**LWQA episode 128**

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I'm your host. Dr. Katie lender. On this episode. I want to know are you taking your vacation time? This is something that I've been thinking about because recently I booked some time off at the end of May and I'm like deliciously anticipating it. I'm so excited to have some time away and to just have some space in my schedule, especially after a really busy travel season, but I wanted to pose this question to you as well because I think sometimes.

Times we can just kind of rack up this vacation time and we don't necessarily use it and I'm kind of notoriously bad about this because I use a lot of my vacation time to do other work and because I have my side business I will use vacation time for Consulting and speaking engagements or my creative Retreats and I'm not always taking a true vacation now, I'm not someone who vacations well, I think I've talked about this in the past that I can go.

Be a day or two and then I just start to feel really kind of itchy, but I need to be doing some work. So I thought this would be a good topic to explore in terms of the different ways that you can take vacation time and how you can really shape it to be something that is going to be rejuvenating for you and that's going to look different for every person.

So the first thing that I've been trying to do more of recently because I just haven't been able to do larger periods of extended vacation time is to do more of what I'm calling mini-vacations and. Is to take a long weekend to take even just like half a day on the weekend and really let myself kind of do whatever I want and most recently this is included a lot of reading.

So I just kind of tuck away with a pile of books and get in, you know, four or five hours of reading time and that has felt really amazing to just have that time away. Sometimes it's also included taking like a short car trip with my partner because we live about an hour and a half south of Portland.

If we need to do any kind of like major shopping or you know, we have certain to do items on our list that we can't really do in our part of where we live then we'll take like a half day or a day and just drive up to Portland and get a bunch of things done and that also feels kind of like a mini vacation because we're getting out of the house.

We're going somewhere, you know different than we normally go and it can just be. To get out of the the typical environment where you are now the other thing that I've recently been trying to do as well because I'm traveling so much for work is to try to build in some fun little mini excursions while I'm traveling and this is something for example.

When I recently went to a conference and I had the evening off because we had like dinner on our own. I went ahead and went to like a local shopping area. Like there was an outdoor shopping area of outlets and things like that and I had a couple things on my list that I've been meaning to like go.

Pick up and look for and I just hadn't had a chance to do it. And so I took kind of a little mini break in the midst of this conference after hours to go and do this little shopping Excursion. So I think that stuff like that can count as well taking yourself out to a really nice meal or just kind of getting away for even a short period of time can be really useful.

Now I am also a huge fan of the staycation. And as you may have heard from previous episodes where I've talked about my creative Retreats these always happen at home. I don't go to a hotel. I don't go anywhere else. I just stay at home in my office and do this work and I really like my house. I especially now that we've renovated our kitchen and done some other work.

I want to be in this space and we've kind of created it to be a little bit of a Haven for ourselves. And so what. Appreciate about those staycations is that I get to appreciate that space and I also sometimes use the time to do things like cleaning or Little House updates or even food prep and but I don't feel like that's work.

You know, like I actually really enjoy that because a lot of times in my day-to-day life. I don't have time to do those things in the ways that I would want and it actually feels really good to kind of take care of my space and to be in that space and really truly enjoy it. So I also think staycations.

Great for catching up on like a show on Netflix even doing like some podcast listening binges and things like that. And then of course doing reading and other kinds of things, you know around the house that you've been maybe putting off. They're all really great things to do on staycations. And of course like sleeping in getting in some rest as well.

Now the other kind of vacation that I've been trying to also build in and it's kind of fun actually because I have to look at my schedule a little bit like a puzzle and figure out when I can do this is planned Vacations or Retreats that are a little bit longer and what I decided to do at the end of May because there was a Monday holiday was to just take off for days and that actually ends up giving me about 9:00.

Is with the weekends that are around that particular holiday so that I'll take off a work all the way through the previous week, but then I'll have Saturday Sunday the full week and then another Saturday and Sunday off and I really like having larger periods of time like that because I can really mix a lot of work and play and if I do have a project that I'm trying to move forward I can build in a couple of concentrated days of work time, but then I also don't feel the pressure of.

A weekend where you're trying to get a bunch of stuff done before you move into the next week. You have a little bit more room and space to relax to build in some different activities. Like I'm hoping to get in a massage during that week and definitely get in a little more exercise during that. And you can build in kind of a wide range of activities and things now I am definitely someone who tries to plan that out as you may have seen from the social sharing.

I did during my last creative Retreat I had plans for every day. I had to do list I had you know, I was really trying to make sure I was using that time to the best of my ability because it is so rare for me to have that kind of time off. But I know that other people are really going to want to have no plans and that you're just going to want to kind of be more spontaneous and think about you know sleep in as late as you want and then decide, you know, if you want to go to lunch or what you want to do in your afternoon time.

Like I think that this is it's so important to do it in a way that makes you feel relaxed and for some people the relaxation comes from the planning and having a sense of what is going to be happening for other people. It comes from a complete lack of planning. And I think that this is one of those areas when it comes to vacation time that you should really do.

You you should really Embrace what it is. It's going to help you to relax and recharge and for me, even if that means like cleaning my house and getting a bunch of juice done. I am totally Unapologetic about that like that is how I love spending my time. It does make me feel more energized and I end up having a better time especially at the end of that vacation when I feel like things have gotten done.

I feel a lot better about taking like a full day off or kind of rewarding myself with a little bit of a break because I feel calmer because I've gotten these other things done first, and I'm not kind of trying to cram a bunch of stuff in at the end of that vacation time. So I'm definitely thinking about this especially as I've planned this time at the end of May and it did take me a couple of months to figure out where I was going to do that I had to plan it in advance and kind of block it on my calendar because I do have lots of travel this time of year and other projects that I really need to be in the office for so I would encourage you now to start thinking about summer if you haven't already and to start thinking about when you want to have that vacation time, Then now is the perfect time of year to start thinking a few months ahead and when you can block some of that time out to make sure that you're getting the rest and Rejuvenation that you need.

So I would love to hear how you prefer to spend your vacation time. And if you have recommendations of how I should spend mine, you can always tweet to me at Katie double underscore lender. You can email me at contact at Katie lender dot work. You can connect with me on Instagram @ KD underscore lender, or you can write me a letter addressing it to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three two one.

I hope you have a vacation planned soon, and I'd love to hear more about it. Thanks for listening life word QA is part of the radical self dress podcast Channel 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 RSD Channel and access show notes and transcripts for each episode at Katie lender dot work / podcasts.

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