

Hello friend. I am taking us to the beach again today, actually to the same spot that I came for the first recording of this. I needed to tell you why. I mean, mostly because it was quieter and less disruptive, but something was actually going on for me when I did my last recording. I felt this pretty, I felt this when I was recording, but then I really felt it afterwards, was that I did not feel grounded in that last episode. And that's fine sometimes. It's fine to just have a chat. But for me, what I noticed when I don't feel grounded is that I don't feel like I remember everything, I guess is probably the best way to put it.

Like, I don't remember everything I said, everything discussed and I just don't love that feeling. So right now, just laying out my rain jacket on the ground, because it's been raining here, which has been really amazing and also something that I wish that I could send down, especially to friends in California. If anyone is listening there, wildfire season has quite dramatically picked up in California, somewhat seemingly just all of a sudden. So yeah, I wish I could send this down. It's BC's had, or I should just speak for Vancouver Island really, a pretty hot August and also late July. So it feels nice to just think that the weather is maybe shifting a little bit to be not quite so hot.

Okay. I need a sip of coffee because it is early. I actually just woke up about half an hour before doing this and there was that feeling of, okay yeah, this is actually a really good time to record, especially because what we're going to talk about today. So as you know, or may know if you've listened to the first two recordings of these, at the end of the first one, I asked if people had any questions for me. And based on the questions that you guys asked, I pieced them into themed or whatever topics. So for the rest of the episodes, and there were a lot around the pandemic and life a little bit before it, and in the beginning stages of it and where we're at right now. And I thought there's actually a lot in here. So it is worth doing one because while we might be sick of the topic at times and wish that it wasn't here or that this wasn't how it was, it is.

It is and none of us knows how long we will be in it for, but it's safe to say five months and it'll probably be a little while. So I'm going to just get to your questions and appreciate you asking them by the way. Like really appreciate it. Actually yeah and especially because of the first one. I don't know how many of you asked me something along these lines of how are you? How are you today? How are you really? And one just said, "I hope you are doing well," with a smiley face and that was so sweet. There's also this piece of me that thinks that even though some of our answers to this are like, "Oh, I'm fine now and getting on with it."

But that's probably, actually not true very often. Of course the reality is that most of us are figuring out how to get on with it, but it doesn't mean that we're fine. So I can speak to a couple different things here and say that I am fine in the sense that so far, I haven't had to worry too much about money or health side of things. Of course, yeah, some things have shifted and maybe I don't get to see people that I would want to see like my grandma, but yeah, overall I'm fine right now and my mind sometimes goes to beyond today and it's like, "Okay, maybe I'll be okay for like 2020. I don't know about 2021. I don't know what that looks like or what that's going to feel like. What that experience will be, finances. Like everything.

I don't know and sometimes I notice myself go to future thinking, which is there's a place for it or there's a way to think about what's happening or what could happen later. But I am okay right now. I do also think everyone has experienced this, or most people have experienced this so far that I've talked to you, which is something we are calling and I've seen on the internet called a Corona-Coaster, which is the ups and downs we seem to be going through during this. And also, unfortunately it doesn't seem to be aligning with when other people are having it. And I only say, unfortunately, because sometimes you can feel really alone in that. Like the week that you are feeling like, "I don't want this, I want something different."

Or when you feel angry or worried, sometimes it feels like for me anyways, like the closest people to me are not feeling it then. But then a week or two later, some of them are and I mean, actually, maybe there's a beauty to that where we're taking care of each other all throughout this, but yeah, there's been ups and downs. I think that the biggest and most supportive piece for me through this and through this year has been therapy and recognizing just how grateful I am to be in a position where I can do therapy this year. But I don't know that I would be where I am right now without it. And if there's anything I can say to normalize therapy, to answer even questions about my experiences with that, if anyone is thinking about it, but is uncertain about it.

Yeah, I'd be happy to do that if you ever want to shoot me an email in a future discussion one day. I'd always be happy to talk about that because I think that that has also on top of everything, been a lifeline not because of my therapist, but because she is just helping in reinforcing my trust in myself that I know, and I'm capable of dealing with things. So yeah, I am okay.

