

Welcome to. So here's the thing, the podcast for small business owners, entrepreneurs, and creative educators who are ready to take their business to the next level through candid conversations, tactical approaches, and a few unpopular opinions. We're lifting the veil on what it takes to build both a life and a business that you love.

I'm your host, Laila Ibadi, a coach for creatives and founder of the Creative Educator Academy, where I help entrepreneurs step into the role of industry leaders and educators. I'm so glad that you're here. Now let's jump into today's episode. Hey friends, today's snack size episode comes straight from a question in my DMs.

I was asked about my summer sabbatical because. Clearly, if you have been following along over on social media, on my email list, or even here on, so here's the thing you will have noticed that I did not take any time off this summer, which is very unlike me for the past several years. In fact, I've done several podcast episodes about this.

I have taken at least a solid month off in the summer because of a couple of reasons. One, um, I mean, it's summer should go without explanation, right? Two. I actually have struggled to take off any time during the holidays over the past few years because the creative educator conference was held in January up until this next round in 2025, when we are hosting the conference.

At the end of March, beginning of April. And so with that being said, a few things have changed. One, I now have the bandwidth to be able to take the holidays off. And you may be asking yourself the same question I asked myself, should I not just take a summer sabbatical or work summer hours, which I'll explain in a minute.

And take off some time in the holidays, or do I need to pick one or the other? Like, what is the thought process there? And that was the question that I was asked. Like, why did you not take time off this summer? How do you decide when you're actually going to pull away and take that time off to one prevent burnout to treat any, you know, burnout that's creeping up and three also balance the workload that comes of when you run your own business?

You are the one that's in charge of the work that's being done. And if you're not doing that, or you don't have a team in place to do that for you, how does anything get done? Right? And so obviously the episodes that I've done in the past about taking time off, I've had a couple of guests on, and I'll probably

continue to talk about this is it's going to give you a more in depth look On setting a true sabbatical.

However, I can give you some, some pointers and some insight into my thought process with working through this summer. And I have zero regrets on that, by the way. So I'll, I'll give the spoiler there. So I did not take any time off this summer one. I didn't go on any vacations because I have a very full travel heavy fall.

And normally my fall is. Extremely work centered with the travel this year. I have a really massive personal trip that I'm taking in October with my family. And so I knew that I would need to kind of decide, like, am I going to take a large chunk of time off? In the summer when I'm also taking some time off in October and then hopefully over the holidays and that for me, obviously it wouldn't have been the smart thing to do the responsible thing to do, but also gut check here.

And this is the one thing if you're not listening to anything else, if you're driving, if you tuned out, tune back in, ask yourself how you feel in the season that you're approaching. So in the spring, I was like, You know, I feel fired up. I want to start this. I want to start a new project. I want to chase another big dream.

And for me, that was creating the educators lounge, my community membership. And I was like, you know, they say it's a bad idea to launch in the summer. I've had trouble launching in the summer before, but I decided to just, I really took the time to ask myself, like, how am I feeling about this? And I know that kind of sounds woo, woo, but I really, I, I'm not a very woo woo person.

If you know me, however, I do think that there is such value in being honest with yourself, having that self awareness of, let me really look at the situation and. And do a gut check and see how I feel about it. And for me, I was like, you know, even if it's a bad time to launch, it's, there's no time like the present.

I feel fired up about this. I feel excited about this. And when I feel excitement and I feel fired up, I'm like, I got to jump before that, before that feeling ebbs and, and goes away, you know? And I, I wonder if you feel that way as well as you're listening to this. When you get an idea and you're super excited, once you do that thing and it becomes a part of your everyday life, that excitement can fade.

It runs the risk of fading. And so I wonder if you're someone who's like me and is, you know, chasing that, that feeling of being fired up, I would encourage you to lean into it. Of course, do the strategy, do the smart things, run the numbers. And I did all of those things, but I, I really found myself leaning into the season of excitement. Even in what would typically be a slower season for me being summer.

Now I will say a happy medium here, like a happy in between is working what I call summer hours. So if you're listening to this and you're like, I would have loved a summer sabbatical, but like you lately, I cannot take one. Like I have a lot going on in the fall and summer is kind of was my time to get a lot of work done.

I see you. I feel you. Now, let's talk about how to find like that happy in between. I'd encourage you to look at changing your schedule around in a season where everyone around you is slowing down and seeing if you can't meet them halfway. So for me, that was doing something called. summer hours, I would block off a couple of afternoons where I could meet my family at the pool or get time with the kids, my niece and nephew, or, you know, visit with people who are coming in from out of town because a lot of people are vacationing during this time.

And so just blocking your calendar off in a unique and different way than you would in your regular day to day can be enough, I think, to kind of like get those feelings that you might be. That might be like bubbling up or stirring about burnout or about just being exhausted or overworked. Like that's a really great in between bite size.

It's hard for me, but I'm working on it. Cause I know you guys are really liking it. So let me know if you guys are loving the format of these short episodes, because I will keep fighting my overtalker and I will keep delivering these bite sized episodes with little tips for you, because I do think it's fun to share the conversations that I'm having in the DMS and with our friends.

So I hope you guys have a great week and I will see you on the next full episode. Next Monday for show notes and resources mentioned on today's episode, head to. So here's the thing, [podcast.com](http://podcast.com). This show is brought to you by the creative educator Academy, where we teach creative entrepreneurs how to teach, because I believe that industries thrive when experts can share their knowledge.

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