**LWQA episode 140**

This episode is brought to you by what's next my new group coaching program designed to help you find some clarity around your next steps in work and life times of transition can be challenging and frustrating as we wait for the pathway in front of us to unfold in this program. We focus on what you're learning during this in between time.

What obstacles are keeping you from moving forward and where you can trust yourself more to move forward with confidence. Over four weeks will reflect together and hold space for one another session start Sunday, July 7th. And if you join in before July first, you'll receive a complimentary private coaching session with me on a topic of your choice.

Learn more and register at Katie Linder dot work backslash next you're listening to lifework QA episode 140. Welcome to life work QA where I answer a listener question each week and provide resources and guidance to help. You take your life and work to the next level. I'm your host doctor Katie Linder.

On this podcast episode. I want to talk with you about creating a summer bucket list because as the seasons change, I think this is always really fun to create this bucket list and here in North America. It is summer. So I want to be aware of our International listeners if it is a different season for you, you can create a different kind of bucket list for your season, but when the seasons are changing this is always I think a good reminder to just be intentional and thoughtful about what you.

Into this next part of your year to look like and I think reading a bucket list is a great way to do this to think about the kinds of things that you want to check off your list over the course of the next few months. Now I want to put a couple parameters on this bucket list because when I first started writing my own I saw little to dues and projects kind of creeping in that were a little bit more work related and I want to actually create a separate plan for that.

So when I think about my summer bucket list, I'm really limiting it to things that feel fun and that are kind of more non-work related. And things that I really enjoy and that will be something maybe that I don't do all the time that feel kind of special for the season and that helped me to kind of really he's into the idea that it's summer and to help me relax and have fun.

So definitely create a separate list of the things that you want to do over the summer. And I have definitely had other episodes where I talked about creating that summer goals for your writing and things like that. I can link to those in the show notes that the idea of this is to try to think of the stuff that feels really fun to you and it's going to really help you.

Enjoy the season when whatever part of the world you're in and whatever season that looks like for you. So here are a few examples of what ended up coming up on my list. So the other day I was scrolling through Instagram and I got a targeted ad and it's one of the best ones I've ever seen and it was from Burgerville, which is a local kind of fast food restaurant in the Northwest telling me that they now have dairy free milk shakes and they're using coconut milk for this dairy free milkshakes.

They're calling them Bliss milkshakes because they're using to. It milk that is a brand called Bliss. And this was like the best thing I've seen in a long time now Burgerville is something that has a special place in my heart because when I did have dairy back before I was a vegan when I was a teenager, I remember getting my wisdom teeth out when I was a teenager and I went and got a burger Ville milkshake because they're super thick so good and it was what I wanted when I had my wisdom teeth out to kind of have something cold and good and.

It felt like comfort food. So but I haven't been able to have a Burgerville milkshake in a really long time. I mean, I've been a vegan now for 15 years 16 years. So when I saw this ad I was like this is going on my summer bucket list. I want to be able to try maybe even more than one of these milkshakes because there's all these different flavors and they also do some really fun local flavors with like berries and things like that that are local to the Northwest.

So that one is like top of my summer bucket. Another thing that I put on my summer bucket list a couple of these are definitely food-related is I recently got into making a version of a quinoa salad, which I had bought one it kind of a local store and their deli section. It's kind of our local version of Whole Foods and it's called quinoa and kale salad and it's basically quinoa and it has kind of a Mexican flavor to it.

And of course when you buy things out of the deli section, they're not the most cheap things that you can purchase. They're always a little bit expensive and I thought well, maybe I can create a quinoa salad on my own and so the other day I drove in and just throw a bunch of ingredients together. I definitely.

Don't have a recipe for this because I just I did not measure anything but I put together some quinoa and some diced red bell pepper and kale and some cabbage some walnuts some sunflower seeds and pumpkin seeds and I flavored it with some lime juice and olive oil and salt and pepper added in some black olives.

And I've also been eating it with some fresh blueberries which may sound kind of strange but it's actually really good and there's probably a couple other things that I throw in there as well. But I want to have on my summer bucket list to perfect this quinoa salad because I think it would be great to have a few different ways that I prepare it with different kinds of flavorings and to be able to take it for lunches over the course of the summer.

So that's on my summer bucket. I am also really interested in using the summer to get into more of a regular practice with yoga and meditation now meditation was on my goal list for the year and I am happy to say I'm getting into this more and it is especially helpful for me in the evenings. So I'm the morning time.

I'm definitely a little bit crammed in terms of my routine right now because I am writing morning pages and then I'm going for a 62 a 90 minute walk every morning. Which has been awesome, but it doesn't leave a lot of time for that meditation. So I would love to do more of the meditation and potentially even a yoga practice at the end of the day in the evening and make that part of my evening routine and I feel like summer is a great time to do that because it's lighter outside later and I don't feel like I need to be going to bed earlier and I think it will give me the energy to try some of that in the evening.

So I'm looking forward to that. Okay, let's see. I also want to catch up on the latest season of blacklist which is a show on Netflix and I don't know the original Network that it's on but there is a new season that has been posted to Netflix. So I want to catch up on that and that's really just a fun show that I enjoy with my partner.

I'm sure that there are going to be other shows that we're going to be binging over the summer as well. I also think it would be really fun to go to the movies. At least once it's been a while since we have gone into a movie theater. So I think that would be fun to find something that we both want to see and of course some are you always get those blockbuster movies?

That would be really fun. So I'm going to look into doing that as well. We are only about an hour away from the ocean. So I thought it would be fun to visit the ocean at least once and then kind of to the opposite of that. I have a keynote in Kansas in the middle of the country that's happening in early August and I'm considering planning kind of a little mini vacation around that and taking my partner and maybe going to Kansas City because we've never been there before and it would be fun to kind of do some exploring.

Okay, just a couple other things on my bucket list. Hopefully this is giving you some ideas of things you might want to do on yours, too. I want to read a couple of novels a month. And this is something that I have kind of fallen off of I've really gotten into nonfiction reading and this is in part because I'm doing a lot of kind of internal development and creation work with the coaching training program that I'm starting and some other things.

And it's actually felt really distracting to read novels. And so I'm hoping that I can kind of get back to that. I don't feel bad at all about kind of taking a break from them. But I just enjoy it. So I'm hoping my brain will kind of let me get back to reading the novel's this summer. So that is on my list as well and then a couple other things that are kind of work-related but also just feel really fun to me is I am going to be launching a new group coaching program called.

What's. In July and I am super excited about diving into that and probably doing a lot of the activities with the participants. So that feels really good to me this summer and then also the summer writing groups that I'm going to be running. I'm running more this summer than I ever have and I'm really looking forward to that.

I think it's a great way for me to kind of stay in the mindset of my own writing goals, even though I'm not really an active participant in these groups. I'm more of a facilitator, but of course when we talk about writing on a regular basis, In this case, it will be like four times a week. It really keeps my mind in the head space of my own writing and my own creativity.

So I would love to hear what is on your summer bucket list or your winter bucket list. If you're on the other side of the world, I really want to know what are the kinds of things you're looking forward to this season, and you can always email me at contacted Katie Leonard artwork. You can tweet to me at Katie double underscore lender.

You can connect with me on Instagram @ KT underscore lender and you can also drop me a letter ikd lender PO Box 1621 in. Any, Oregon 97321 tell me what you have on your list. Maybe I'll add it to mine as well. Thanks for listening life word QA is part of the radical self-trust 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 rst channel and access show notes and transcripts for each episode at KD lender dot work / podcasts.

If you found this episode helpful, please also consider rating and or reviewing the. In iTunes.