You're listening to You've Got This, episode 347. 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 share a debrief of my summer goals or my summer bucket list that I posted earlier on my blog a few months back.

And I will go ahead and link to this in the show notes. I also did a blog debrief, so I'm happy to link to that as well. But I thought it might be fun to come on the podcast and talk through some of these things that I was trying to do over the summer. and whether or not I was able to accomplish them or not.

So the first one that I had on my list was to read the Stormlight Archive series by Brandon Sanderson. Now this is actually one of my annual goals, but I thought it would make a really fun, um, kind of summer reading goal. And this is a series of books that is still ongoing, but there are four that have been published.

I think the fifth one is not supposed to come out until November of 24. So it's been a while since, um, you know, like a, the last book was published and then another one will be published. So there's four main books, and the first couple are about a thousand pages long, and then the second two in the series are about twelve hundred pages long, and then there's two novellas that fall between books two and three and books three and four.

And I think novella number one is like three hundred pages, and novella number two is like... 170 pages or something. So, a lot of pages and, and I thought it would be fun to dive into this in the summer. And so I ended up reading the first few books, um, the two main books and then one of the novellas in like late June into July.

And then I was able to wrap this up in August. And, um, I will post YouTube videos where I talk about, um, these different, uh, books and, and in the series. It's really hard to describe epic fantasy. I'll just say that right now. Um, if you're interested in epic fantasy, you know, I would definitely look into it.

I've really enjoyed Brandon Sanderson. I feel like he does a really nice job of world building in a way that doesn't feel just like you're completely. unaware of what's going on, and sometimes world building can be very complex. And so, I would definitely continue reading this series when new books come out, but it was really fun to check this off my list, um, in the summer.

The second thing I was going to try to do is learn how to cook tofu in an air fryer. I just got a new air fryer, and I can link to the one that I purchased in the show notes. Um, and I wanted to try to figure out how to make tofu in it, and let me just tell you, it is so much easier than I thought. Like, it's so Simple.

So basically I found this recipe to put cornstarch on tofu and you can season it in a bunch of different ways. I just started with like with basic salt and pepper, like nothing crazy, um, and it worked so simply. You basically put it in the air fryer for 10 minutes on 400 and it's done. So this is super easy to make like bulk, uh, batches if I want to put this into different things throughout the week.

And I'm so excited that I know how to do it. And it was so simple. So that was a really fun summer goal to put on my list. The other thing I added to my summer bucket list was to visit several new Colorado cities. And I had mentioned that my partner and I have mostly been Just around the Denver area and haven't really traveled around to like Colorado Springs or Fort Collins or some other things that are like within a couple hours distance of the city.

Now, I utterly failed at this goal. I made it up to Boulder a couple of times because there was a local conference, um, up there. Boulder's about maybe 45 minutes to an hour away from, from where I live in Denver. Um, but I, I did not make it to any of these other cities. Um, and, Totally my fault. Could have prioritized it.

Didn't. Um, and so it's just something I'll keep on my list for the future. I'm actually in a leadership program that requires me to travel around to the different campuses within our, um, our institutional system. And one of them is in Colorado Springs, so I know that I will at least have that trip that I can look forward to, um, that I'll be visiting them this fall.

Okay, then I had a goal of relaxing in my hammock. I have recently purchased a hammock, and in the spring... We had, like, thunder, lightning, hail, like, all this crazy weather, and I didn't really have a ton of time to be in the hammock. But in the summertime, I did a lot. So most weekends I would be out in my hammock at least once, um, and I have this kind of, um, breezeway in between my house and where my garage is, and it's perfectly shaded.

And even when it's super hot, I can be kind of out there in the shade in my hammock. Um, and this was so fun. I don't know that I've ever Like, I'm thinking about this. I'm not sure I've ever owned a hammock. Like, this was something that I, like, bought on a whim just because I thought I would enjoy it. Um, I've certainly, like, sat in a hammock before, but I just have never had one.

Like, That I've owned, and it's just so nice, and I love it. I love kind of just the Relaxation of just like swinging in the hammock and reading my book and having like you know some ice water or whatever when I'm out In my yard, so this is one of my favorite ways. I think to be outside when it's hot And I definitely got some time outside in my hammock this summer Okay, the fifth thing I had on my list was to get a massage.

