

## #205 - How to Lazy Genius a Wedding

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 205 - how to Lazy Genius a wedding. You do not have to be planning a wedding to find this episode relevant. That is an important place to begin. This episode is one of our Lazy Genius Brain episodes where we practice applying Lazy Genius principles to a specific area, even if the area isn't personally applicable. We're getting in the reps of how to think like a Lazy Genius, of how to make our brains more teed up to know what principles best fit in a certain situation. And if you are planning a wedding, well you are in luck. It's a win for everybody. So in this episode, we're going to walk through all 13 Lazy Genius principles and apply them specifically to planning a wedding, but the bigger goal is to practice. Let's jump in!

Where do we begin with anything Lazy Genius? We begin with naming what matters. Always always. Your plans, your systems, your choices will be less effective if you don't know what matters to you. Now, for sure, some of us have a hard time naming what matters, but the more you practice in specific situations, even imaginary ones like planning a wedding you're not going to have, you start to notice what matters to you overall. So start with naming what matters most.

For planning a wedding, what matters most is probably pretty layered, and there are lots of things to choose from, right? What happens when you don't know where to begin? What happens when so much could matter that it's paralyzing? We've started doing this more recently on the podcast, but when you're trying to figure out what matters, try this very simple three-step process: name what could matter, what does matter, and what matters most. It's literally process of elimination but so so helpful. So if you're planning a wedding or doing anything really where the options of what could matter are extensive, which is absolutely true of a wedding, write down on a piece of paper all the things that could matter. Flowers, food, music, photography, the experience of your friends and family, as little stress as possible, keeping certain family members apart, staying in budget, flying people in, having a certain feel, having the wedding in your grandmother's backyard no exceptions. So many things could matter, but if you let all of those things matter equally without having any kind of distinction, you will lose it. This is one of the main reasons wedding planning is so stressful. We make everything matter when it really can't. So name what could matter and then cross some things out. When you look at it all listed out, it's often easier to see what's less than important. It doesn't mean you ignore it altogether unless it feels clear you want to, but really it's prioritizing. We have to name what matters most in order to know how to make decisions that fall in line with what we ultimately want and need. So make your big list of what could matter, start to narrow down to what does, and then do the hard work of naming what matters most. What one thing is going to direct the ship during this wedding. It will make all the difference.

Now before we start applying principles, one last thought on naming what matters. Always ask the question. Always ask what matters most. Every time you're faced with a decision about your wedding that you're unsure about, ask what matters most. If your big picture priority is to stay in budget, that can't be your only answer to what matters most because you still need to know how

to spend the money you have, right? You still need to prioritize within that broader budget priority. Or let's say what matters most is that everybody has fun at your wedding. You're going to obviously pay attention to budget and logistics and stuff, but the main point is fun. Now let's say you're at the bakery choosing a wedding cake. When you keep that fun priority in mind, you'll have a clearer vision for what cake to choose. Is a nostalgic flavor combo fun? Should the decorations be whimsical and fun? You likely won't choose a classic lemon cake with sugared roses because neither lemon nor classics are generally seen as fun. Does that mean a classic lemon cake with sugared roses is bad? No. In fact, it might be the perfect cake if you want the style priority to be classic. But if fun is your priority, it helps direct the ship even in detailed choices like what cake you eat. Or if you eat cake at all. You might do wedding pies or ice cream sundaes or something completely different but incredibly fun. When you name what matters, you are in such a better place to make detailed decisions.

Okay, now let's practice applying some principles to your wedding. Again, even if you're not planning a wedding, practicing the principles is never a waste, even if the topic isn't in your life right now.

First principle: Decide Once. I could pause for ten seconds, and every single person listening would come up with a different way to apply this. That's why principles are fantastic. Obviously for all of these principles I'm going to share just a couple of ideas, but the point is seeing the principle through your own eyes, not mine.

So decide once which is just making one decision one time and letting it carry you so you can stop making decisions. A couple that come to mind are a wedding color palette. It can be a super simple way to narrow down your choices by knowing that if something isn't in this palette, you don't consider it. You could also just make a list of things you choose now if you're going to do or not do. Like engagement photos or thank you cards or having a live band at the reception or having an open bar or doing a gift registry at a bunch of different places as opposed to one centralized registry. A way to decide once is literally to just go ahead and decide a yes we're doing this list and a no we're not doing that list. Knock out whatever decisions you can.

