

#229 - How to Magic Question the Rest of 2021

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 229 - how to Magic Question the Rest of 2021. Do we need to have a moment of silence for 2021? All the energy obviously is that, man we thought 2020 was hard! And it was. 2021 has also been weirdly hard. We won't go into that today, but in a crazy turn of events, this week, the calendar turns to October. Which is utterly bonkers. And then it feels like the gauntlet begins. Obviously, there are going to be changes to the rest of this year like there were last year because of the pandemic, but we still have Halloween, Thanksgiving, Hanukkah, Christmas, any number of winter holidays. Then there are fall sports, fall traditions, seeing family, thinking about holiday gifts, figuring out who's going to host Thanksgiving this year. There are only 95 days between today and December 31st, and those might be the fastest flying 95 days of the year in any year. Rather than find yourself in the middle of day 52 wondering how in the world you're going to make it, today I want to help you think through this fall and holiday season like a Lazy Genius.

We're basically applying The Magic Question, which is one of the 13 Lazy Genius principles in my book *The Lazy Genius Way*. The Magic Question is "what can I do now to make something easier later?" What you can do now to make the next 95 days easier is to listen to this episode. And maybe even more than that, it's to use something I made a few years ago that is our top selling item called *The Holiday Docket*. *The Holiday Docket* is *The Lazy Genius Guide to Celebrating Well*. It's a downloadable PDF/ebook thing that you can print out, fill out, and feel like you're enjoying, not enduring your holiday season. I know so many people, one being Letoya who's our community manager here at Team LG, who go through *The Holiday Docket* every year around this time to make the holidays work for them. And it does. It really really does. This little collection of words packs a mighty punch. So today, I'm going to actually walk you through some of the steps laid out in *The Holiday Docket* to help you get an idea of how to enjoy your holiday season, give you a head start in planning it based on what matters to you, and then maybe you'll have a good idea of whether or not you think *The Holiday Docket* is a beneficial investment for you. Which, by the way, this week only, the week this episode releases, *The Holiday Docket* is on sale for \$10. Usually it's \$15 and available throughout the year, but we wanted to make it as easy as possible for you all to get this tool, and I guarantee - guarantee! - that it will save you way more than \$10 in wasted purchases but also infinitely more than that in wasted energy and stress. This thing really is how to Lazy Genius and Magic Question the rest of your 2021.

Okay, so there are seven steps to follow in *The Holiday Docket*, and today I'm going to go through five of them in detail. The seven steps are 1. Name what matters. 2. Organize what matters. 3. Troubleshoot. 4. Set holiday house rules. 5. Schedule stuff. 6. Plan your projects. And 7. Open and close well. Again, we'll talk in detail about the first five today.

Okay, so step one in magic questioning the rest of 2021: name what matters. Big surprise. The nice thing about *The Holiday Docket* is that there is a giant list of so many things that could

matter in the next 95 days so that you can circle or underline what matters most to you and your people. But of course you can make your own list. What matters most about the next 95 days? What traditions are super important? What events are you looking forward to? What space do you want to create? There are obviously a lot of things that would fit here, which is why I give you a long list of possibilities.

One thing that's slightly different with this process of naming what matters and other times we talk about that is that you should pick more than one thing. We're making a plan, which remember is an intention and not a pass/fail, for the rest of the year, and you will absolutely be able to fit multiple things that matter into the next 95 days. But if you do get the holiday docket, you'll see how long the list is and how you likely try and fit most of those things into 95 days and you'll be like "wait, no wonder I'm tired! That's so many things!" So you get to pick more than one thing. Of course. Just not all the things. Because that's why you're tired.

So first you name what matters about you'll do the rest of 2021. I've mentioned this before, but one of our top things every year is the first weekend of December. Our city has a downtown thing on Friday night with a giant Christmas tree lighting and carolers and booths and food and it's so fun. Then on Saturday there's a parade that we absolutely love going to. Then often on that Saturday night, another park lights luminaries throughout the whole park and it's the most beautiful thing. We absolutely love that weekend as a family. It's my favorite weekend of the year, and we always block it out. Under no circumstances will anything interfere with that weekend. It matters too much, so we protect it. That's why we name what matters. What matters enough for the rest of 2021 that you want to protect it? You'll want to name that now and create intentional space for it rather than hoping it'll fit in when the time comes. But we'll get to that.

