

#220 - Kendra Answers Your Burning Questions

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 220, Kendra (that's me) Answers Your Burning Questions! So in recent weeks every Monday night on Instagram, I've done what is called an AMA or ask me anything. Not sure we'll keep doing them every week in that format, but that's neither here nor there. The point is I get all kinds of questions every week and plenty of questions outside of that AMA. My email inbox and DMs are full on a pretty consistent basis, so I thought I'd answer a few of them here!

Also I never mind y'all asking questions. Ever! Ask always. I can't always guarantee an answer, but I never want you to feel like you can't ask. So today, we'll talk about everything from what glasses I wear to how to Lazy Genius a marriage. Those are actually two of the most commonly asked questions, and I made a reel on Instagram a few weeks ago with the most commonly asked questions and their answers if you want to watch it for a little fun.

Now, let's jump into a few of your most burning questions.

First burning question: where are your glasses from? Now if you have only listened to me on the podcast, this question does not make sense because you have never seen me. But I wear glasses, some of them are fairly bold, and I have several pairs. So first, I get all my glasses from a local eyewear place in Greensboro, NC which is where I live called Oscar Oglethorpe. All of my glasses are from there, and if you are local, this place is the best. All of their frames plus lenses are one of two blanket prices depending on what kind of lens you need, but their frame selection is amazing, their staff is even more amazing, and the experience is just beyond. Every pair of glasses I own was a pair that a staff member picked out, not one that I did. They just have really great taste and are great at helping you figure out what matters about your glasses and getting you there in an easy fun way. I love Oscar Oglethorpe. But since very few of you can experience that place, one really helpful tip with choosing glasses is to see what shape you like. Most of my glasses are about the same shape, so once you nail that, you can be more bold in the frame color or thickness or whatever else.

Also don't be afraid to go bold. If you feel like yourself wearing something more neutral, that's great. But if you are scared to go bold because you can't pull it off but wish you could, you're wrong. Go bold.

Okay, next burning question. Is Olive and June nail polish really that great? Yes. Yes it is. The colors are perfect. Every single one is a win. I have my favorites for sure. My top six - and I say top six because a mani system comes with either six colors or one and you should always pick six - but my top six changes all the time. Right now, it's Rosy Tips, Hot Strawberry, Fierce and Loving, Cockatoo, Pink Sands, and probably CS. I'm very pink and purple in the summertime. Once we get further into August and September, I'll start talking about MG and HZ and some others again. Anyway, yes the colors are great. But the system is where it's at. A lot of folks love the polish but say it doesn't last as long for them, and a lot of that comes down to prep. You

shouldn't wash your hands for an hour before you do your mani, the direction you buff, the direction you file, and the thinness of the coats of polish... all of that contributes to a mani that lasts a long time. Plus it just takes some practice. But Olive and June has so many amazing videos on their IGTV that you can watch and learn from. I love them so much. Love love love.

Third burning question I get a lot. Can you Lazy Genius my marriage? This is a very different vibe than the glasses and nail polish but I get it so much. And not versions of it... that. How do I Lazy Genius my marriage? This is not a question I can answer. The simplest answer is therapy. Either couples therapy or for you and/or your partner to be in therapy individually, too. And listen. Therapy isn't only for people who are going through really difficult or traumatic things. I think if you're going through something difficult or traumatic, one of the best things you can do is go to therapy and talk to someone about it. Or if that's not an option, read the book *Try Softer* by Aundi Kolber. I'll put a link in the show notes, and she's going to be on the podcast in a few weeks. It's a beautiful, incredibly helpful book that's not a substitute for therapy but is pretty darn close. Therapy is, in my opinion, essential for being a person through something really difficult. But you can go to therapy to just help figure out how to be a person. I highly recommend it in fact. More specifically, your marriage doesn't have to be in dire straits to see a counselor.

I am not a certified or qualified or educated therapist. Not at all. I've been in a lot of sessions and have read a lot of books, but I am not a therapist. This must be made extremely clear. In my very limited personal anecdotal experience, one of the main reasons we struggle in marriages and relationships of all kinds really is because of unmet expectations. We have expectations of how someone we love will behave or respond or help or speak or move toward us or load the dishwasher, and we often don't even know we're having those expectations until they are not met. I will say that again. We often don't know we have expectations until they're not met. Then we're mad or huffy or we isolate or we're passive aggressive or deeply hurt and retreat. There are a lot of reactions, even micro reactions, that we carry in our marriages and close relationships. And our partners have those too.

Now where do our expectations come from? They come from how we see the world which is informed by our personal stories, how we were raised, personality, fears, insecurities, beliefs in how important or unimportant emotions are, what we value and prioritize... so many things. This is why I love paying attention to how I tick. I value self-awareness and learning about how I see the world because that helps me know what my expectations are. More specifically, this is why I personally love the enneagram because it gives me a lens for how and why I see the world and myself in it the way I do. I've done two episodes on the enneagram that I'll put in the show notes if you're interested. They're the episodes I wish I'd had when I first started learning about it.

But all that to say, the reason we have a hard time in our marriages is because we have unmet expectations, big and small, we don't know why certain things matter so deeply to us, and we don't know how to talk to our spouses about those things without getting hurt or defensive or them getting hurt or defensive. Knowing who you are, naming what matters to you, honoring what matters to the other person, seeing unhealthy communication patterns that draw you apart rather than closer together... all of that impacts how you communicate with your spouse or

partner, and how you communicate with someone is a foundational tonesetter for any relationship. And it's hard to know how to do that well without help. It's hard to know how to accurately and kindly name why you suddenly shut down when your husband casually makes a comment about a messy room that's not meant to be personal or even negative but you take it that way. Why is that? Is it because you already are so hard on yourself that you're not quote doing enough? Are you resentful of your kids for not being more tidy on your own but are really internalizing that as your being a bad parent? Do you not feel supported in all you're trying to do and that comment about a messy room just reinforces that frustration and now it's turned to anger?

