You're listening to You've Got This, episode 358.

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 talk about my Thanksgiving weekend plans, and I wanted to talk about this with enough time so that if you are interested in doing what I am doing or something similar to what I am doing, you'd be able to make a bit of a plan for yourself.

So if you've been following along here for a while, you know that I love to have a meaningful plan for my Thanksgiving weekend.

Last year I completed a self-designed yoga retreat.

In other years I've spent the time working on creative projects or other kinds of things over that long weekend.

And just to give you some context as to where I am this year, as I record this, this is actually the week before the full week before Thanksgiving.

And it is the week that my book is due.

And I have that deadline looming in the next few days, I am deep in the work.

And I have been because of that, you know, given that timeline, I have been really, really looking forward to Thanksgiving break to be a true break, like a recovery time and a time for me to also just get some rest.

So along that theme, what I decided to do was to spend my Thanksgiving weekend on basically like binging different activities that are related to a bunch of different goals that I've been working toward, but that are all pretty fun and relaxing.

So I thought I would share some of these things that I'm planning to binge and a little bit about my food plans for for the Thanksgiving weekend as well.

Um, and, uh, if you are interested, of course, you can, you can figure out what are the things you might want to binge right along with me.

So, uh, the first thing that I was thinking I would be able to binge over the weekend is watching the remaining X-Men movies that are on my list.

Now this was one of my annual goals and I have just four movies left.

And I was like, how fun would it be to just like lay in bed all day and watch like four movies in a row?

I don't know if I can get my partner to do that because he has been watching these right along with me, but this long weekend feels like a great time to just like knock that off my list and have it be done.

So I have that.

I also thought it would be fun to listen to several different podcast episodes.

I am still trying to kind of catch up with my annual goal to do five podcast episodes a month.

And I've had several shows recommended to me lately, so I'm excited to try out some new podcasts.

And then I just have a bunch that I haven't listened to in a while that I've really want to catch up with as well.

So I thought that that would be fun to do that as well.

Kind of along the, the same lines, um, in terms of at least when I can listen to these podcast episodes, I also need to catch up on Peloton minutes.

So I, um, not on my like strict annual goals list, but I've kind of set a more informal goal to try to hit the 20,000 minutes goal on the Peloton app.

This is like the highest goal for the year.

It's an annual challenge that they do every year.

And I, um, didn't really start logging my Peloton minutes until like March, April-ish.

Um, and so I have a lot to kind of catch up on.

And just as I thought, as the weather has gotten colder, it's gotten a lot harder for me to like build in time to do this.

Um, cause I'm used to doing like walks at work and things like that and being able to log that, so I think I can listen to some of these podcast episodes while I am catching up on Peloton minutes.

And I feel like Thanksgiving weekend is also just a really good time to like reset physically as well with a lot of stuff that's been going on at work for me.

And also with the book, like I've been doing a lot of sitting in front of screens.

And so it would be really nice to just get moving again.

Now, tied to that theme is I have on my fall bucket list, uh, to go on a hike.

And I have not done this yet, but it would be super fun to do over Thanksgiving weekend.

So I'm adding that to my list of something that I can try to get done.

Um, I have no idea where I will do it, but I also feel like Thanksgiving day, Are there going to be a lot of people out hiking?

I don't know.

Like maybe I could just like sneak it in, uh, on Thanksgiving day when everyone else is like eating their traditional meals.

Now I've got a couple more things on my list of things I want to dig into.

The next one is to watch more Dawson's Creek episodes.

Now I am halfway through where I need to be.

I wanted to watch six seasons, which is the entire series, uh, throughout the, the calendar year, and we are now in November and I have gotten through three of the six.

I'm on season four, but I've got to keep going.

I have got to figure out what is going to happen to all of these characters.

And so I would love to be able to get to the end of the fourth season by the end of this month, which is gonna mean like some pretty serious time being spent on that over the Thanksgiving weekend.

So we'll see how far I can get there.

And then the last thing I added to my list as a kind of binging activity is I had mentioned on, I think my November monthly goals list that I want to read the sequel to "Fourth Wing," which is a book that came out, I think, earlier this year.

And the sequel came out in November.

It's called "Iron Flame.

" And I'm pretty sure I've talked about this book on the show before, but basically this is a fantasy novel that is about a girl who is going to a school to be trained to ride dragons.

And there's a bunch of other layers to this, but this is a book that everyone in kind of my circles on social media, I follow a lot of people who to talk books, everybody talks about this book.

Like they loved it and I really enjoyed it myself.

I might even reread this before diving into the second book, but I do have the second book on audio.

It is 28 hours long and I have it on Kindle to aid in my speed listening of the book.

And I was thinking I might take a day and just kind of read through this entire second book in this series.

So what I was thinking is I might reread first book kind of earlier in the week of Thanksgiving and then over the Thanksgiving weekend I would binge read the second book in the series.

I have already been kind of looking around at reviews that people have been posting on this and what I appreciate about the Bookstagram community, which is the primary social media community that I talked about books on, is nobody is giving away any spoilers.

They're all just saying how much they loved the book, but like nobody's giving any details.

And part of the reason why I want to read this book as soon as I can is because I don't want to get any spoilers and I know that somebody is going to post something and I'm going to see it.

So I would love to dive into that and see if I can get that read before I start to see these spoiler filled reviews.

Okay, so I know that is quite the list for this 40 weekend.

Lots of movies, TV, listening, but also some movement which I'm really excited about as well.

And I really do love when I have an opportunity like this to just have time that that I can devote to different projects.

I love having a menu of items that I can refer to when I'm thinking about how I wanna spend my time.

And also it gives me a little bit of structure 'cause I have several days that are kind of unscheduled over this holiday weekend.

And while I love that, I also do love to have a bit of a plan of how I'm gonna spend each day.

Now you may also be wondering, what are we going to be eating over Thanksgiving weekend?

'Cause if you've been following around for a while, you know that my partner and I have really weird dietary restrictions.

And what we typically do on Thanksgiving is actually order in a bunch of Chinese.

So, um, typically earlier in the week, we'll do a pretty large order of Chinese food, and then we just kind of snack on that throughout the weekend.

The other thing that I often do on the Thanksgiving holiday, which might be just a little bit strange, but I, uh, the main thing from my childhood Thanksgiving that I really loved and that I just miss cause I don't eat it on a regular basis is mashed potatoes.

So I usually get some potatoes and make myself a bowl of mashed potatoes.

Um, just like a serving or two.

And that's something that I snack on over the weekend as well.

So kind of a weird mishmash of different kinds of foods that we're going to have over Thanksgiving.

But I'm excited that we are not having to cook.

We are not really having to travel anywhere and we are not really having to host anyone.

So it is going to be kind of the ultimate form of relaxation throughout this Thanksgiving weekend.

So I would love to hear how are you planning to spend this long weekend?

If you are here in the States and you are actually getting a little bit of extra time.

I know all the people who listen to this show are not necessarily in the same boat of having this a U S holiday, but for those of you who do have the holiday, how are you planning to spend this long weekend?

And, um, are you going to be doing any binging activities, uh, whether that's writing or reading or movie watching or football watching or all the things, uh, that you might consider to do over this Thanksgiving weekend, whatever you decide to do, I would love to hear about it.

You can always email me at hello@drkanielinder.

com.

I always love to hear what you're up to.

And in the meantime, wishing you a wonderful Thanksgiving holiday weekend.

And thanks so much for listening.

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