

## 288 - How to Make the Rest of 2022 Easier

Hi there! You're listening to The Lazy Genius Podcast! I'm Kendra Adachi, and I'm here to help you be a genius about the things that matter and lazy about the things that don't. Today is episode 288 - how to make the rest of 2022 easier. We're in the middle of November. American Thanksgiving is next week which means that Christmas is in five minutes, and it's easy to feel like we're losing our minds a little bit with all the things. Today, we're going to make the rest of 2022 easier with five fairly simple steps that will give you really practical help in making the next six or seven weeks feel good and enjoyable rather than rushed and stressful. In fact, I'd like for you to do one of two things. I want you to either listen to this episode in full, knowing that you will listen again with a little more time and some paper. We're going to walk through some exercises here. So either listen knowing you'll listen again, or hang tight. Look at your life the next couple of days and find a time - even put it on your calendar - where you can listen and have time to pause and do the steps I'm encouraging you to do in real time. So this episode is super practical and will give you the best kind of homework to make the rest of 2022 easier.

Now before we jump into the five steps, if you are absolutely drowning and feel like you just cannot get a handle on this holiday season, I will quickly remind you of The Holiday Docket. The Holiday Docket is a digital resource, just a downloadable PDF, and it is the Lazy Genius guide to celebrating well. It walks you through the season, helps you name what matters to you, and it gives you places to go in the right order so that you can have what you need, you can troubleshoot certain problems, you can plan your opening and closing ceremonies. Basically it's a path to taking a deep breath during this busy time so that you can enjoy the things you want to. So if you're drowning, go get that. You can listen to this and it will absolutely help you, but if you need a more robust process, The Holiday Docket is in the digital store, and we'll have a link in the show notes.

Okay, so here are our five steps to making the rest of 2022 easier: Name what's happening. Make what's happening smaller. Have what you need. Put everything in its place. And categorize. Let me break those down one by one.

First, name what's happening. Usually we start with name what matters, and while that is the undercurrent of everything we'll talk about today, there are a lot of things that are happening right now and for the rest of the year. There are a lot of things that are out of the ordinary, that are not part of routines, that just sneak up on you. So instead of starting with some general intangible word about what matters - like connection... which we love! And it matters! But also a lot is happening - let's instead start with what's happening.

Here's where the activity begins. I want you to get a piece of paper or an open spread in your Bullet Journal if you do that or open a Google doc or something. Just get something where you can do your homework. And I also want you to get your calendar, whether it's your planner or your digital calendar. You just need to see what's coming, and you need a place to take notes. Our first step is to name what's happening.

Now let me add a caveat here before we begin. I don't want you to do more work than you have to here, so listen to me, please. Not like you're not already, but really listen to this part.

So often we add things to our to-do lists even though they're already in a routine and will get done or we plan for things that are already planned. We complicate our planning process with things that already have what they need and already have a place. Those are our two goals here today: you want to have what you need and you want to put everything in its place. We're about to name what's happening as we go through your calendar, but I want you to recognize that not everything you see has to be written down. Some things are good to go, and you don't want to crowd your list or your brain with things that are already in place.

Here's an example. One thing on my calendar, actually it's multiple things but for the same event, are rehearsals and then the actual performance if you can call it a performance of a Christmas musical thing that I'm part of at my church. There are several rehearsals coming up and then the two performances. If I were to go through my calendar, those are things that are happening, and you'd think I should write them down. But is there anything I need for those rehearsals or that performance? Actually no. I just need to sing and wear the right clothes which I already have because the color palette for everyone is whites and creams and tans and dark green. I've got those things. I've got what I need to wear. And is everything in its place? Is everything required of me already on the calendar? It is, because the only thing required of me is to practice (which I've done and will continue to do during rehearsals) and just show up. So really in this exercise of naming what's happening, I don't need to name Lessons and Carols at my church because I already have what I need and it's already put in its place. Does that make sense?

