give you a bit of a rundown of my recent retreat.

I've actually had a couple people reaching out, um, saying that they're wishing me well on this most recent retreat that I did over my institution's spring break, where I took a week off and I will link to the episode where I talked about what my plans were for the retreat. But, um, I will give a quick spoiler alert that it went super well.

I got a ton done. And I thought I would kind of talk you through what was actually a really wonderful mix of work and relaxation. So, um, I had very little scheduled over the course of these five days, and that was probably the best part. I had all kinds of time to kind of get things done, which is one of my favorite things is just to have unscheduled time.

And so what I ended up doing, and I would highly recommend this if you do a retreat for yourself where you care about the outcomes, is, uh, I've made notes in my phone each day, so I. Out in like my Apple Notes app that I just called retreat happenings. And then I had, uh, under each day kind of a list of things I was hoping to get done.

And then if I did anything that was not on my original list, I noted that as well, because one of the things I've come to realize about these retreats is by the time you get to the end, you have no recollection of what you actually did each day of the retreat. So if you're not tracking it somehow, it's really easy to lose track of all the things that.

So on Monday of my retreat, my primary goal was to actually get a lot of like administrative tasks done that had been building up over time. And this included creating like show notes, templates for my podcast for the remainder of the year. I like to do all of that ahead of time so that it's like super easy to plug information in throughout the year as I create episodes.

I also wanted to, um, send a couple of emails related to my coach training program. I had some posts that I needed to draft in, uh, prolific, which is my online community. Like I, I had a lot of little kind of administrative tasks to do, and the nice thing about starting. with this kind of set of tasks on day one is it felt so satisfying to check these things off my list and to feel like I was able to make progress.

But secondarily, these were all tasks that I could do while I was like listening to an audiobook because they were all repetitive. They didn't require a lot of brain energy. And so I was able to actually read like three audio books throughout this day. And um, some people have also asked me like, how am I doing that?

How am I reading so quickly? I speed up my audiobooks. And this is something that if you take some time to kind of train your brain a little bit, I can go up to three times speed on these audio books, which means a typical book that's about nine hours can take me about three to finish. So, um, and if it's shorter than that, obviously it takes less.

So I ended up kind of getting up. I'd had a great night's sleep the night before. I made a batch of soup for the week so that I was ready to go there. Uh, did a load of dishes, you know, like cleaned my kitchen and then I sat down and listened to a few audiobooks while I crossed all these other things off my list.

Um, toward the end of the day, I also did like a little bit of laundry and also was able to wrap up an ebook as well. So it was like a really good start to this retreat to get all these admin tasks done and get a bunch of reading. . Okay. Tuesday was a day where I did have an appointment because this is the day, if you remember, if you've been following along, that my Peloton bike was getting delivered and I wasn't sure when that was gonna happen.

And I found out pretty early in the day, maybe even the night before that it was gonna be a later in the day delivery, like two to 5:00 PM So my goal on day two was to get a bunch of stuff done before I had to. Delivery cuz once I, the bike was here, I was gonna be distracted by the bike. So, um, this was the day that I had devoted to a lot of stuff around my coach training program.

So this was, uh, updating, like these progress update templates that I have. I track everybody's progress and the program emailing everybody, those progress updates. Um, Kind of working on different coach training syllabi for the rest of the year, creating the course. Shes for each of the courses for the rest of the year.

And you might have heard me talking about, um, in the episode where I was describing the retreat. These are a lot of tasks that I typically do like over the winter break, and I just didn't do that this past year. I really rested over the winter break and so this was kind of a catch up period for me. And how satisfying does it feel to kind of check these things off my list that I have had on my list?

Months. So that felt so good to get that done. I also finished, uh, another audiobook and another ebook, um, throughout that day, which was super. and then indeed the Peloton bike was delivered. So I did my first Peloton ride. Um, and then also watched like some YouTube videos to close out the day. So very satisfying.