This next question, I'm already laughing being like, of course this is the next one. How are you dealing with plans and goals that were counseled by the pandemic? Yeah, let's just get into that one. I think maybe we start with what the goals were or plans were. Some of you know this and some of you might not. I don't plan too far ahead. People ask what your five year plan is, I don't know if you get to hear that, but the fog horns are going. So yeah, I'm not someone who has over a five year plan, I just can't see it. I can't see what that would be. And there's something about planning too far ahead that doesn't feel very intentional to me in the maybe strangest of ways.

I think that actually, this does make sense what I'm about to say next. I think that planning too far ahead doesn't give you the freedom to feel into your body about how an experience is going for you. Let's say it's something like, I'm going to do a degree. I got a specific kind of degree in school. And if you're so focused on just getting it, you may not be paying attention or ignoring or intentionally brushing off the idea that it might not be something that you want to even be doing. I just don't like to make super longterm plans. Okay, so for 2020, my plan, plan was that I was going to fly back to the UK after I had finished all of the edits to this book.

My flight was for, I can't remember the date, the middle of April, maybe like the 13th. I was going to spend about a month there first and then I was going to fly over probably to Germany, meet up with a friend of mine, actually from Victoria. Meet up with a friend of mine who was over in Czech for school and we were going to do some traveling together while she had a bit of free time or free her time in her schedule at school. And probably would have crossed, I don't know, like two or three countries off with that and just created some really fun memories. And then I probably would have gone back to the UK and been there until at least the end of July.

So what I will say is that my plan has always been for this year that I would spend August through December or at least November. It's been like at least three or four months at my dad's house in Victoria while promoting or while doing this book launch. And that was a decision made based on just the history of the last one. The last launch, well, first of all, I was not grounded. When the air blast was coming out, there was a lot going on. I did not feel worthy of having a book deal, which right off the bat, when you have a book come out and some people read it or listen to it, and you don't even feel worthy of having it exist. Then doing countless interviews about it, not feeling worthy, not feeling worthy.

And also something I've only recognized in time is that throughout those interviews, because of how personal *The Year of Less* was and how much of myself I shared in that book, that I had not done therapy on. I actually think that a lot of the interviews were like the beginning of me doing some active processing of stuff that had happened in my life. And by the end of it, I truly was not grounded. I didn't sleep a ton throughout that launch. I used to wake up at 3:30 in the morning, every single day. And...

... every single day and, oh my gosh. I just remember how tired I was. I remember how many just sort of breakdowns I would have certain days just laying on the living room floor and bawling my eyes out. My mental health just was not in a good place, and it has felt really important to make sure not only that I'm focused on being in a better place within myself, but also that I'm surrounded by family, some friends of Victoria, and just feel supported. Yeah, I keep saying supported, but it's been so important for me, and that's definitely been an intentional decision for this year anyways, that I'm around people I love and I know who loved me throughout this process.

So that part of things was always the plan, which is really just to say that the biggest plan that was taken away was just the trip to Europe, and I don't know. I definitely grieved that, and I think I definitely did not feel good about having to cancel everything, but I also ... I think ... The reason I'm hesitating is because something I watch my head do, and I do this in therapy is that I go from feeling something to thinking 10 steps down, and I forget to share the things in the middle. I think that, of course I grieve that. That did not feel good, and I think I was so aware of the fact that there are much worse things that I could be grieving, but if I had an overall thought, that's a very specific plan or goal for the year that I wasn't able to do.

