**LWQA episode 133**

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I'm your host. Dr. Katie lender. On this episode. I want to talk about demerits and gold stars and I want to ask you what yours are and share some of mine. Now. This is something that I love from one of the podcast that I listen to all the time and it is happier with Gretchen Rubin and Liz craft and at the end of every episode they kind of switch off one of them gives a demerit and one of them gives a gold star and the idea of a demerit is something that is maybe you're not doing very well at and you know, you're not doing very well.

And you kind of want some accountability about fixing it and the gold star is something that you can give to yourself or you can give to someone else as like a really positive thing that has been going on in your life or that someone else like really took a big step forward in a particular area You Want To Praise them for?

So I thought it would be fun to kind of think right now for myself. What are some of my demerits and gold stars and also get you thinking about these things as well and a link to the happier podcast in the show notes. It's definitely one of the ones that I keep up with. I really like how positive it is and I love this concept of demerits and gold stars.

So first, let's start with the more negative things the demerits. So the one that kind of immediately came to mind for me is post kitchen renovation. It's been probably a couple of weeks. Now since that process is wrapped up. Our house is still not really together because we had to take all of our furniture outside of our house to redo the flooring that meant taking out, you know, all of our books and boxing them up.

We ended up getting rid of a couch and ordering a new one. And that couch has not shown up yet. So I think part of the process that's kind of holding us back from kind of putting things back together is we're missing kind of a very large piece of furniture for our living room and we've got the television set up and we have like one chair and a pillow on the floor that it's just not a very comfortable space and the other part is I decided to actually kind of replace some of the bookshelves that we have had for several years, and I have not put the new ones together yet.

Currently sitting in our entryway and boxes. So this is something that's kind of hanging over my head a little bit but that we have not kind of move this forward and I have definitely been prioritizing other things other to do is on my list, especially on the weekends. So hopefully I will get to this soon but it's definitely a demerit for me a second demerit that I feel like.

When I wrote this list, we were struggling with it a little bit more. I feel like we're kind of coming out of it a little bit is post kitchen renovation. Also, we had gotten into the habit of eating out a lot because obviously our kitchen was very disrupted and we didn't have a stove that was working.

We didn't have, you know, a lot of the kind of easier ways to make food. And so we kind of kept that up a little bit post the renovation. We've just gotten back into a routine. So post my travel because I had a pretty heavy travel season of getting to the store on a regular basis because when we were in the middle of the renovation, we were basically not buying groceries because it was just really difficult to prepare food.

So I feel like we're kind of coming out of that but that was definitely something that we were struggling with just because we built a new routine and we had to kind of get back to food prepping again, and it's something I've actually really been enjoying getting back to. So another demerit that I wrote down on this list is I have my letter writing challenge, which I've really been enjoying and I am definitely feeling a little bit of the difficulty of getting back to people in a reasonable timeframe and I will often carry around a letter for several days before I set aside time to respond.

Now part of that is I want to make sure I'm processing the letter and it's not just like one more to do and. You know that I'm actually thinking about how I want to respond to the person who's written to me, but I definitely don't feel like I've gotten into a regular pattern of how to fit letter-writing and responses into my schedule.

So this may be something where I need to do like on a Saturday morning, you know, like this is what I do is I respond to these letters. But right now it's just kind of getting put into my schedule and fits and starts and sometimes that means especially when I was traveling that people were it was quite a delay before they got a response from me.

So I'm working on that and trying to think of some systems for. Okay, a couple other demerits before I'm going to move on to the more positive gold stars. I have been noticing recently that I have been having what I read in an article somebody called this errand paralysis and I completely identified with it.

It's just a little stuff that builds up especially around like taking things to the post office. For example where you just like let things sit in your house and done. And this is for me often like taking a donation to Goodwill or returning something that I bought online and it needs to be shipped back and lately what I've been doing which is probably not the best solution.

Although it is a solution is delegating these things to my partner and saying can you take care of this for me? And he has been very kind about doing that. But what it's telling me is that I'm having a bit of cognitive overload because I'm just not wanting to deal with like one more thing. And so it's a nice kind of little red flag of there's too much going on.

You know, I need to be resting a little bit more. I need to be creating more space in my schedule so that I don't feel completely overwhelmed by these kind of little errands that are being added into my day. And then the last demerit the fifth one that I had written down here was there are a couple things lately where I found myself saying yes to something when I really probably should have said no and I've been thinking about this particularly for something that came up this past week where I have felt kind of hesitation about it from the beginning and it was there were a lot of things that were drawing me to it.

Especially, you know, the collaboration with the people that were reaching out to. But I don't know if it's the right fit for what's going on with my projects right now. And so I want to be really careful and I had been doing really well with this of just saying no, but sometimes these shiny things come up and they look really great and it's really hard to say.

No, so I'm starting to kind of tighten that up again and do my best especially as I have a couple other project coming in to my plate that I know we're going to take some time and attention. Okay. So those are my demerits so you can get a sense of. I mean when I say demerit, these are the things where you feel like you're kind of, you know, not doing a great job, but the gold stars are what you want to give to yourself or to other people.

So the first gold star I want to give is to my partner for the past month or two. He has been such a trooper what it comes to our kitchen renovation, but also to my travel and you would think that he gets kind of time off when I'm traveling. I'm not here, you know, he can kind of do his own thing.

But often when I'm traveling I do still have a kind of support needs like I will call him when I'm lost somewhere and I need him to like help me figure out where I'm supposed to go or I just want kind of emotional support when I'm on the road and you know, I'm stressed or I have a lot, you know and my schedule.