Understanding those personal patterns, knowing why you see things the way you do, and learning helpful tools on how to be a person with your specific story and personality and lifestyle and values all will help your marriage. And it is done really well in therapy.

Also I think that our marriages are often better when we're more fully ourselves as individuals. A lot of things that feel like marital problems are really just personal problems bumping into each other. The more we pay attention to those personal challenges and narratives and patterns that we can apply helpful tools to, the more patient we are with our spouses, the more understanding and curious and kind we are because we're experiencing that same understanding and curiosity and kindness towards ourselves.

There is no simple answer to how do I Lazy Genius my marriage, but the shortest answer is therapy. Sorry to not have a formula answer.

A fourth burning question that's a little related is how to get someone who isn't as on board with Lazy Genius principles to be on board. Or another version is how to deal with a situation when what matters to you is different than what matters to someone you live with. I think we'll actually save that one for a separate episode. That feels like a longer discussion that I have some specifics for. So hang tight for that one. But for now, what do you do when you have a House Rule or something you want to Decide Once but the people you live with don't seem to care. Let's borrow a little from that last answer.

Unmet expectations. That's what you're dealing with, right? You have a House Rule you want to implement in your home because it supports something that matters to you, but no one is listening or following it. Let's pick something pretty simple like take your shoes off when you come inside. You made that house rule because you hate vacuuming and would rather spend your time every day doing something else, even something else with the people who are wearing the shoes, so shoes off in the house is something that matters to you.

What are your expectations? Is it that shoes are off every single time the minute they walk inside? Are the shoes lined up? Are they taken off with reminders or complaining? I think we expect that something we choose that matters to us will be done with the kind of exacting intention that we apply to that thing. But also if you forget to take off your shoes, you probably just go back to the shoe place and take them off. No big deal. So when something isn't being

implemented the way you want it to be, why is that? What is your actual expectation, and does it need to be that way?

I've shared this story before, but it was awhile ago. When my oldest son, Sam, was a baby, he never slept. I mean, he did, but it felt like never.

Side note: that's a thing. We generalize. Even with the shoes off at the door. If your expectations are that your family takes their shoes off 100% of the time without a reminder, and they take them off 50% of the time and almost always need a reminder, you will say to yourself or to them that they never take their shoes off. We generalize. I said this a few weeks ago on Instagram I think - I don't remember where - but that we have one bad moment and we automatically feel like we've had a bad day. We let things swallow up the good so easily.

Okay back to the story from awhile ago. Sam rarely slept. And we went over 18 months where he wouldn't sleep longer than an hour. It was awful. Awful. And I'm not joking when I say that it was every night. I think that for his first year and a half, he slept a handful of hours at a time for maybe 20 days total. But he didn't sleep through the night one time. Not once. Until he was almost two. It was brutal. But here's the story. Every single night, I would hope that tonight would be the night that he would sleep through the night, and every night, I was disappointed. Even resentful. I expected him to sleep. Obviously I wanted him to, but I also expected him to. And every time that expectation wasn't met morning after morning, night after night, I got more and more frustrated. Then one day, one of my sisters said, "what if you just expected him to wake up?" So I did. And it didn't make me more rested and change my life. But it did ease the tension. It helped me be less mad at my kid for not sleeping. It helped me not feel as frustrated so constantly. I changed my expectations, and it helped.

In the context of the shoes by the door or any other thing you're wanting your family to get on board with or even yourself, what's your expectation? Specifically? I think naming that helps you be kinder to them and to yourself. It also can help you communicate the reasons behind your house rule or whatever else even better.

And the final burning question: how do you name what matters? How do you figure it out? That's also something that needs its own episode, and luckily there's already a great one to try. It's episode 191 - Naming What Matters in 2021. I got through the process of how I named what mattered to me for this year. I would also offer up episode 186 - a pep talk for not knowing. Those are good places to start in figuring out what matters to you or how to be kind to yourself while you're trying to name it.

Also start way smaller than you think. That's a Lazy Genius principle - start small. Make your challenge smaller. Name what matters about today. About the thing in front of you. It'll change tomorrow, and that's normal. Be more fluid and kind to yourself day to day.

Okay, that's it for today. There are so many other questions I could answer, but we'll keep these episodes short as usual. I mentioned the weekly AMA I've been doing for awhile, and we're in

the process of figuring out the best way to do that moving forward. I really love doing them, but they also take a lot of time, and they don't live anywhere longterm to help you. So we're working on that, but keep asking your questions whenever you have one. Again, I can't promise an answer to everyone's, but I sure do try.

Before we go, let's celebrate the Lazy Genius of the week! It's Christine Sandor! Christine shared her grocery list on Instagram. It's a list of staples by stores so she can decide once on what she needs and batch the list making because her brain doesn't have to work as hard. What I loved about this though was that she offered to email it to anyone and shared that it was a Word doc and could be adjusted for anyone. Just a template. An easy thing to have in your life and she offered it up to the people in her life. She also made a note on the story that she thought I might like it. Christine, you were right. I did! I'm not a static grocery list person, but I love people who are and who use it in a simple way but also share that with others who might want it to. The more we can help each other, the better. Love it. Thanks for being a Lazy Genius, Christine!

Okay, that's it for today! Thanks for listening, and 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.