You're listening to You've Got This, episode 433.

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 summer bucket list as we are on the eve

of June.

Sometimes I look at my calendar and I cannot believe where we are in the calendar year.

This is one of those moments where I'm not entirely sure how we got through the first

five months of the year.

We're heading into the sixth month and we're heading into the summer months.

Now, I have to say the summer coming is a huge relief for me.

It indicates a transition of an interim leadership role that I have been in for about a year

and a half.

I'll talk about that maybe on a future episode.

It also indicates maybe a little bit of a slowing down because we do have a large portion

of our campus, both students and faculty, step away in the summer.

It does create a little bit more space and margin for working on initiatives and other

things that I need to put my attention to.

That is something that I appreciate.

I appreciate the rhythms of the academic year and the space that gets opened up in the summer.

Also, as we change seasons, one of the things that I love to do is think about my bucket

list for the season.

Now I do this pretty much every season.

This is something I typically do on my blog.

I had a spring bucket list, which I can link to in the show notes, which included things

like eating more greens and adding three brand new release titles to my reading stack and

turning in the edited collection manuscript that I was working on with my colleagues and

giving myself some focused tasks or focused projects that I want to be thinking about

as I head into a particular season.

Some of these seasonal things like the eating more greens, it is tied to actually the time

of the year and the season that we're in, but sometimes it's really just about the season

that I am personally in in my life and not necessarily what is going on around me environmentally.

I thought I would share six things that I have on my summer bucket list and also just

let this serve as a reminder to you that summer is coming and you might want to think about

your own summer bucket list.

Thing number one, which as I mentioned, I'm going to go into this in more detail in a

future episode, but I am transitioning the new leader into my current interim role.

That has been a long time coming.

It's been about 18 months that I've been in this role and I'm so excited to welcome this

person in.

Now, as a reminder, I think I've mentioned this before, this is a role that I never applied

for.

It was never on my path to go this direction.

Everybody knew that I was not going to be trying to have this role permanently.

In the middle of me being in this interim leadership role, we had a chancellor transition

and it extended the time that I was in the role.

This feels a little bit overdue actually, I think for me and for the division that I

was overseeing and we're excited to welcome this new leader and I look forward to onboarding

them and welcoming them to our leadership team.

In a future episode, I am going to talk a little bit about my process for having closure

with this role because it's been a long time.

I mean, 18 months is a pretty significant amount of time to give to something like this.

I'm going to spend some time processing that and talking a little bit more about that in

a future episode.

The second thing that I have on my summer bucket list is that at my job, I'm launching

a series of working groups in collaboration with a bunch of other people and a bunch of

other leaders, but our new chancellor has announced some working groups that he wants

to work on this summer around retention.

I've been working with this operational team to get them prepped to launch and I'm actually

really excited to see what they can accomplish in a relatively short period of time.

Those are going to continue into our academic year.

This is one of the bigger summer projects that I have on my plate is supporting those

groups and just making sure everybody has what they need as they're working through

the process of starting to work toward deliverables.

The third thing that I have on my summer bucket list is to get back to 10,000 steps a day.

I cannot remember if I've mentioned this, but I am actually recovering from a tendon

injury in one of my hips.

This happened a while back.

It's probably been a couple of months now.

Probably one of the first things that my physical therapist told me to do, and I've been seeing

a physical therapist now, it's probably been about six weeks, they were like, "You cannot

walk.

You cannot walk as much as you've been walking."

Particularly speed walking.

I have a pretty quick pace when I walk and definitely running is off the table like that

kind of goes without saying, but the walking part, I had to really cut that down.

I was finally approved to do biking, so I was able to do some cycling workouts, which

was really helpful because to go from doing a lot of movement practice to very little

was very challenging for me.

I have had to do alternating physical therapy and cycling every other day, alternating those

things.

I have been able to walk incrementally more and more over a period of time.

I started doing maybe 2,000 steps a day, which was down from between 10,000 to up to 16,000

steps a day.

That was somewhere in that range was what I was doing pretty regularly.

Now I can walk about 5,000 to 6,000 steps a day without pain.

I'm hoping over the summer I can get that back to my regular minimum of 10K steps a

day.

Obviously, I will follow the instructions of my physical therapist.

I've been following them to the letter because I want to make sure this is healing appropriately.

I would love to see if we can increase that walking because I'm such a walker.

I love walking meetings.

I take walks at lunch.

I've had to really trim down what I have been doing with my walking.

I actually haven't been on my treadmill for months because I've been doing cycling and

other things instead.

Really looking forward to getting back to that when I can make it happen.

The fourth thing I have on my summer bucket list, which is returning I think from previous

bucket lists either in the spring or the summer, is to fit in some hammock reading time.

When the weather is warmer, I have this breezeway in between my house and my garage.

I set up my little hammock and I just washed the fabric of the hammock the other day just

to get it ready.

One of the things I've been thinking about is how I really want to be reading more physical

books because I've gotten into the habit of a lot of ebooks and audiobooks.

I've had a couple books recently that I could only get in physical form from my local library.

It was such a pleasure to read them that way.

I want to try to do a combo of the hammock reading and doing some physical book reading

as well.

The fifth thing that I have on my summer bucket list is to wrap up book production tasks.

We turned in our edited collection as I record this a couple weeks back.

We've gone through the initial checks with the publisher, which is like, "Are all the

files correct?" and "Do they have the image files they need?" and the high level stuff.

But we in the coming months are going to need to work through the red lines and the proofs

and finalizing the index and all of these other tasks that get it to final stages of

going into production.

I expect that over this summer period is when all of that is going to come our way.

My hope is by the end of August we are going to have all that completed.

I believe the goal was to have the book come out before the end of 2025, which I think

is still possible.

If you have no idea what I'm talking about, this is an edited collection on coaching and

higher education.

I had three co-editors who were amazing.

We had 25 plus contributors who submitted chapters to this.

I have three chapters myself, one of them co-authored in this collection, and I'm just

so excited to share it with the world.

Wrapping up those book publication tasks is definitely on my summer bucket list.

The last thing that I have on my summer bucket list is to complete my restful July ritual.

If you've been listening for a while, you know that for several years now I take July

off of content creation to create more margin and space and to offer myself a little bit

of a pause point to look at what I'm doing and think about is this still making sense.

I do plan to keep up my workflow videos during this period of time just because I have a

goal of what I'm trying to produce by the end of the year and I don't want to take four

weeks off of that production schedule.

I am looking forward to maybe using some of this restful July time to log some time on

a new project that I'm building a product I'm building in my business that I want to

spend some time over some vacation that I'm going to be taking in June into July.

I'm hoping that that vacation will be a jumping off point to see if I can make some progress

on this thing that I'm building in July.

I really do love that kind of intentional pause every year and it kind of gives me this

like energetic boost to get through the rest of the year in terms of my content creation

and that's something that I really enjoy.

Those are the six things that I have on my summer bucket list.

I would love to hear if you have a summer bucket list as well.

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

I always do love to hear from you.

Thanks for listening.

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