You're listening to You've Got This, episode 422.

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 might share my spring bucket list of must-do items for the upcoming months of March through May.

Well, we're partway through March, but basically for the months of March through May.

And I really enjoy putting together seasonal bucket lists because it reminds me to think about what I want to prioritize as the weather seasons change.

And it kind of helps me to adjust to like, am I going to be more inside because it's getting colder?

Am I going to try to want to be more outside because it's getting warmer?

And it also gives me this opportunity to kind of check in with myself about things that I might just enjoy doing at different points of the year.

And sometimes those things are tied to the weather seasonality, but sometimes it's also just like, what am I feeling at any given time of like what's coming up?

Like if it's a really busy season at work, I might build in more self-care activities or if I need more fun like built into my life, I might use my seasonal bucket list to build that in as well.

So when I thought about this upcoming three months and what I might want to do for my seasonal bucket list, these are some of the things that I came up with.

The first thing is to visit the newly renovated downtown library.

Now, you might remember from years ago when I first came to Denver, I gave myself this project of driving around the city to all of the different public library branches and visiting them.

And it is actually what gave me like this really amazing tour of Denver.

I hadn't really intended it to be that.

It was more just to kind of get out and drive around and spend, you know, an afternoon with my partner here and there.

And I ended up really loving it.

It was a great way to get to know the city.

And so the Denver Public Library that is downtown recently went through a very lengthy renovation.

And I haven't had a chance to visit since it reopened.

And it was open during the construction, but it was like a very small portion of this library.

And so I don't know that I've actually ever seen, you know, like this full library that's the big downtown branch location.

So it is within walking distance of my office.

And I hope to walk over at some point this spring and just kind of take a look at the renovations and see what all got changed.

The second thing on my spring bucket list is to eat more greens.

Now, I feel like when I transition from winter to spring, I often have a carp heavy winter for various reasons, and I have been craving greens lately.

And I just feel like this bring us the perfect time to dive into more like salad making.

And so my favorite greens are like baby kale and arugula.

And I could put some of those things into smoothies and stuff like that, too.

But I also just love a good salad.

So my plan is to add greens to my regular grocery list just to have on hand for like salads and snacking and try to just build it in like at least once a day to have a little bit more green.

And I just, again, as a long time vegan, it's been 20 plus years now, I just can't beat a good salad.

So looking forward to adding that into my spring diet.

The third thing that I have on my spring bucket list is to close out this academic year.

Now, I don't know about you, but for me, this academic year has felt like it's been like two years instead of one.

It has just felt incredibly long.

And part of this I know is the change in kind of the government administration.

I mean, like there's just been a lot happening since January 20th.

But also I feel like we've had a lot of change at my institution.

We've had some new leaders come on board.

And it just, I think, accounts for some of that feeling of just things feeling like a very long year.

There's a lot of initiatives that we're juggling.

There's some things that were paused that just got like brought back online because of, you know, new leadership joining us.

So I will say I'm really looking forward to kind of wrapping up the year.

It's just felt like there's a lot that's been going on.

It's felt very heavy.

And I'm also just looking forward to kind of some warmer summer months.

And I'm hoping my meeting schedule slows down a bit.

This is the point in the year when it's just very, very full.

There are a lot of things happening and I'm juggling a lot of different initiatives and sometimes struggling to juggle them all, because there's just so much going on.

So that is definitely on my bucket list of kind of closing out this academic year.

As strong as I possibly can.

Hopefully I won't be crawling to that finish line.

The fourth thing that I have on my spring bucket list is to make more protein ice cream.

And also to experiment with other recipes.

So I recently purchased a Ninja Creamy.

I think I may have mentioned this.

And I have been enjoying making this like tofu based protein ice cream.

Now, before you turn off the show, you might be thinking, oh God, that does not sound good.

But this is basically a five ingredient protein ice cream that is super simple to make.

And basically what you do with the Ninja Creamy is you blend all of these things together.

And there's like a liquid.

You freeze the liquid base and then you bring that out of the freezer when it's completely frozen.

I like to set mine on the counter for a couple of hours just so that it can kind of thaw a little bit.

And then you put it in the Ninja Creamy and it uses this kind of like micro blade technology to like to churn like what is in this frozen mixture.

And you can put add-ins and you can make sorbet.

I mean, there's all these different kinds of ways to do it.

But in this five ingredient protein ice cream, basically what it includes is a block of tofu.

I tend to use firm tofu, but you could use kind of whatever consistency you want.

And then three cups of some kind of, for me at least non-dairy milk.

So I have done almond milk, I've done coconut milk.

And then I add in some cocoa powder and some chocolate protein powder, and then a little bit of maple syrup.

And that is all.

That is all you blend.

And then it turns it into this like chocolate ice cream, basically.

So I will say I've gotten into a slight rut where I found this ice cream that works for me.

And so I'm not really experimenting with other things.

So as it's getting warmer out, I would like to try maybe some of the sorbet type recipes or other kinds of like mix-ins and things like that, just to kind of get used to using this machine, because I kind of, I'm a little bit of like a one-trick pony.

I found the thing and that's what I'm sticking with.

So got to experiment a little bit there.

Okay.

The fifth thing that I have added to my spring bucket list is to add at least three brand new releases to my tubey red pile.

Now, I often read a lot of backlist fiction and nonfiction that has not been published super recently.

Like I'm catching up on a lot of things or I've got like long running series that I'm reading.

And this upcoming season, there are so many good books that are coming out this spring.

And actually I'm going to be releasing a blog post if I haven't already.

I don't know the timing of it before this episode or after this episode, but I'm going to be talking about some of my favorite spring releases that I'm really looking forward to.

So I will link that in the show notes when it's ready.

And I would just like to read a few books that are like brand new, because there's several that I've been kind of tracking that are coming out in March, April and May that just look really, really good.

So I will often track these so that I can like add them into my library whole list and things like that.

But I might even pick up some of them just like brand new on audible.

So that is something that is on my spring bucket list.

And then the last thing that I have on my spring bucket list is to turn in the edited collection manuscript that I have been working on for several months now.

My co-editors and I have a May 1st deadline for this edited collection on coaching and higher education.

And I will say it's been a bit of a lift, I think, for all of us to fit this project into our schedules.

And I think we're looking forward to wrapping it up and moving on to the next stage of the publication process.

It has been really cool to work with all of the authors.

I think we have like 25 plus authors that are in this volume.

And of course, my co-editors are like a joy to work with as well.

So getting that checked off is going to be fun.

So that is included in my spring bucket list.

And of course, I would love to hear what is on your bucket list for this upcoming season.

You can always email me at hello@drkatylinder.com.

I always do love to hear from you.

Thanks so much for listening.

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