And of course, we're just doing kind of the regular partner check-in stuff throughout the day and he's just always really good about picking up the phone. I mean, he could definitely just ignore my calls and but between that and the kitchen renovation, I think that he is just been so patient and has really stepped up in terms of helping to get errands done and especially in terms of my are in paralysis, you know, really helping me to get through some of these smaller things on my list that I'm having a difficult time cross.

Off. The second gold star I want to give is to myself for getting back into exercising. So I am back on the wagon in terms of doing my regular morning walks. If you follow me on Instagram stories, you have seen me posting about this and this has been going on for about a week and a half now that I have been pretty much every day getting up in the morning and going for a walk and it's often times between I don't know like 20 and 40 minutes.

I've. And building up the time as I go along but it's super easy. I basically just roll out of bed walk outside and do a quick walk around my neighborhood and then come back and get ready to go to work. But this has been something that I struggled with for a very long time as I was just juggling a lot of projects.

I was doing a lot of work in the morning before I would go to my day job and with travel, you know it my routine was kind of constantly being disrupted. There are a lot of excuses I can make for why I wasn't doing this, but it's. We important for both my physical health and my mental and emotional health to be doing these walks and getting this exercise.

So I'm very happy to be back on the wagon and hoping that that sticks around for a little while. Another gold star I wanted to give so despite the fact that I've been having this kind of errand paralysis. I have been able to do some personal task kind of ketchup and in particular some things with my wardrobe, so I needed to get some new jeans to replace some old ones that weren't working for me anymore.

And I also needed to buy some new shoes for work. And this is something that I didn't really kind of realized that I had been putting off and I just kind of sat down on weekend and and did a bunch of this catch up in terms of buying the things I needed to buy and I realized it when I was traveling because I was having a hard time packing.

I was just feeling like I was missing, you know, some key items that I needed. So I was really. Kind of I didn't understand how relieved I would feel once I had gotten some of those things purchased and it just serves as a good reminder that sometimes things fall to the Wayside and we're just not conscious of it and then and it's kind of bothering us in the background and we have to bring it to the surface so that we can actually take care of it and lift that weight off.

In a similar vein to that after I traveled recently. I wanted to give another gold star two days off because I ended up going back to work right after I got back from a trip. I landed on a Sunday went back to work on Monday and almost immediately realized that I. Needing a break from the travel. It was my last trip of the season and I was just really rundown.

I was feeling really tired. I was having hard time, you know focusing on on work and so I took a day off later in that week and it helped me that actually clear out like some paperwork and some other things that I had been putting off again going back to this idea of like Aaron paralysis or just not having the mental space to do some of these smaller tasks, but I it's one of those things that I don't do super often.

It's kind of difficult. For me to build it a day off and that kind of spontaneous way because I often have meetings and things it was just kind of a rare thing that I had a day without meetings that I could take off but I'm really glad I did it it gave me that kind of three day weekend that I needed and was able to come back and also to really make sure that I wasn't going to get sick after I was traveling and I didn't want to just keep pushing myself.

So to have that day off to sleep in a little bit and just to get a little bit more rest was really useful. And then the last gold star that I want to give is during that last trip that I took I went and visited my younger sister and if you follow my Instagram stories, you know that while I was there we did this like massive reorganization and decluttering of a craft room that she had in her house and I wanted to give a gold star to my sister because this was a really difficult thing for her to do.

She likes to collect things. She likes to stockpile things. And she's someone who is just really she's very frugal and she wants to make sure that you know, she's getting a deal when she purchases these things which often means, you know, purchasing things in bulk and she just didn't have the room to keep a lot of the stuff anymore.

And so we went through everything and if you've watched kind of the Marie kondo a Netflix special, you know, it's really hard and emotional sometimes to go through a lot of different things that you own and to let them go. And oftentimes you have a lot of things tied up in those things, you know, like projects you wanted to complete or ideas of who you are and your identity gets tied up into a lot of that.

So we spent like six hours digging through piece by piece. We took everything out of the room and went through every box every bag and she did such an awesome job of just kind of deciding what to keep What DOT to keep she donated a lot. There was a lot that we ended up recycling or thrashing and she ended up with a space.

I think felt a lot better for her in terms of getting her stuff done, but it was certainly not easy. And so I wanted to recognize her with a gold star because I think she did just such an amazing job with that. So I hope this was kind of fun to hear about some demerits and gold stars. I think that the idea of this is really to balance out the things that are going well and the things that are maybe not going so well so that you have a more clear perspective of how things are going and putting together.

This list also can give you a chance to kind of bring some things to the surface that it maybe been bothering you a little bit but you have an actively said this is the thing that's bothering me in terms of a demerit that I like to give myself. Once you stated then you actually can maybe create a plan to move forward with something that you have been able to move forward with or try to find a solution to something that's felt like a problem for you.

At the same time the gold star is really allow you to praise yourself for the big or the small things that you've been able to do in your life that have felt really good or to just recognize someone else who's done an awesome job about something that you feel they just did really well and you want to make sure that they know about that too.

So I would love to hear your demerits and gold stars. If you want to share them with me, you could always tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KT underscore lender. You can email me a contact. Katie lender not work or you can write me a letter at Katie lender PO Box 1621 in Albany, Oregon nine seven, three two one.

I always love to hear from. Thanks so much for listening to this episode 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 KD lender dot work /. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.