And the other thing that I'll say is stacking the first couple of days of this retreat. Gave me a lot of like, leeway to start to get flexible in the latter part of the retreat. So I was really focusing on trying to like, uh, front load in some ways what I was getting done so that I would have a little more flexibility as the week went on.

Okay. So Wednesday, uh, was also a day that I was kind of devoting to. Errands, actually , like this is a day that, um, uh, we had cleaners that were coming to our house and so we were actually trying to get out of the house because we like to let them kind of do their thing and, and not be like, you know, overseeing the work of, of the, these cleaners that we are so grateful for.

And I love that they come to our house. Um, and so we ended up like running around, like we went and checked our PO box. . Um, we went and picked up library books. Uh, I went to Old Navy and looked, you know, around for a little while, and by the time that we got back they were kind of just wrapping up. And so, um, we actually went out to lunch.

I mean, like, we were really trying to like just stay away from the house. And, uh, so when they, uh, were wrapping up, we came back and, uh, I was able to take a 90 minute nap. . I will tell you this is probably one of the standout activities of my retreat period. I have not had this good of a nap in months.

Like I cannot describe to you how nice it was to not have to worry about like what I needed to get done or to like not be able to fall asleep, cuz I was like problem solving something In my mind it was. So glorious to have this 90 minute nap. So this was a day that really felt like a day of rest. You know, like we ran around, did a bunch of stuff.

I finished an audio book. I sent a couple emails. Like there were definitely some things that I had on my list that I wanted to get done. and I, I did like little things, like I found the images that I needed for my April, you know, um, YouTube video that I wanted to record, like, so definitely check some things off my list, but it was nice to actually run around for a while, spend some time with my partner, and then have that amazing nap in the afternoon.

And I'll also mention, uh, that I took another Peloton ride. So one of my goals of this retreat was to actually do rides every day, just to kind of get my body used to being on the bike and, um, on Wednesday, Uh, and maybe this is TMI for some of you, but I think it's obvious to anyone who's had one of these bikes on Wednesday, I ordered next day delivery, a padded seat for this bike because.

It's, you know, a difficult thing to, to be like putting your body through something new. And I, I wanted to be able to actually sit on this bike without being in, you know, a ton of pain. So if you're familiar with bike riding, you know that you get like saddle soreness. And so I went ahead and ordered this padded seat.

if that is tmi. Uh, I, I'm gonna link it into the show notes just in case if anyone is like, oh, yes, this is what I need in my life. Um, one of the things that I think is super important is to cite yourself up for success with anything new. And that means like clearing out any obstacles that might be standing in your way and.

Pain is one of those obstacles. So I ordered a padded seat. I also got this little like phone tray that I can attach to the Peloton to like just have a place to put my phone because there's like a water bottle holder, but there's not really a place to put your phone. So, um, I can link to that too in the show notes.

Okay. And that brings us to Thursday. And this is when I started to be like, okay, do I really need to do anything in this retreat? Can't I just like bum around and get rest and not do any work? So this is when I started to be really glad that I had front loaded the first part of the retreat. So what I ended up doing on Thursday was I did my Peloton bike ride.

And then I just focused on basically reading audio books all day long. So I read, uh, audiobook number six, seven, and eight. And of course I'm gonna be talking about all of these things, um, in my upcoming, uh, March debrief video. But I am, I think, uh, almost to 30 books read this month. Um, I read a lot, uh, over the course of the retreat and it was glorious and one of my favorite books of the month was actually read on Thursday, so I'm excited to talk about that cuz it was so, so good.

Um, the other thing that took several hours that day is I did record and edit the April, um, to be read video. This is like the books I'm gonna read in April that I post on YouTube. And it did take a while to get that recorded, to edit that and to make sure it was ready to go. So, um, that was kind of the main task that I started on Thursday.

