You're listening to You've Got This, episode 374.

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 want to talk a little bit about my spring bucket list.

Now if you have been following along on my blog, you know that I have been doing seasonal bucket lists.

And basically what this reminds me to do is to take a broader view of the kinds of things that I want to make progress on.

So for example, I do monthly to-do lists.

I also publish these on my blog.

I have these annual goals.

I do quarterly check-ins for my annual goals, but I also love to think seasonally about the kinds of things that I want to experience or make progress on.

And some of these things are actually seasonal in terms of when I might want to do them in the course of my year.

And so in this episode, I want to also encourage you to think about if you have a spring bucket list, I don't know about you, but I felt like March kind of snuck up on me.

Like I was March one all of a sudden and I was like, Oh my gosh, it's almost spring.

And here in the Denver area, we can get snow all the way through May.

So it doesn't really matter weather wise.

But I have these different bucket lists and my winter one runs December, January, and February.

And so when I head into March, April, and May, that is my spring bucket list.

So I thought I would share some of the things that I'm hoping to do over the coming months, but also just kind of remind you like we are headed into spring and what does that mean in your world and kind of planning that you might want to be doing as well.

So some of the things that I am looking forward to.

One is I really want to make progress on my nonfiction book manuscript that I have kind of tasked myself with doing in my annual goals.

Now I've picked the project.

I'm not talking about publicly what I'm writing about yet.

Maybe I will do that a little bit later this year, but I had a few things I was kind of choosing between.

I have officially picked the project.

I did kind of a rough outline and I pulled in some material that I had already drafted on this topic.

I think I'm at like maybe 3,500 words of just like content that probably needs to be pretty heavily edited.

And I'm hoping to add about 25,000 words to the book manuscript over the next few months.

Now a big part of this, I'm like crossing my fingers, is going to be over spring break.

I would like to do a push over my spring break week when I'm taking time off of work to see if I can really add in quite a bit of content to this project.

And my goal for the year was at least 50,000 words.

So I feel like if I can hit 25K by the end of the spring, I'm hitting about halfway point right before the halfway point of the year, and that'll feel pretty good.

The second thing I'm going to try to do this spring is to try out an indoor climbing gym.

This was another one of my goals for the year.

And I have always wanted to try this and I've done the research.

I've actually found a local indoor climbing gym.

That's like very good for beginners and it like helps you feel very comfortable.

Like this is one of those things like when I try new things, you know, you want to like know all the information before you go.

Um, so they have a great website and I had actually planned to do this in January on MLK and then we had like really bad weather that day and they weren't open.

So I like missed my opportunity on that day.

That was kind of my plan.

And so I'm going to see if I can fit this in at some point this spring.

Really looking forward to that.

The third thing I have on my bucket list is to set up my hammock again.

Uh, if you've been listening for a while, I'm sure you've heard me mention my hammock, this is something that we have like a breezeway, um, in between our house and our garage.

And I put a hammock up in this breezeway and I want to wait until we're actually not getting it snow and we're actually forecast to get snow again this week.

Um, and so I want to kind of try to get past that, you know, the most of the snow before I set up the hammock.

But we've been getting like days in the upper sixties.

Um, and if we can get into like the seventies, I feel like that's going to be, uh, the time to set up the hammock.

So I'd love to get this up outside by the end of May.

The fourth thing I have on my spring bucket list is to dive into reading Cassandra Clare.

Now this is an author that I've never read before, heard a lot of really great things and I have as part of my box set challenge, my reading challenge that I gave myself this year.

I assigned myself a couple of her series.

One is called Mortal Instruments and the other one is called Infernal Devices.

And I assigned myself those for April and May.

So this is definitely something that'll be great to do in the spring.

These books are kind of like urban fantasy.

It's like a subgenre of fantasy that I actually haven't spent much time with.

And so I'm really kind of looking forward to this.

This author comes highly recommended.

I feel like a lot of people read Cassandra Clare in like high school and, or like in, in college.

And I just completely missed this author.

Um, and this person is still publishing, um, is still getting great reviews on things.

So I'm excited to dive into that.

Another thing that I put on my spring bucket list was to try to jog a mile or more, uh, in one go.

And, uh, you may have heard me talk about, I am mostly a walker.

I am not really a runner or a jogger.

Now years ago, this would be now nine years ago in like 2014, 2015, I was actually doing quite a bit of jogging and running when I was in the Boston area.

And I just got out of it.

I started doing other kinds of movement practices.

I got more into yoga.

I do more walking and now I'm doing walking, biking and rowing.

But when it's starting to get kind of sunny outside, I just kind of, I've gotten like a little bit of a craving to do a little bit more jogging.

So I'd like to get a little bit more into that this spring.

So I added to my March to do list to replace my running shoes because they are in need of replacement.

And I'm gonna see if I can just like build up to running a mile.

I think that would be really fun.

Now, admittedly I say, oh, it's so nice outside.

It makes me wanna run.

I don't wanna run outside.

I wanna run on my treadmill.

And this is the funny thing about my spring bucket list is I wanna be like, notice there's like an indoor climbing gym and there's like indoor running.

hammock is outside, but I actually really like being indoors.

And I think that this is the piece that I've been trying to kind of like balance for myself is, you know, enjoying the season, but not necessarily forcing myself to be in situations that I don't necessarily want to be in.

Um, and that's like doing a lot of stuff outside.

So I am kind of building this around my own preferences and interests, and I would encourage you to also do the same depending on what season than you're planning for.

Okay, I have a couple more things I've been thinking about.

One is to just buy a few spring wardrobe pieces.

I have a couple different places in my area that are kind of like larger outlet stores.

And there's one in particular I go to, which is the loft outlet.

And I always find stuff there that I like.

And so I figured I would like to put this on my list to just kind of like almost remind myself to take a trip, you know, to one of these outlet stores and see what's there.

And it's also a good reminder to me to weed out any clothes in my closet that I'm not wearing anymore.

And this is something that I love to do seasonally.

It's the perfect time when you shift your season and you go from winter to spring, or you go from summer to fall.

I feel like those are really good times to just check out the closet and see what's going on there.

The other thing I'm going to add to my spring bucket list, given my lack of interest in being outside-- and partly, I should say, that's because of my allergies.

I probably should put start taking my allergy medication on my spring bucket list too, um, is to actually buy myself some flowers and bring the outside into me.

Um, so I would love to see if I can get like a bouquet of flowers and bring them into my home at one point this spring.

That would be an awesome, uh, celebration of the spring season and not necessarily have me doing anything that's going to get me sneezing and, and with itchy eyes outside.

So those are my main things that I have on my spring bucket list.

as we head into, deeper into March.

And, um, I would love to hear if you have anything on your seasonal bucket list that you're thinking of.

Now, I know that we have some folks listening on the other side of the world that you're not headed into spring.

You're headed into another season.

So this is just a great reminder that whatever season you're headed into, what is your bucket list for that season?

Now, the other quick thing I'll mention is it doesn't have to be seasonal as in like weather.

You may have a different kind of season you're headed into.

Maybe it's a writing season or it's a season of family and you want to create some bucket listing around that.

I'm a huge fan of bucket lists.

I feel like they're super fun to put together.

They can be a great way to bring people together around a particular project or theme.

And they're just a wonderful reminder of the kinds of things we want to be prioritizing in the coming months.

So if you want to let me know what's on your bucket list, you can always email me at hello@drkatylinder.

com.

I always love to hear from you and thanks so much for listening.

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[music] Pretty cool.