The challenge, I would say has been actually not so much about these specifics. For me, it has been this sense of freedom and freedom to be able to choose where I go and who I spend time with to a degree, and yeah, just what my options are. It felt very limiting, so we could say that that ... I don't love this word all the time, but like we can say that that manifests or shows up as travel or that it seems to be travel is the thing that I'm missing, but I actually think it's more, if I were to like dig deep into the feeling that would come up around that maybe not daily but certainly every few days, what has been hard has been feeling like I couldn't move around. That I couldn't move maybe not entirely freely, but partially freely at least through this world and sitting with that in all kinds of new ways, recognizing that that is ... Yes. For where I was in my life, that is something that I worked towards, and that is something that so many people don't even know have, and that is a feeling that people sit with every day, so there's a lot. Which I really want to say it's important not to completely invalidate your feelings, because then you're just bypassing them and you won't be able to figure out what the root causes of your own feelings are and what's going on there. Also, if there are other ways to find the things that you're craving, but it is an important part of gaining perspective to recognize how other people are hurting and suffering and just what daily life is like, which has become obvious in a lot of ways, not just from pandemic where you think of people who maybe they're immune compromised.

They're not fully able bodied. There are just heightened risks for them, and thinking of friends who have kids who need extra care, and that they haven't been able to access that and have had to do everything on their own, to paying attention and learning more since George Floyd's murder and everything that has been really coming to light, and very much it is time. That has been getting more media attention. Those are the books that we're reading, the podcasts we're listening to. Really, really recognizing that my experience is mine alone and just gaining a lot more perspectives this year.

I think because we've all had to sit still and we haven't had a choice in a lot of ways, and I don't know, I don't want to get too philosophical here. I just think that it's just going to be very interesting to see the lessons that we learn. I don't even want to say on the other side of this, but as time goes on. Wow, okay. That ... I don't mean to laugh. I'm just looking down being like ... The question seemed so simple, and I really went somewhere with it. I think sometimes I nervously laugh also because I think I'm sitting in public. Technically anyone could walk by me right now, and they'd be like, "What is this lady doing?" Oh my gosh.

Yeah. But actually, this makes me want to skip ahead to ... I'm going to come back to these questions, but it makes me want to skip ahead to one, which was have you picked up any new and good habits or

routines this year? Actually, before I even get to that, I want to say raise your hand if in the first, say, few months of this, you started attempting to take on a lot of new things. So not just one or two new things, but a lot. I'm raising mine because I've started multiple online classes. Nothing that's been actually even paid for except for maybe one, but I'm thinking one very specifically, which is the Science of Wellbeing, which is taught by Dr. Laurie Santos. It is out of Yale University, and it's free online. It's a 10-week course, and I'm just having this memory of it right now where in the first ... I think it's in week one. In week one of the course, you take this quiz and it gives you a happiness score or how fulfilling is your life or something like that.

I'd have to go back to my journal and read what I wrote down, but you get a little score of how you're doing, but also, you answer this second quiz gives you your top three ... I think it's character strengths. I should've gone back to look through this before doing this, but I thought I'd share those because I don't know why, but this really surprised me. So I'll go in opposite order. So my third biggest strength was perspective, and that doesn't surprise me. My second was hope. Also doesn't really surprise me. And my top one was humor, which I'm going to tell you right now really surprised me, and then something started to click. I laugh a lot. I can also make a joke to lighten a mood. I can, at times, I don't know if you know this. I have some fairly dark humor at times.

What I recognized is that I think when I first saw that, I actually almost thought it was a negative. I thought that humor being my highest strength might actually be a bad thing, as though it's maybe just a coping mechanism or I'm just trying to laugh my way through it and not take it seriously. These are the stories or the scripts that started running through my head, and the reason I'm sharing it is because I've been laughing a little bit throughout this, and what I'm noticing are the stories coming up and I'm going, "No, this is the good part. This is a good thing." It makes me feel good, so yeah, I'm just sitting here. I'm having a moment and sharing exactly what I'm feeling as it's coming up is that apparently humor, Cait's number one strength. Who knew?

