You're listening to You've Got This, episode 343. 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. In this episode, I want to share a debrief of my restful July, which is the month that I take off of content creation to devote some time to other projects.

And I will link to the episode where I talked about my restful July plans in the show notes in case you want to check that out first. Um, but this time away was incredibly refreshing for me. I feel like the alternative, um, Um, title for this episode is like what I did over my summer vacation because this really did feel like a bit of a summer vacation for me.

I was able to get a lot done on my book project which felt amazing. I was also able to build in some progress on other tasks and goals. Um, and I do know that kicking off July with a couple weeks away from the office was definitely a big part of feeling so refreshed. So I'm definitely hoping I can do a version of that extended time away every summer since it was just.

Really, really nice. And I, I don't know that I've ever taken two weeks off of work. Um, and I just felt like I really utilized the time well. So that when I came back from it, I felt rested, but I also felt like I'd gotten a lot accomplished. So, let me give a bit of a rundown of what I was able to do, uh, in the month of July.

So, first, I exercised almost every day in July, and when I had those two weeks off of work, I really got into the habit of, like, daily, long walks, um, and I was typically walking, like, six to seven miles in the morning, just to get in the right headspace of, like, the writing that I wanted to do that day. And this wasn't, you know, like, really speedy walks, it was more, um, you know, reasonably paced walks.

So it took a while. I mean, I was walking like 90 minutes to two hours in the morning. But I was listening to my audiobook and just like really, really enjoying that time. And so I have been really killing my goal, which was 2, 000 minutes on the Peloton app for every month of this summer. Um, that has been working out really well for me.

And this is also building into my intuitive exercise goal for the year, which was basically just like, listen to my body and do what it wants to do at any given time. So whether that's walking, or the bike, or um, yoga or meditation, like all of that has been going really well. Of course, the next big category that I focused on in the month of July was my book project.

If you listened to my previous episode, you knew that I was starting to get a little freaked out with the November deadline. You know, how is this gonna go? So, first of all, when I started this project, I really started with the organizational pieces. So I set up a changelog for the publisher's editorial team, since we're going from basically one version of the manuscript to the new version of the manuscript.

I reviewed all the formatting requirements that are changing since my original publisher was acquired. I went in and did kind of chapter level edits that needed to happen kind of across the, the book. So, for example, Um, there were just some formatting things that, like, they required abstracts for different chapters, um, and my old publisher didn't require that.

So there were just some things that I could kind of layer in across the chapter templates, um, both for me and for my co authors. I also had a goal of starting on the actual chapter revisions, and I had a stretch goal. What, what in my mind was very much a stretch goal of completing five chapters over the two week period that I took off of work.

So I was super nervous about this, too, because I had no idea how long each chapter would take. I had no idea what kind of energy level I was going to have, especially the further along I went into this. But I'm really happy to report that I did complete a first pass of edits on all five of those chapters, and that felt so incredibly amazing to get done.

Now, it doesn't mean those chapters are completed, but it does mean that they've had that first pass, and I've tackled kind of the major structural changes or additions or Um, you know, revisions that needed to happen that were kind of obvious in terms of what we needed to put into the book. So that felt really, really good.

Over the month of July, I also made really great progress on reading the Stormlight Archive series. So this was a goal that I set for myself for this summer. It was on my summer bucket list. And this is a high fantasy series by Brandon Sanderson that is the thousands and thousands of pages long. And I got through two of the longer books and also read one of the novellas.

So I'm about halfway through and it was really fun to dive into that as well. In July, I also made a bunch of website updates to my coach training website because I have a new accreditation level that required some changes. And this required changes across multiple pages of the website. So I spent, you know, a good chunk, like half a day, just kind of like diving into this, making sure I was getting everything right.

And then I also emailed out to all the folks who are currently in the program with the new updates that could impact them. So I took some time to really like draft everything out and make sure it was all clear. Um, and then, of course, in July, I launched into facilitating two courses in my coach training, um, program.

