**TWR - episode 87**

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You're listening to think right revised episode 87. Hey there, and welcome to think right revised a podcast that offers a peek behind the scenes of productive writing life. I'm your host. Dr. Katie Linder. For those of you who've been following this show for a while, you know that every year for the past couple of years.

I've taken a 10-day writing Retreats this last year. I worked on a book on alternative academic careers, which I co-wrote with two other people the year before that. I worked on my managing your professional identity online book, which is now out and available. And so I have another writing Retreat coming up and I thought I would talk a little bit about what my plans are for this particular.

Eat and this is the first year in a couple of years that I haven't been actively working on a book project and I have to admit for right now that feels pretty good for a while. I felt like I was kind of cranking out books left and right and while I'm editing the alternative academic careers book, I'm.

Actively writing anymore. So I wanted to give some ideas for some of the things that are making it onto my winter break projects list. Some of these are writing related and some of them are just kind of project ideas. I have that will help me to get ahead and set up for a really productive new year.

So if you are taking time off for the winter break, I would love to hear what you're up to as well. So here are some things that I have on my list. First of all is the book revisions for the alternative academic career book and this is something that as I record this I have a little bit of time left before my break and I may try to get this done before I go on that break, but I don't know that it's going to happen and I did have to contact my co-authors and say, you know, there's just too many things going on right now and it's one of those things that some of the revisions take quite a bit of thought it's not just kind of copy edits.

So. I want to make sure that I have the brain space to really get in there and do my best work. And that means it's probably going to have to wait until the first part of my retreat. So that's definitely something that I'm going to be working on. The other thing that I really want to work on. This kind of a larger project is some of the radical self-trust curriculum around a group coaching program and.

I'm not entirely sure what that's going to look like. I think that it could involve kind of merging some of my writing together from other places and also taking some things that I've been doing with my coaching clients in the form of different coaching activities and and kind of putting them into a little bit of a written form for people.

It's probably going to involve the creation of some worksheets. It may involve the creation of like a workbook that people would get if they were doing this group coaching program and because I feel like there. Be a little bit of a book in there. I may just be kind of merging some of this writing in trying to kind of order it a little bit and try to get a sense of where the gaps are what I've written about quite a bit the stuff that I haven't written about very much and try to just get a little bit of an outline going for what this might look like and I'm kind of okay with the fact that I'm not sure what it is yet.

I think that it's going to be fun to explore and see what's there. So I want to think about that. I also have a larger website. Checked for a client that I'm working on that I'm really looking forward to having some uninterrupted time to dig into that. I have some updates to my own website that I want to be making as well.

So that's definitely something that I want to be digging into. I also have a pretty big project for my mailing list where I want to kind of merge everything and start using some tags. And I have to admit I feel super overwhelmed by this project. It's something that I've been wanting to do for a while and I'm not really sure how to do it.

I have like a vague and general sense of what this will look like and it's something that I think I might need a day or two to kind of get done. So I definitely want to carve out some time during this break period to work on that as well. See if I can get it done before the new year. And then of course, there's a bunch of stuff around a Content calendar for the first quarter of 2019.

And that is for this podcast in the various shows here, but also for my blog and trying to get a sense of the kinds of things that I want to write and talk about. I do have some new intro outro things to record for the podcast and some new leg small little adds that I put into the podcast. I'm going to be recording as well, but it would be really great.

If I could just have a plan for that first quarter and as it is right now, especially toward the end of this year with everything else going on. I've really been going kind of just a week at a time and sometimes an episode at a time and that is not really how I prefer to operate. I like to do a little bit more planning and advanced.

But my brain has really just been taken up with other things. So that's something that I have really been trying to give more time and attention to and I think this break is really going to help with that. So those are just a few of the things that are on my mind for this Retreat and just to give you a sense of how I kind of set this up for myself.

Typically, I will start to kind of write down these ideas of what I want to do and start to see what I feel more drawn to what I think is going to be taking the most time what I will feel the best about if it gets done over the break like what do I really want to prioritize and then I try to actually kind of block out the schedule a little bit.

Of what I'm going to be working on and this is so that I can ensure that I'm building in some rest time as well. And so that I have a lot of flexibility if I decide to move things around and one of the things that I think is really useful about a retreat like this is that you can have tons of flexibility because you have so much time.

You have to be careful that you kind of dig in right away. So you don't lose momentum, but you can kind of Shuffle things around if you for for whatever reason don't feel like working on a particular project on a particular day. So typically, what I will do is block out kind of a half day at a time of you know, I think that I want to work on this client website, for example for like three half-days so I might do that all in a row or I might try to split it up a little bit if there's a project that I feel like can get done in like a two to three-hour chunk.

Then I'll probably just assign that to 1/2 day and get it done some of the stuff definitely feels easier to be on this list. It's stuff that I've done before it stuff that feels very familiar and comfortable. You so getting those things done may happen first just to kind of get myself feeling comfortable and like back to working.

It's been a while since I've pulled like a multi our work from my desk situation over the weekends. I've really been spending the time resting lately. And so I want to kind of ease myself back into doing this level of workload, and I'm really looking forward to it. Now over this time period of the holidays and probably going to have several coaching clients as well with appointments just because my schedule is more open and I'm not going to be working my day job during this period so I may also pepper in little appointments like that, which will also allow me to break up my day.

Now the other thing that I really want to make sure to build in during this period which I was able to do the two years ago last year. I was traveling so two years ago is better but that is really good at getting out and walking every morning before I get started and making sure that I'm getting some fresh air that I'm moving around that I'm stretching and.

That I'm building in those break periods getting some good meals in stopping to chat with my partner or watch a movie over lunch or something like that because I want this period to feel relaxed. It's not really a frenzied get everything done that I can before the end of the year. It's a very planful period and a very purposeful intentional time to really nurture creativity to see yes how much I can get done but also to really do it in a way that feels good that feels.

Yul's generative and creative and really nurturing. So I'm really looking forward to seeing how many of these things I can cross off on my list. I will definitely be updating this on Instagram. If you want to follow along in my stories, you can find me there at Katie underscore Linder and see what I'm going to be up to over the break what I'm getting done and I'm really looking forward to updating you and letting you know how things go.

And of course, I would love to hear what you're up to over your break. Feel free to email me a contact a kitty litter dot work tweet to me at Katie double underscore lender or connect with me on Instagram @ KD underscore lender to let me know what you're up to. What are the projects that you're going to tackle?

And I would love to hear all about it. Thanks so much for listening. Thanks for listening to this episode of think right revised show notes and a transcript for this episode can be found at Katie lender dot work / podcasts think right revised is part of the radical self-trust podcast. A collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose learn more about the rst channel at Katie lunar dot work / podcasts.

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