But I tried to take a couple other online classes. Didn't finish them. One actually I love is that I signed up for something called Masterclass, and again, I always preface things by being, like, that does not mean you need to go sign up for it, especially because I think it was \$20 a month. If that is not in your budget, you should definitely not. And you just shouldn't if you don't feel like doing online classes. Just don't. The reason I'm saying is because I am so susceptible. I always have been like. As soon as someone says, "I read a good book," I'm like, "I should read the good book. I should just get the good book," or an online class. "I should do the online class." My brain is just so if someone else says it's good, I should check it out, so I'm just prefacing all this by saying if those are the thoughts that come up for you, pay attention to them. Maybe you don't actually need to.

But I signed up for Masterclass, and what I will say is that I had this whole vision how I would include it in just weekly life, not daily or anything but weekly, and that has not happened. I've listened to a couple of the lessons, but what I've noticed, now that I'm in it and I have access to everything, I can see that they're actually proper workshop or like intensives where, yes, it's broken up into multiple videos, but you would gain a lot if you actively put it into your schedule as though it was a class that you did twice a week. So if you're like, "Cool. On Tuesday and Thursday evenings, I pay attention to this for two hours," you would get a lot from it, but I haven't done that yet. So I'm aware of what needs to be done, but yeah.

So signed up for some classes. Like many people, I cooked and baked a lot, and that is actually something that has stuck. Partially also, because I'm working with someone right now trying to figure out ... I've had very minor, so nothing intense, but I've had some health stuff come up this year that has made me just look at the fact that no doctor seems to figure it out, so maybe I'll start looking at diet,

what I'm eating, how it might be impacting a few things. So cooking for myself has been one that has just carried on, really, and I feel good about it.

I also want to tell you that I was 34 years old the first time I ever made homemade pizza dough, and if you have not made homemade pizza dough, what I need to say is that it is not hard. I do not know what story I'd had in my head about how hard it was, but you literally put, I don't know, seven ingredients, some of which are just oil and water, into a bowl and you mix it up with your hands, and you cover it up for a little bit and then it's done. I don't know. It has also been a game changer for me pizza. So yeah, I've been doing lots of that. Slow mornings has always continued to be my favorite thing. Mornings are my favorite time of day, and I say that also I am and have always been a morning person, so it's not hard for me to wake up early. My body just does it. I was the teenager. My parents never had ...

I was the teenager, my parents never had to ask me to get up. Nobody had to wake me up for school. In high school, I was probably upstairs by 7:00 AM making a cup of coffee. That's just who I am. But what I have loved, it's been since 2017 when I did a year of slow living experiments. I did a new one every month and the first one was January, I did slow mornings and they have stuck with me. So when I wake up, first thing, I might wash my face, but often I will just make a cup of coffee. And I go lay on the couch with Coeey, my sister's dog. And I read a book, and I just cuddle with Coeey. And it's so nice. And sometimes that's for 15 minutes or half an hour. And if I don't have much work that day, I could lay with him for like an hour. And it's so nice.

I will oddly say that ... and I say this in a very non-cosmetics kind of way, just for any women listening, which is that I've actually been taking better care of my skin, I've noticed since the pandemic. And that just means properly washing my face more regularly. And I've switched, so I'm not using a moisturizer or anything with lots of ingredients. I'm now using an oil-based moisturizer, or I don't even know what you would call it, serum, whatever, whatever word you want attached to that. But my skin tends to be normal to dry. So yeah, I've just been using this amazing oil-based thing on my face and that is it. But I do that almost every day now, whereas before I was very much someone who would just apply some moisturizer, lotion, whatever when my skin was dry. And it has felt really nice. Just the routine of it, it's not about that one product or anything. Just the routine of it, of washing my face and just taking care of myself in that very small way.

I'm also saying that just again for women because I don't wear makeup. I've never worn foundation or things like that on my skin. So that is why I was getting away with not washing my face all the time. A fun one has been doing German lessons on the app Duolingo, and I don't feel bad promoting that one actually, because Duolingo is entirely free if you want it to be. And that is for me, I don't have the paid one. That has been really fun. The German lesson, it's something I ... Or learning German is something that I wrote down actually at the start of the pandemic with the thought that if I cannot travel to Germany, maybe I can at least learn a bit of German for whenever I actually can go. And it's been really neat.