So there were some prep emails and kind of light prep for that facilitation. Um, so a lot of coach training stuff happening in July. And then speaking of websites, I also made updates to my general website as well. I will say that one of the most weight off my shoulders tasks of July, other than the book project, which was a huge weight off my shoulders, was getting my 2024 calendar organized for my business.

And this includes things like the coach training calendar, the prolific events, and other activities that I need to block for myself before clients start to sign up on my calendar. Now, you might be thinking, like, it's July. Why are you doing this when you have, you know, almost six months until the new year?

But I really like to get the coach training calendar for the upcoming year posted before the fall, because I have a lot of people in the program who want to know what is going to be offered next year. Um, and also it just felt like a really good time to get all this planning completed. I also know once the fall hits, it will be chaos.

And for me, that happens basically in August because of when our term starts. So getting all this done and getting kind of this prep work, you know, for even the next calendar year started was feeling really good because I knew I wasn't going to have a ton of time to do that, um, once the count, the, the academic year got rolling.

So July was also just a general time of planning ahead, um, because I also had some travel at the end of the month for a conference presentation. And so I used, uh, one of the prolific creative retreat days, and this is a day that we set aside in the prolific community to kind of just get a bunch of stuff done.

And I used one of those retreat days that happen in the middle of the month to work ahead on a bunch of tasks.

Um, and just to give my future self a little bit of breathing room. So, um, July was really a month of a lot of like bulk food prep and like planning ahead and really looking ahead in my calendar and saying, what can I do now? that I'm going to thank myself for later, because I know that, again, once the fall hits, things are going to get really busy.

Now, you might be thinking, too, wow, that's just a lot of work. What did you do that was fun? Well, I did mention the Stormlight Archives, which was super fun, but in the midst of all of that other work, I also made some time for other things that I considered to be fun as well. Now, fun is relative. We all define this very differently, um, but some of the things that I, um, did that kind of stood out to me in terms of fun is I took myself um, clotheshopping and got a new dress for the fall.

And I checked out, uh, some used books at my local Goodwill, which is like a used, um, clothing and, and household item store. And I like to go to the store maybe like once every couple of months and just like look in the book section. And this time they had a ton of really great stuff, including a couple of coaching books that I had on my list that I had wanted to pick up anyway.

And I scored all of the Twilight series books in basically new condition. Which, um, I have only read the first Twilight book. I read it in grad school. I definitely turned my nose up at it at the time, but I have just been feeling the need to kind of do a deeper dive back into, like, YA fiction. And I've watched the movies, but I have never read the books.

So when I saw all four, they're basically in pristine condition. I definitely picked them up for, like, 8. Or, you know, it's like 2 a book, basically, at this local store. I also made a bunch of trips to my local library to get some new releases that I had put on hold and that came in throughout the month, which is always fun.

It's like giving myself little gifts when I can pick up books at the library. And then also I, I went to my local Costco and checked out their book section and they had a box set of books that I've been wanting to read and so I picked that up as well. So all my fun stuff is basically tied to reading, um, but I really, um, had fun kind of dipping in and out of these different places over the course of the month.

So this restful July was really a nice blend of work and rest for me. I feel energized as we head into the fall, which I will admit is not always how I feel this time of year. Um, and so that, that feels nice. Um, and I, I'm also really hoping that you've had a chance to rest and recharge in this season for yourself as well.

And of course. I would love to hear about it. You can always email me at hello at drkatylinder. com. You know that I always do love to hear from you. So that is a little bit about my restful July debrief. I'm looking forward to getting back to regular content creation both on the blog and on the podcast for the remainder of this calendar year and into 2024.

And, um, until the next episode, thanks so much for listening. Thanks for listening to this episode of You've Got This. You can access show notes and transcripts for each episode at drkatylynder. com slash podcasts. If you found this episode helpful, please also consider reading and or reviewing the show through Apple podcasts.