Next principle is start small. This feels very important for a big thing like a wedding. Go ahead and prioritize the categories like we just talked about in naming what matters. That's an incredibly helpful place to start even if it's not in a traditional wedding planning book. Ask your folks what their budget is if they're paying for it. Pick the month you want to get married. Not a specific date yet but maybe at least narrow down the month. Start small the entire time really. It's the best way to not get overwhelmed.

Third principle: Ask the Magic Question which is what can I do now to make life easier later? And obviously you can substitute any word for "life" that's relevant for your situation. What can I do to make the wedding day itself easier later? I can hire a coordinator for the day. What can I do to make stuffing wedding invitation envelopes easier later? Plan a movie night where you hang with some pals and do it together. What can I do to make choosing a dress easier later?

Narrow down your budget or get on Pinterest and see what you like and don't like. What can I do now to make the schedule easier later? Quick personal story to answer this one.

So I got married when I was 20 years old. This year will be our 19th wedding anniversary, we are very happy, but I do not recommend getting married that early. Anyway, even at a perfectionistic twenty years old, I knew that I wanted the day to be really smooth. I knew that if others weren't stressed, I wouldn't be stressed, and I'd have a better time. So I made a wedding weekend schedule. I loosely assigned times to things, I reverse engineered things like who was taking the flower arrangements from the ceremony location to the reception and when that should happen, I thought through every detail I could, I put it on a timeline, and then I highlighted the parts of the schedule that were relevant to each person and gave them the schedule. It helped everyone know what was happening, what was expected of them and when, where everyone would be, and the day went off without a hitch. Like truly. It was one of my greatest achievements, but I only did that because it mattered to me. A stress-free day was top priority, so I magic questioned the smoothness of the day with a highlighted personal schedule for everyone.

Quick sidebar: this is why principles work better than a bulleted list of ideas. If I told you to have a highlighted schedule for everyone but the result of that doesn't matter to you, all you see is another task to accomplish. Which is not helpful, especially with a wedding where tasks are plentiful. You don't need me to tell you how to plan your wedding. We are here to help you think about how *you* can plan your wedding. Because you're the only one who can. These are just tools to help you do it in a way that centers whatever matters most to you.

## **AD BREAK**

Okay we gotta pick up the pace. Principle four: live in the season. The season of being engaged and planning a wedding is busy. It just is. Accepting that helps a lot. To help in that season, some things will have to be let go. Maybe it's a season of more takeout because you're busy. Maybe it's a season of making more food at home slowly because it helps you settle from the overwhelm of the planning. You name it. Whatever you need to help you live in the season, do it, but pay attention to the fact that it's a season and it won't always be like this.

Principle five: Build the Right Routine. Remember, a Lazy genius routine isn't about the five steps you do in a certain order but about where you want those steps to take you. A routine is an onramp or offramp to something specific. So for example, you could create a routine for when you're entering planning mode. You could play a happy song like going to the chapel, you could get a specific latte or tea that's your special planning drink and you'll always remember that as your special planning drink, you can have a mantra where you remember why you love the person you're marrying or that your family has good intentions in sharing all of their ideas with you and you breathe out the resentment that's been trying to settle in. A routine is literally just knowing what energy you want around something and then making a choice that leads you to it.

Principle six: House Rules. What are some rules you could put in place that will keep things from falling like a house of cards? Some examples: don't ask the couple any logistical questions on the wedding day. Have a designated question answerer instead. Ask your friends and family to ask you "would you like to hear an idea about this thing?" rather than just giving you ideas you might not want. Maybe you have a house rule where the same person is always in charge of one particular thing, like bringing the wedding planning notebook or the snacks or whatever.

Principle seven: put everything in its place. Maybe you have a designated room or area in your home where all wedding things go forever and always. That way you're not always wondering where you put something. You could put everything in a notebook or in the head of the wedding planner you hire. That's a great way to put everything in its place. You can also put expectations in their place. Are they out of bounds? Unrealistic? Not being honored? Put those in their proper place of importance or unimportance.