There was this learning curve of also just being comfortable with being a beginner around family. So German, and I feel comfortable saying this because all my German or German-speaking friends will say this to me, is not always the sexiest language. And when you don't even know if you're saying it right, it's pretty funny to be doing it in front of other people. But yay for being a beginner. Oh, actually I want to give you an update. If you listened to the last one, I want to give you an update on the bike situation. I am actively searching for a bicycle. I don't know if we call this a habit or routine, but it's something that I have literally been able to see myself doing since at least a month or two into the pandemic. I just had this thought or vision of like, it would be so nice to get on a bike and just go for a long ride or use it to go pick up some bread or milk from the store. Something like that, it was just something that I could see for myself.

Apparently, I'm very late to the game on learning this. But what I've learned since our last session together is that if I want a new bike, which I don't need a new bike, but in looking at the couple of different places, I can see online, I haven't been seeing a ton yet in the used space here. But I'm going to keep my eye out on that because I'm not obsessed with the idea of needing something brand new. But if I wanted a new bike, apparently the whole world is on back-order because everyone and their dog wanted a bike because of the pandemic. So if I get a new bike, it will be probably not until the end of September, apparently.

And I feel okay with that. If that is the case, I feel okay with that. Of course, it would have been nice to have it now. And I haven't had it for this long, so it will still be okay in the fall. But in the meantime, I haven't put down a deposit or anything like that, so I am free to keep looking at what's used, so I will be doing that. But that's just to say, I don't know that by the end of all of these sessions, that I will be able to tell you that I've ridden my bike twice. Sadly, I don't think I'll be able to tell you that.

I don't know if that's a great answer to the question of good habits or routines, it's just a bunch of little things that have been good or different. And I also say that because there was the one piece of this that was different for me and all my sort of self-employed friends, which is that I know so many of you are working from home now. And that, that was probably a massive learning curve in terms of ... or just adjustment period. And that it's really important to figure out what your routines and habits are around that, and around creating separation from work, and from real life, and just all of it. And taking proper breaks to eat, or just taking proper breaks in general, when you work from home is something that we forget about how to do sometimes. Stopping to eat, remembering it's okay if you're not on your computer for half an hour or an hour for lunch because if you were in the office, you would not be on your computer.

If that's anything that you've been going through, I just remember it well. I've been working from home since 2013, so I just remember that very well. Excuse me. Okay. There's another question of how do you cope with insomnia and stress? And has this changed at all since the pandemic? I feel like there's ... Is there kind of two different questions there? I feel like I'll answer the insomnia one. When I get insomnia, to be honest, I just ride it out. Actually, I already said spoke to this, that I went through that period with the first book where there was probably at least three months where I woke up around 3:30, almost every single day. I just ride it out. I really do tune into my body. So there are the days where you wake up with insomnia and you do know that if you stayed in bed at some point, you'll probably be able to fall back asleep.

So I just kind of, I will try that, but occasionally I'll wake up and feel super alert, just wide awake. And I just go with it. I'll just straight-up get up and get out of bed and actually have my slow morning. And I will make a cup of coffee and pick up my book, or audiobook, or podcast, or whatever, and I'll just enjoy it. And those tend to be longer slow mornings. I will not force myself to start working at 4:00, 4:30. But yeah, I tend to ride it out. If I'm dealing with insomnia, the biggest thing for me is that I at least put myself to bed early, and I will often have a shower or bath to really relax my body, and get into bed at like 9:00, 9:30, and at least try to get five hours, maybe a little more on those bad nights.

And then what I will just add about ... because there's this question of, has that changed at all since the pandemic? I do not know if this has been anyone else's experience, but one of the strangest things that happened for me or that I noticed in the pandemic ... I'm also noticing it's raining, and I may or may not have to move. But one of the things that has been just strange since the pandemic is I'm actually sleeping really well. And maybe not every night, but I'd say 75 to 80% of nights I'm sleeping really well, which is just new for me all-around. The caveat to that being that I dream every single night and really dream.

