**YGT episode 156**

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You're listening to you've got this episode 156. 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 doctor Katie Linder. on this episode I want to talk about how work can be a thief of joy and this is something that I think we have some choice in that we don't have to let work have too much control over our lives to the point where it is really removing the pleasure that we could be experiencing and I want to kind of propose that we get to.

Choose our relationship to our work and that we don't have to give over that power to the work itself. Now this is really on my mind because as I record this I'm in the middle of another one of my creative Retreats and this great Everett re I decided to take in particular because I've just finished the Rebrand for my business and I need to implement some of that brand but I also needed to kind of work on my website and build a new website.

For a new coach training that I'm going to be launching this fall, but I've mentioned before on the show and those websites are kind of the big project this week. Now, there's some other things that are on my plate like I have booked proofs for my book on alternative academic careers that just came in and those are due soon and I also have you know some planning for the rest of the Fall that I'm hoping to get done as well, but the big stuff is those websites.

And so in the first couple of days of this creative Retreat I launched in headfirst and I just pushed really hard to get a lot of progress on these websites and it was a little tough. I ran into some technical difficulties there were definitely some tears. I'll be honest of just frustration. I was as I was trying to kind of make some things work and I got to a moment where I really just kind of paused and asked myself, you know, like what.

You know, how can I kind of shift this mindset around this work? Because it felt so frustrating to me at the time and that is not the goal of this creative retrieve business that I do, you know, I want to be enjoying the process that's part of the idea of us in our work. I think when it comes to writing and teaching and other things that we do in Academia, it's to enjoy it.

It's there's something that brought us to this work that makes it meaningful for us. And so when we. Kind of mired down in like technical details or you know, the nitty-gritty of the work that is just not enjoyable. That is really what I feel like we have a choice about whether or not we're going to let that work steal our joy and steal the things that we originally came to the work for, you know, our original purpose our original goals.

So I worked, you know, one of these days that I was working on these websites. I work like a 14-hour day. I'm going to be honest. I'm not proud of that. I actually think it's a really not good choice on my part to go that hard and that long but I got kind of in the zone and so I just decided to kind of keep going and the following day.

I got back on schedule and I. You know my morning walk. I had a much more measured day of work. I asked my partner for some help with some things so that I wasn't having to do, you know, all the things related to some of the technical difficulties and I decided to make different choices because I didn't want to ruin this creative retreat by pushing too hard and by letting the work kind of have a level of importance that I didn't want to give it.

So I want to kind of pose a question to you about your relationship with your work. And what are you letting your work steal from you? And it could be Joy. It could be pleasure. It could be those kinds of things. But I also do kind of wonder if it could be things like time that you know, you work after hours when maybe you could be spending time with family or reading a novel or doing something, you know kind of fun on your own time.

Is it stealing something like relaxation where you're just tense you're stressed out about what's going on, you know with your job or with a particular season or a decision or trying to make it work and it's just not allowing you to relax or you're having trouble sleeping. For example. And also I think you know and as I work with more and more academic writers, I see this happening where work kind of steals your health and that you're sitting at a desk all day.

You're not necessarily getting up and moving around. You're not necessarily hydrating eating, you know, good food all the things that are kind of a baseline of our health and wellness and we just feel like we don't have time. We don't have time to build in those practices that are going to give us maybe longer.

Lives in in the end. So here's my solution to this. I think that we should be talking to our work more. And you know before you think I'm a little nuts, you know, I do think this works. I do think this works to talk to the work and to say what is the ultimate goal here? What are we really trying to accomplish because work is a partnership between our own abilities and what we're trying to do in terms of our goals and sometimes I think it's just really easy to lose track of what the situation.

So for example when it comes to these websites when I'm mired in the technical details and what I'm trying to figure out all the things I need to do to make these websites show up on mobile as well as they show up on a desktop computer. What I really need to be thinking about is that person who is going to stumble across my website somewhere.

And they're going to be sitting on the couch. Maybe they're watching television. Maybe they're just really tired at the end of the day and there's somebody who really needs what I can offer. They need a partner. They need a coach. They need someone who will understand the challenges that they are dealing with and when they come to my website on their phone, I don't want them to think it looks like a mess.

I don't want them to not find me and a support I can offer to them because they cannot read what my website says on their phone. They need to be able to experience the kind of clarity that I'm hoping to bring through my website the explanations of what I do and why and who these kind of services are for.

They need to be able to find those things. In whatever way they want to which can include sitting on their couch and looking at their phone. I think about how I do this with various things I find online when I'm sitting on a couch and I'm looking at my phone. So when I'm getting really frustrated, I have to remember the ultimate goal is clear communication and being kind to that person who I don't even know yet, but who is trying to find solutions to problems in their life?

The feel really hard and I don't want to make their life even harder. By having them not have a good experience when they come to my website. Now that is just one small thing that I can think about as a larger reason of why I would spend this incredible amount of time and energy to try to make sure that this is functional and working but there are a lot of other things too that I can think of as a larger purpose of how I want to use a tool of a website in my business in how I'm communicating with people.

And stepping back and having a conversation with my work and saying for example, I probably had unrealistic expectations of how long it would take me to do some of these things and I can look at the work and say, okay. So this is going to take longer than I thought but I want to do it right for a lot of good reasons.

And so let's break this down. Let's get this into bite-size pieces. Let's think about this from a different angle. Let's figure out what I need to know in order to do this correctly. And by talking to my work, I'm learning to say no. I'm learning to say I don't have to pull 14-hour days. I can kind of set boundaries around what I need to stop working so that I can get rest and take a.

And also just kind of saying no to the concept of it's about checking the thing off the list when really it's about the process that goes into checking the thing off the list and the meaning behind what brought us to that work in the first place. So I would love to know if your work is stealing something from you.

And if so, what is it and what are you potentially going to do about it? And also if you talk to your work, I'd love to hear about that too. You can always email me at contacted. Katie lender dot work. You can tweet to me at Katie double underscore lender. You can connect with me on Instagram @ KT underscore lender, and of course you can always write me a letter at Katie lender PO Box 1621 in Albany, Oregon 973.

One anyway, you reach out. I always love to hear from you. Thanks for listening. Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Katie Linder dot work / podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes.

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