This one is a partial completion. Because, uh, by the time I got around to this, which was like August when I was trying to figure out where am I going to go get this massage, um, by the time I could book it, it was until like late September. So, I think it's like the third week of September is when I was able to book this massage.

Um, I found a couple of places that I think I want to try, and, um, I may even consider getting kind of like, Uh, one of those like subscription things where you can get massages on a regular basis. I've done this in the past and it was a really good way of holding myself accountable to getting massages done regularly.

Um, and so that is something that I'm kind of looking into, but at the very least I will have a massage in like the third week of September. And that is my first massage since like fall of 2019. I did not do this over the course of the pandemic. So I will be, uh, trying this out and getting a massage. And I feel like, um, I desperately, desperately need one.

So I'm really looking forward to that. Okay, and then the sixth thing that I had on my list was to log at least 6, 000 minutes on my Peloton app. So if you are unfamiliar with Peloton, there is a kind of challenge, an annual challenge, where you accumulate 20, 000 minutes throughout the year. And I'm not going to do kind of this math in my head, but it's...

it's, if you start at the very beginning of the year, it's not completely unreasonable to think that you could do this, you know, on a regular basis. But I didn't start really actively engaging with my Peloton stuff this year until like March, which is around the time that I got the bike. And I did a little bit here and there before then, but just nothing like super consistent.

So I am definitely playing catch up because I did not really start in earnest, um, engaging with Peloton until like quarter two of this year. So I wanted to try to play catch up and see, like, can I hit that 20, 000 by the end of the year? And honestly, I'm not sure I can. But that 6, 000 minutes over the summer got me past the 10, 000 minute mark.

Um, and so, uh, yes, I was able to hit 6, 000 minutes, approximately 2, 000 each month, um, over the course of the summer. And um, I do this primarily through biking and yoga and walking and meditation. Um, I have a, uh, Peloton Tread and then I also have the bike. And one of my favorite things about both of those, um, is that they have what are called scenic rides and scenic walks, where you basically turn on a video of you walking in another part of the world.

And this is primarily what I do, is I turn on the video of me walking in like, Kenya, which is actually where I walked this morning. Um, and I just go to a certain speed and walk for however long. And it's kind of nice because you get this like scenic, uh, video when you're walking or when you're riding the bike.

So I started to do that. And then I talked about in a previous episode, which I can link in the show notes, that I've started to do some biking in the evenings after work, just to kind of like, Get like a nice sweat on and, and, and deal with and manage some stress that I'm kind of having throughout the day.

And so that has also certainly helped me to accumulate minutes, um, on the Peloton as well. And the other thing is the app also allows you to log things that are not on these. bikes, and treads, um, or, you know, whatever exercise equipment you have from Peloton. But you can also log, like, walks that you take outside.

And so because I walk most days at work, I try to do a quick walk at lunchtime, and sometimes I'll have a walking meeting or something like that. Those minutes start to accumulate really fast. So I know that the winter is going to make it a lot harder for me to get those outside walks. I'm already kind of, you Thinking that the last couple months of the year, you know, I'm, I'm going to have to really get creative about how I'm logging these minutes, but this has really been a wonderful accountability mechanism for me to make sure that I'm kind of consistently getting some movement in and even if that movement is quite gentle, you know, whether that's yoga or, um, even meditation, things like that, it's still helpful and it's still helping me to focus on kind of self care and, and what is going to help me to feel good on a consistent basis.

Thank you. So I don't know if I'm going to be able to hit another 10, 000 between now and when, uh, the year ends, but we'll see how close I can get. And, um, this is one of those things I always say, like, shoot for the moon and land among the stars is totally fine with me. So it's going to be better than what I would have had if I had not done this in the first place.

So, those are how things went with the goals that I had for this summer. For the most part, I was able to meet everything that I wanted to do, and I also had just some really fun experiences based on the summer bucket list. Of course, I would love to hear if you have certain goals from this past season that you're checking off your list as we head into a new season.

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