If Emma was listening to this ... Emma is my best friend. She could tell you. The dreams that I've been having during this pandemic are wild, they're vivid, so detailed. And almost every single night, I can wake up and tell her about some wild dream that I had. I don't know. That's been very strange and I'm just ... It's like, I don't want to jinx the lack of insomnia thing. Actually, I'm next to wood. I'm going to knock on wood. We're also going to have to move here. But yeah, I'm knocking on wood that the lack of insomnia will last.

We're going to move here, just going to shift. The rain really picked up. I think we're going to go sit maybe in the car. I'm not quite at a place that has shelter from trees, so to speak. The other part of that question though is stress. How do I deal with stress? I would say it really depends on the situation, but what is causing the stress. But actually, that is part of just the answer in and of itself, is that I pay attention to what's going on and really try to dig into that. What is causing me the stress? And is there something that needs to be worked on? Or is there something that will remedy that or even just alleviate it?

So I can't give a sort of one time helpful answer of, this is the exact formula other than figuring out what it is that is going on for me, and really looking at how I can improve, or how I can alleviate some of that stress. I do think that is where ... I don't know. Sometimes, maybe I just think maybe that is my response to everything is figuring out the feeling. I think if you've read the Year of Less, you know that that is, or that year was the first time I ever really started doing that. So rather than acting impulsively or getting really angry or defensive, I think I learned that year, that under every action, including every impulse, any impulse that you have to buy something, eat something, drink something, or just escape, any impulse to escape, there is a feeling underneath that.

I don't know. I take the time. And I know I've said this, and I don't know if it's the last one or the first one, but I take time to make decisions including about stressful ones. If something is really stressing me out, I just don't make impulsive decisions of how to move forward. And that has not changed since the pandemic. I'd say little daily stresses are different since the pandemic. Probably just mostly because I've never lived with my dad and sister for this long. And I think we've all had to figure out our own ways of getting away from each other occasionally or chatting it out. We've definitely learned how to have conversations in any way. I don't know how disruptive this noise is for you, this rain. I'm going to look ahead at these questions and see if there's anything that's super, super important.

Actually, I'm going to give you a funny one. I had someone say ... This is not pandemic ...

You're a funny one. I had someone say, this is not pandemic-related, this is so just me giving you something to laugh at. I had someone write, "I'd be so interested in knowing your thoughts on opting out of online dating." And maybe it's not funny, it's just off topic. And I was like, that'd be a great one to answer, because my answer is very simple, which is that I have used online dating apps and I don't see myself ever doing that again. It just doesn't feel like the place that I want to meet someone. And that just meaning, I'm not saying they're bad, because they're not and I know people who are in relationships because of them, and I've met a couple of very interesting people who are now friends because of them. So I know they're not a bad place, but I'm, we could call it, I don't think it's romantic. You could call it a fantasy. I don't know. I just truly believe that I will meet someone through the way I live my life.

I just believe that to be true. Whether it's through writing, through traveling. I just think that that is true and that, I don't know, so I just kind of trust that I'll meet someone when I'm supposed to meet someone. That's to say that I don't feel pressure to do that under any kind of time period. I don't know that I've ever really discussed this, but I don't feel a draw to have kids. And that doesn't mean that I wouldn't be okay with kids being in my life, but I don't feel that draw. I don't feel like that is an experience that I deeply yearn for. And so, because of that, I don't need to meet someone or kind of advance that area of my life under any kind of timeline. There was a question of, what kinds of plans are

you making now when we don't know what the future looks like? Which areas of your life are you letting go of and which areas are you thinking of reinventing?

Gosh, I would say I'm actively in this one. I'm not making plans right now, which is an interesting thing to be in, I think for probably a lot of us. I'm not making plans right now. I am thinking about what I would like in the future. And I think one of the things I do is I pay attention to what feels the hardest to be letting go of this year. So travel was hard to let go of. And I think after my first year of full time travel which was 2019, I was really like, "I don't know what that looks like again, I don't know what 2020 looks like. I don't know what travel looks like or what role it will play in my future."