Principle eight: let people in. Weddings are the letting people in olympics, y'all. Ask for help. Share your stress. Have friends to vent to. Have friends to celebrate with. And don't ever feel weird asking a friend to help unless that friend doesn't respect your boundaries or is toxic in which case you probably weren't thinking of asking for their help anyway. When I got married, there were a couple of friends who I loved and wanted them to be part of the day somehow, but they weren't close enough to be bridesmaids. Also Kaz and I wanted small bridal parties, so I only had four bridesmaids. So I asked these two friends if they would bring me and the other bridesmaids smoothies from our local favorite smoothie place The Juice Shop. They did, it was so fun to see them before the ceremony, they hung out for awhile, and me and the bridesmaids got something to eat so we wouldn't faint since the wedding was at 2pm. Sometimes we let things like that keep us from asking people to help because it feels like a task and also do they feel bad because they're not bridesmaids. But these two girls would never have expected to be bridesmaids. I know that for sure. But they were buddies and it was fun to have them be part of the day. They were the smoothie crew, and it was fun and simple and still very special. Let people in.

Principle nine: batch it. This is doing the same task all at once. So stuffing wedding invitations is an obvious one. Writing thank you notes all at once, putting together wedding favors if you're doing those, running errands, even making decisions. You could save whatever task you don't want to spread out and do it all at once.

Principle ten: essentialize. This is naming what matters and getting rid of what's in the way of it. So for planning a wedding, you might essentialize the people who are giving input in decision making, maybe it's extra photos on your pinterest board that you're not using but are keeping you from finding the ones you need, maybe it's your energy because you're suddenly trying to optimize every single aspect of your wedding and you need to let efficiency go in certain areas. What matters, and what's in its way? Get rid of it.

Principle eleven: go in the right order. The right order is name what matters, calm the crazy, and trust yourself with what comes next. This is actually a really good check-in principle when things feel crazy. You can use this for everything.

Principle twelve: schedule rest. Plan it in. Take days off of planning. Try and have an off-ramp even from your honeymoon where you're resting at home if you do go on a honeymoon. Maybe give yourself a cutoff time for wedding stuff every night. Once 9pm hits, shut it down, read a book, do something non-wedding, whatever it is. Schedule rest.

And principle thirteen: be kind to yourself. You don't have to get this perfect. You will be stressed, and that's okay. You're worth getting married to. There are so many janky things that go through our minds during big events, especially ones that feel more or less life defining, so this is a very important time to be kind to yourself. And the kinder we are to ourselves about our own shortcomings, the kinder we are to others about theirs... which comes in handy when stress levels are likely high for more people than just you.

And that's how to lazy genius a wedding. Or anything. Start with what matters, and then literally run through the entire list and see what sticks. If you haven't read *The Lazy Genius Way* which is the book that holds more detailed descriptions and ideas for all 13 of these principles, maybe that could be your start small. Maybe reading more about these if you're new to them could be such a great lens as you begin planning your wedding. I super wish I'd had all of these principles named when I got married forever ago. They help you know what to search on Pinterest, where to find DIY ideas and where to splurge. You don't need an Internet full of ideas; you need a lens to help you find the right ideas for you and what you need. Not whatever everyone else says you need.

I hope that was helpful for y'all who are planning a wedding, and also it's good for all of us to flex our Lazy Genius muscles and see how principles can impact so many things.

Okay, before we go, let's celebrate our Lazy Genius of the week! It's Andrea Buck who shared on Instagram that she's created a decide once gift list on Amazon. When she finds a great decide once gift for any age group or occasion, she puts it in on a specific wish list so that when it's time to buy a gift for a baby shower or a kid's birthday party, she just goes to that list, sees the decide once idea she found, and gets the gift. Beautiful. I love that idea. I shared a similar idea on IGTV last week about checking for deals on my TBR list, so be sure to follow me on Instagram @thelazygenius to see that and much more. That's also where I find my Lazy Geniuses of the week, so I'd love you to follow me there. It's my favorite place to hang out on the Internet. Congratulations, Andrea, and thank you so much for being so generous in your shares of the Lazy Genius way and encouraging others how to think about these principles in ways that are helpful to them. I appreciate you and all of you listening! This is such a fantastic group of people. 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!