Originally, I had planned to do a bunch of content creation on Thursday, and basically what ended up happening is I shifted that to Friday. Um, so on the last day, the last official day of my retreat, What I ended up doing was focusing on content creation. . So I drafted and scheduled a couple of blog posts.

I got my monthly newsletter ready to go out, and then I started to focus on, uh, actually, um, uh, enjoying other people's content because I had a bunch of stuff that I wanted to catch up on. So I wanted to start Daisy Jones and the six, which is a new Apple Prime, um, uh, not Apple prime, Amazon Prime, uh, adaptation that I had not seen yet, but I read the book and really loved it.

So I watched an episode. I watched a ton of Dawson's Creek's episode, which was super fun. Um, this is, uh, an incredibly melodramatic and entertaining show, and it's on my annual list of things to do. So I did that, uh, watched an episode of You, which is a show that I had not seen in a long time, but I watched like a season and a half and wanted to get back into that.

um, and basically just like bummed around in the afternoon and like watched a bunch of shows, which is something I never get to do, and it felt so luxurious and, and just so nice to do. . So what I ended up doing after that, uh, and of course, you know, did my Peloton ride on that day as well. That's kind of embedded in, in all of these days, and so far so good.

I'm, as I'm recording this, it's Sunday and I've ridden the Peloton basically every day, um, since it's come. And I've tried a bunch of different things on it, which has been really, really fun. And I would imagine some of you are kind of like, give us the full Peloton review. And what I would just say is, There's a lot to explore with this particular machine, and what I appreciate about it is it has, uh, some gamified content as well.

So I started out with some of the instructor-led, um, uh, rides, and I started at the beginner level. Let me be clear, I think it is so important to start at the beginner level and not push yourself and injure yourself whenever you're trying one of these new things. So I started at the very beginner level, like 20 minute rides.

Totally took my time to like figure out how this thing worked. And then I started to expand into some of the other content. So for example, um, Peloton Bike has something called Lane Breaker, which is a game that you can play and you basically use the resistance knob to like switch between different lanes.

and you get points and it's like this very gamified like workout. So I did one of those, which was super fun. Um, and then I also tried the scenic ride, uh, which is just basically a video of like a, a scenic, um, uh, landscape. And I chose one in Oregon so I can, I can go back to my Oregon roots and listen to an audiobook, you know, while I did that ride.

Um, so I've tried a bunch of, Versions of, of kind of things you can do. And that was one of my goals for this week was just to kind of get on and, and try some different things. And so far I'm really liking it. What I appreciate about it is you can still get in a pretty good workout without having to pay a ton of attention to what you're doing.

Um, and. That can be nice, especially in the early mornings, which is when I'm planning to, to use this bike. So, so far, so good. Um, on Friday, as I was kind of wrapping everything up, the other thing I did was basically take everything that I wasn't able to get done. Like there were some tasks that I did not complete, including, for example, recording this podcast episode and I dumped them into the weekend.

So then I created a weekend to-do list that allowed me to kind of start to see what's left, what are the things that I, I wanna make sure I'm getting done. And really the stuff that I kind of swept into the weekend were recording and editing a couple of podcast episodes. There was one more blog post that I was hoping to write, but overall, like pretty much everything got done during the retreat period, and I left feeling accomplished, relaxed, rested, and it was just the perfect amount of recovery time that I was really hoping to get.

So, I feel like I've like triumphed over my retreat. It's been such a long time since I've had one, but I was so glad that I did that perfect mix of work and rest because it just really, really worked for me. . So of course I would love to hear if you did any retreating over, uh, any recent break that you have, even if it's a long weekend, it can be really fun to do that.

You can always email me at hello dr katie linder.com. I always love to hear about your experiences when you go on these kinds of retreats and. It was really fun to do all of this and know that there were some folks rooting for me along the way. So thanks so much for listening and, uh, keep an eye out for an upcoming episode where I am debriefing my annual goal progress thus far, because as we wrap up quarter one, it's time for that first annual goals debrief.

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