Okay, so step one is to name what matters. Step two is to organize it. That's basically putting what matters in its place. For this exercise (and there are pages for this in the holiday docket), you put those things that matter into the column of the month they'll happen. Organize what matters by the month they'll happen. You're putting them in their place loosely so you can see how packed one month is compared to another. Is everything that matters in December? That's good to know. Is everything kind of spread out? That's good to know, too. You organize what matters and put it in its place, i.e. the month it's going to happen.

Step three is to troubleshoot. This is the step that has the most power but gets the most ignored. There are a lot of beautiful, fun things that matter, especially during this time of the year, but there are also things that get in their way. Expectations, overscheduling, attitudes, lack of money, and the list goes on. So what you do next after you've named what matters and loosely organized it by month is to look at those things and ask yourself, what do I need for this to work? What often gets in the way of this? What keeps this from being fun? If you can know that, you can better ensure that this thing that matters enough to lay claim to your schedule first before anything else will actually happen.

For example, do you love driving around to see Christmas lights with your family? Maybe one of the things you love about that is everybody wearing a new set of pajamas. That's a tradition a lot

of people have - fresh pjs around Christmas time. Well, the thing that has kept that experience from being fun in the past is that you forgot to get the new pajamas so you kept putting off the Christmas light drive to get the pjs but then they're sold out of the pairs that you really wanted and you feel like you're settling and then you're like fine we won't get new pajamas it's no big deal but maybe it is a big deal because that tradition matters and you're kind of slightly bummed the entire Christmas light drive because it didn't happen the way you really wanted it to. How can you troubleshoot that? Put a deadline on your calendar a week or two before you'd ideally like to take that drive to have the pajamas purchased. Spread it out. Make sure that you have what you need. Troubleshooting the very important stuff makes sure they're more likely to happen and that they'll happen the way or close to the way you hope.

So that's step three: troubleshoot. And again there are pages and guidelines for this in the holiday docket. Okay, step four: set holiday house rules. This one to me is so important and simple and helpful. For the rest of 2021, you'll likely have a lot trying to fill your brain and your calendar. You also have likely been paying attention more and more to what you and your people need, especially after the last year and a half. I think a lot of us are way more aware of our energy limits than ever. So step four is to notice what you need to put in place to help set healthy, helpful boundaries around what matters in the form of house rules. Setting house rules is another Lazy Genius principle from The Lazy Genius Way. So is putting everything in its place come to think of it. This episode and the holiday docket are loaded with lazy genius principles.

So step four is to set holiday house rules. What can help you feel consistently grounded in your choices for the rest of 2021? Is it something about how often you're willing to go out? Maybe there's a house rule on how you handle social gatherings regarding Covid. Maybe you have a house rule where you only buy gifts this way or have people over this way. Maybe it's that everybody gets one social veto for the rest of the year. Like if somebody really doesn't want to go to a thing, everybody in the family gets one chance to not go to the thing. I'm not going to give you house rules because there aren't universal house rules. But now that you've named what matters, you've seen how it's organized across months, and you've seen where you need to troubleshoot, you can have a better idea of what you might need to keep what matters most at the forefront. You can have one house rule or five. There's a sheet in the holiday docket where you can write out your final holiday house rules, and there's space for five rules. I think more than that is too much to keep track of, but also I'm not you. You do whatever you need.

Okay, now the final step we'll talk about today is step five which is schedule stuff. Now here's why we're doing this last (at least last today) and not earlier. If you put stuff on the schedule before you've had a chance to troubleshoot or set house rules, you might schedule things too close together, not realizing you have a house rule where you only do one thing a weekend in December or you want to take one weekend off every month and just hang at home or whatever the case may be. Set your limits well first, and then you can schedule stuff.

The Holiday Docket comes with calendar sheets for October through December, so even if you use Google calendar or a planner, it's nice to have separate calendar sheets to sketch things out before you add it somewhere more final, at least it is for me. But step five is to schedule

stuff. Here's the order because Lazy Geniuses go in the right order. That's another principle from the book. Okay, so when you're scheduling stuff, namely the things you named and organized in steps one and two, I want you to remember that this is simply a plan. This isn't law. You can move stuff around as you get closer to December. But having stuff in place makes it easier when you have to adjust rather than starting from nothing and filling in your calendar as you crazily live your life and then you're enduring, not enjoying. Make sense?