But noticing that that is the thing I think about the most, I dream about the most, I have vision for myself, I'm like, "Okay, so I can't do it the way I want to right now," but it's feeling very clear that the way that I traveled last year, especially how I spent four months, or about four months in Wales, that feels very much like what I want to do in my future. So I'm just holding onto that as, that is the way I want to live. So then that means for me right now, it doesn't really make sense to go get a place, say like go rent an apartment or whatever, here in Victoria because I don't want to stay in Victoria. So that's just a thing then that we sit with, and have family discussions about all of that is that, how long are we all okay living together. Just that.

An interesting piece that has come up for me since then is that I actually went away for two weeks at the end of July, early August. And by the time that was done, that trip was done, I think I started to see how I could be probably going away, let's say even by January. I mean, who knows what this fall's kind of flu season is going to look like, and how it's going to change some things. But right now, Canadians are allowed to go to certain countries and I could see myself, very safely, me being my safe self, taking all my precautions and doing my best with others. I could see that being a thing that I look into for 2021. And so what I noticed by the end of that trip was that I was actually really excited to come home to my dad and my sister and probably especially the dog, because I can see now how temporary our situation is and that it will not be this way forever.

And also what a weird and interesting gift for the three of us to have the opportunity to live together as adults, learn about each other as adults, and, how might that help our relationships with each other as we get older? I think so often, we walk away from our siblings and our parents, especially for me, I'm eight and 10 years older than my brother and sister. You can really leave your family and have parents feel very much like, that's my child, and having that kind of intense sort of child and parent relationship. And I think there's a lot that's gone into this, I'm sure my parents divorce and all kinds of things, but this year, very specifically, I'm like, I think the three of us are really getting to know each other, not as children and parent, but as three adults. And I don't know. Again, it's like that, I'll never know what this year does for us, if it helps us. I will not know until we're all way older, but I have this sense that this year is helping us in an interesting way.

Which is to say my current thought is I'll probably be around until the end of 2020, and then I might be elsewhere for 2021. Don't know. Are there any areas of my life I'm letting go of? Nothing immediately comes to mind, or at least not in relation to the pandemic. I would say that I have let go of a few relationships this year, not romantic, like friendships, but very intentionally and in a way that was, "This is the healthiest decision for me and probably for them too." And which areas am I thinking of reinventing? I just do think that it's solidified for me that travel is how I want to live, but very slowly. My visions right now are things like spending six months in the UK. I also have thoughts of maybe applying for an ancestry visa there because I have grandparents who are from there. Looking at different visa options in parts of Europe and just doing this a lot differently. I don't know that I've ever shared this before, but- Sorry.

Wow. Oddly enough, I just got a timer on my phone. You know what? That's probably a good thing. I have a call with Amanda who designed my book cover, and I did not realize how long I've been talking for. So that's probably an interesting way to wrap up. Areas of life reinventing, stay tuned. There was actually one last question which is, what are you excited about right now, aside from your book coming out? Thank you for that. And very quickly, I will say that this was a tough one for me a few months ago. I did this journaling exercise that my friend Nicole Antoinette did. She creates these great quarterly workbooks filled with questions to reflect on. And one of them was, "What is making you excited right now?" and I couldn't think of anything. But eventually as I have going through the workbook, I decided that saving for travel would feel exciting in its own way. So that when I'm able to, the money will be there, and I can book my flight and figure all that out.

Okay. Thank you for being here with me. Sounds like the rain has ended which is nice. I might go take, well, maybe not, I might dare and go take a picture of where I was just sitting. But thank you. Thank you for this. Thank you for your questions. I'm excited for the last one, but there will be more to come. So just a reminder, I'm still figuring out a couple of details, but I am going to do like a virtual book tour. I'm figuring out a couple of things still but I'm going to do three of them with three different friends and I will send out that information to you guys as I get it. It'll be early September. Okay friend. Going to log off before I do the very long Canadian goodbye and say we will chat more soon. I hope you have a beautiful day.