Now, another example would be Thanksgiving which is next week. You, like me, might have in its place "host thanksgiving" as a calendar item at the right day and time. Great. But a lot has to happen before that arrives, right? Do I have everything I need? No, not at all. As of now, I have not chosen what we're even eating. I haven't ordered my turkey. I haven't decided on what the table might look like and what I'll need for that. And I also haven't put when I'm going to do those things in their place. So when I go through my calendar in this first exercise, I'm going to write "host Thanksgiving" under "what's happening" because there's a lot that I need and a lot I need to put in its place. You see the difference?

So as you look through your calendar, your job is to name what's happening but really only name and write down the things that require something of you, that still need something or still need a place.

Now the second part of this first step is to name what you wish was happening. Is there anything not scheduled that you wish you were doing? Maybe you want to host a holiday party for friends, like fun game night or something. Maybe you have yet to put going to look at Christmas lights or walking to the city's huge Christmas tree or baking cookies or whatever it is. That's actually where The Holiday Docket is super helpful because it helps you name matters to you and therefore what you need to make space for. So as you look at your calendar, it's

important what's listed, and it's important what's not. What's missing? What have you yet to put in its place? Write those things down on your What's Happening List. Maybe they're not happening yet, but you want them to.

I did this myself already, and for me, the things that are happening or that I want to happen that need to go through this process are gifts - I still have open loops on some birthday and obviously holiday gifts; hosting Thanksgiving like I already said; decorating for Christmas; holiday baking - something I very much love and have not yet put that in its place on my calendar; and maintaining regular life, like chores and meals and stuff. So make your list of what's happening and what you'd like to have happen.

In all of this, by the way, don't forget rest. Please schedule rest. That's a Lazy Genius principle for a reason.

### **We'll be right back...**

Now for step two: make what's happening smaller. If I just write down "host Thanksgiving" on my what's happening list and leave it? That's hilarious and also does me no good. Instead, I need to make what's happening smaller. What's happening to host Thanksgiving? Well, I need to brainstorm recipe ideas, choose the menu, shop for the food, and cook the food. There's also the table and the vibe, you know? So I need to choose what my table will look like and what music I will play. There are a lot of smaller pieces to hosting Thanksgiving, and I don't want to miss any. Basically hosting Thanksgiving has a lot that's happening within it, and I want to name those, to make what's happening smaller. Getting gifts for people has a lot happening in it too, right? Making a list of who I'm getting gifts for and then brainstorming ideas for those things then the shopping then the wrapping then the giving, right? That's just making what's happening smaller. So that's your next task. Keep making the list of what is happening but make it smaller.

Step three is to have what you need. It might help you to make another column and write down things that you need based on what's happening. This is a weird one but good all the same. I never host Thanksgiving ever. The last time I really hosted was maybe ten years ago, but really my mom hosts for my side of the family, and Kaz's mom hosts for his side of the family. Well this year, Kaz's brother and his family are coming into town like they often do, but there have been some challenges in our family this fall, and those challenges have really taken a lot out of my mother-in-law. So I offered to host Thanksgiving this year to give her a break, and she said yes. Amazing. I'm so excited to host Thanksgiving! But guess what I need that I don't have? A working oven. We have a double oven, and the top doesn't heat. Cool cool cool. Also the door is broken. It works, but it's still broken. Well, a few weeks ago, Kaz said, "Wait, you're cooking Thanksgiving for everyone." And I was like "yeah I know I'm so excited!" And he said, "is our oven gonna be able to handle that?" And my eyes got big and I was like "oh no. no it can't handle it." So one of the things we needed was a new oven. And he jumped into researching which is something he's good at and I hate. He kept asking what matters to me about a new oven, I'd tell him, he'd adjust his research, and then he literally presented me three ovens that fit

what mattered to me. And I chose one. And hopefully it will arrive before Thanksgiving. I'm a little nervous, guys! But that's something I needed for something that's happening, right?

So you've gone through your calendar and written down what's happening that still needs something or to be put in its place. You also added what you want to happen that doesn't have a place yet. Then you made what's happening smaller by breaking down the big things into smaller happenings. And now I want you to go through that list of smaller things. That list of smaller things will either indicate something you need or something that needs to be put in its place. So don't be crazytown with that list and think it's not relevant. It's very relevant. And step three is for you to go through it and notice what you need. Not every entry will need something. For me, the entry of "brainstorm Thanksgiving recipes" doesn't really need anything specific. It just needs time. It needs to be put in its place which is step four. We're not there. So you'll go through your "make what's happening smaller" list and write down things you need.