So go in the right order with scheduling stuff. The first thing you schedule is what you already know. I mentioned the Christmas weekend in December for us. That's known. I actually just emailed my friends who are in charge of our church's annual Lessons and Carols event which is one of my favorite things all year to see when the date is so that I could for sure have that on the calendar because it matters. So first schedule what you know. What has a date already? Put it down.

Next thing you schedule is what you want. What matters that doesn't yet have a date? Pencil it in. Pick the ideal date based on what's available after you scheduled what already does have a date, and also pick ideal dates based on any holiday house rules you set. Schedule what you want to have happen.

Then third, schedule rest. Don't forget about rest. Maybe rest is built into your house rules, but my guess is that the rest of the year has this weird paradox of relaxation and family and tradition and then also doing doing doing. There's so much to do, even tons of fun things! So please be sure you schedule rest. Build it in for your family, for you personally, for your work, for whatever. But schedule some rest now so that you're not desperate for it later. And if I may, depending on how you set up your calendar, actually schedule rest. Don't just leave a day blank. Blanks are filled. You've heard people say this before in lots of scenarios. Leaving white space unless you schedule it as white space will get filled with something. So schedule the rest by naming a time and place for it to happen. Write on your calendar "stay home." You get the idea.

So to recap: name what matters, organize it, troubleshoot, set holiday house rules, and then schedule stuff. Like I said, there's also space in the holiday docket to organize projects that likely have dates attached to them like buying Christmas gifts and getting your kid set up for halloween before there are no more Captain America costumes in the 11th hour. There's also a place in the docket to think through and write down your opening and closing ceremonies for whatever you'd like to open and close for the rest of 2021.

And that's how you magic question the rest of 2021. I implore you and I do this every year around this time, even though it's only September, it is the end of September, and October through December in any year is like a laundry chute. No friction. It feels like it starts and then is over, and I will bet just about anything that the reason it feels like that is because you're dealing with the season as it comes rather than applying the magic question and doing something now to make life way easier later. This episode is your something now. The holiday docket is even more specifically something you can do now, so if you'd like to get it, it's on sale for only \$10 this

week only until Sunday October 3rd, and you can find it by going to thelazygeniuscollective.com/store or you can click the link in the show notes.

A heads up, we have The Holiday Docket and all of our store items on our website, but you don't purchase them from our website. Whenever you click on a product, it'll likely take you to a different online platform where you can purchase whatever it is you're looking for. So don't be freaked out when that happens; it's supposed to.

Okay, that's the episode! I hope that helps you, and if you get The Holiday Docket, I hope that helps you too. I feel confident it will just because it has helped so many people over the last couple of years.

Okay, it's time to celebrate the Lazy Genius of the Week! This week it's Adela. She shared this idea in an email she sent to hello@thelazygeniuscollective.com. Here's what she says:

"So washing linens....ugh. Until I stumbled across this tip I would never remember to wash my towels or sheets or bath mats or whatever. Then I got two of everything and always have one set in the hamper. So when I do laundry as soon as I put the clean towels on the rack or the fresh sheets on the bed, I take the dirty ones and put them in the hamper. And, I have everyone in my family do this. Otherwise my hamper would be overwhelmed by linens. This works well for teenage kids who do their own laundry. But you could also adjust the process if you have smaller kids and do their laundry for them. You could also modify and not clean the linens every time you do laundry but just having them in the hamper helps to remind me to change them out periodically.

Anyway hope this is helpful. Great work on the show!

Adela

First of all, I think this is fantastic. Storing the second set in the hamper instead of in the closet makes it so that you always remember. And then you always have one clean and one dirty, but the clean one is on the bed and the dirty one is waiting to be washed. This really is such a smart tip if regularly laundering sheets matters to you. Thanks for the idea, Adela!

Okay, that's it for today! Remember that the holiday docket is on sale for \$10 instead of \$15 this week only, so if you want to snag it, now is an excellent time. Once the price changes back to \$15 it'll stay there to be fair to everybody. And I always appreciate your listening! Thanks too to our podcast network, Acast, and to Team LG that makes everything happen - Letoya, our community manager, Leah our creative director, and Leslie our operations manager. And all of you! Thank you for listening and making this community awesome. 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!