Step four is to put everything in its place. This is mostly a scheduling exercise. When you look at your list of what's happening, when are you going to do those things? Put them in a place. Put them in your calendar. For me, I'm marking off about three days spread out through the next few weeks to take care of gift stuff. Now I don't need to itemize those tasks all that much. I can just block off four hours for "take care of holiday gifts" and depending on where I am in the process of what's happening, I know I'll either be brainstorming and looking around stores or online or I'll actually be out and about shopping or I'll be wrapping stuff. Does that make sense? Put what's happening in its place.

Y'all, this is why this season of the year is supposed to be the most fun and the most magical and it is the most stressful. We have full lives already. There's already a lot happening. If you add these massive things that are also happening, that have many parts, that you don't always have the supplies for or have scheduled the time for, you will lose your mind and you will also not enjoy the things that matter. That's why this exercise is so important.

And finally, step five: categorize. As you look at your list of what's happening, what you need, and what needs to be put in its place, remember these three categories: make it easier, make it matter, or let it go. I love using three different highlighters for this. With a line or a dot or whatever, somehow visually see what you're going to make matter - like what's the highest priority and you want to give your time to, what you're going to make easier - like meal planning for the month or not really cleaning your house in the ways you normally do or getting store bought cookies instead of making them or whatever, and what you're going to let go. You're going to let it go by completely ignoring it for now or by letting it go into the hands of another person. It's no longer your responsibility.

So let's recap. You've got a lot happening, so name it. That's your first step. Go through your calendar and write down everything that's happening that still needs something or still needs to be put in its place or is too big and has parts to it that still need something or still need to be put in its place. Step two is to make what's happening smaller. Break it down. Step three is to have what you need. Go through your list and write down anything you don't have that you need to

make these things happen. Step four is put everything in its place. Literally schedule where these things will happen. They can be broad strokes, but you have to put them somewhere. And fifth categorize those things by making them easier, making them matter, or letting them go completely or into the hands of someone else.

Now if you think about it, the rest of the year feels easier now. Everything has been thought through, you either have what you need or you have planned when and how to get it, you've put everything that's happening in its place on the calendar, and you've given yourself permission to be a Lazy Genius, to care about certain things more than others and even let some things go.

Our lives feel overwhelming because all the details feel like they're swirling around and not rooted anywhere. This roots your stuff. This gives it a place. And you can trust that even though you have a lot happening, everything has a place. You don't have to worry about it. You don't have to catastrophize it and feel like one big ball of scheduling stress is rolling down the hill at you. Everything in its place, and as you go through your days and your weeks, you can plan those days and weeks knowing that you only have to do what is right in front of you. It's all there waiting for its turn. And that is how to make the rest of 2022 easier.

Before we go, let's celebrate the Lazy Genius of the Week. This week it's Amanda Baird who shared this in the Lazy Genius Facebook group last year, and I am obsessed. Amanda writes: "Want to give a photo gift but make it a little different than other years? Try the "No good photos allowed" family calendar. My siblings all sent me their best worst photos and I made spreads for each month. I have a hunch this will be memorable." Our community manager, Letoya, sent me this idea from Amanda, and Letoya that Amanda posted photos of the family calendar and it was epic and hilarious. So I'm pretty obsessed with this idea. This feels like a great gift project for a family, for a group of friends, for whoever. So as you make the rest of your 2022 easier and if there's a place where this project would fit, what a great idea. So thank you Amanda, and congratulations on being the Lazy Genius of the Week.

Okay, y'all, that's it for today! Thank you as always for listening, and thank you for sharing the show with your people! Our downloads steadily go up every single month, and it's because y'all are sharing the show! It really means a ton that you do that, so if you enjoyed this episode and think someone in your life would find it useful and encouraging, I'd love you to send a link to a friend or share the show on Instagram or Facebook or just grab a friend's phone and download the show for them and say "listen to this." I really love that vibe personally, so thank you to those who boss your friends into listening. I appreciate all of you! Until next time, be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and I'll see you next week.