

## #200 - The Lazy Genius Starter Kit: 20 Episodes That Will Immediately Change Your Life

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! This is our 200th episode, and while every single episode is important and lovely, we all know there's some extra value or sentimentality attached to big round numbers like 200. And since we could all use more practice and celebrating our lives, we're going to do that today by celebrating this podcast having 200 episodes! Thank you for coming to the party! Some of you have been here since the podcast launched back in May of 2016, some of you might be listening to your very first episode right now, and some of you might be like Liz, a listener from New Zealand, who has been binging the podcast for the last few months and just caught up. Or you might be like my real-life buddy Don who is a man with grown children, obviously nothing like my average listener, but has been listening to this podcast from the beginning slowly. He'll stop me at church and say, "I just listened to the one about making Change Your Life Chicken" and then he'll go home and he and his wife Amy make Change Your Life Chicken. Don, you probably won't hear this for a few months, but I think you're so great.

So no matter your Lazy Genius Podcast origin story, I'm so glad you listen. And as I thought about what to do for this episode and as I read through your ideas, many of which were fantastic by the way, I landed here on The Lazy Genius Starter Kit: 20 Episodes That Will Immediately Change Your Life.

Two hundred is a lot, and it's likely you haven't listened to every single one. Or maybe you have but it's been awhile and you need a brush-up. Whatever it is, I went through the entire archive and hand-picked the 20 episodes that will absolutely have the biggest broadest impact on your regular life. They're the foundation of living the Lazy Genius way, minus actually reading my book The Lazy Genius Way. In case you're new, just to distinguish between this list of episodes and that particular book - they are very much not the same.

The Lazy Genius Way book is thirteen Lazy Genius principles that you can apply to any area of your home, life, relationships, anything. They're like the Swiss army knife of how to be a person. While I might mention some of the principles in this episode, the starter kit I'm going to share is more about the application around certain topics. In fact, that's the whole point of this podcast really. I apply Lazy Genius principles to specifics so that you don't have to, and you can see how the principles work together in all kinds of scenarios so you can get more practice at applying them yourself.

So here is the Lazy Genius starter kit! All of these episodes will be listed in the show notes, so no need to write them down. I would very much like you to continue listening to this podcast for a very long time, but if you're a new listener and are just overwhelmed by the sheer number of episodes, these are the ones to choose. They are, like I said, broad and important for pretty much everyone. They are the foundation. If you have these, you're in excellent excellent shape.

Okay, let's jump in. And we're going to go in order from earliest episode to most recent. Number one is episode #17 - The Lazy Genius Cleans the House. We all live somewhere, and we all have expectations of how it should be clean. We even have different definitions of what clean is. This is the episode that puts everything in a Lazy Genius perspective. A bonus episode I'll throw in already is episode 60: The Lazy Genius Cleaning Routine. Once you listen to the lazy genius cleans the house and want to systemize that a little, the routine episode is waiting.

Starter kit episode number two is #19 - The Lazy Genius Gets Dressed. You do this every single day, and I think we need some Lazy Genius direction on what that looks like. There's style and closet organization and should you do a capsule wardrobe and what is clean or slow fashion and all of these questions we have rolling around, and this episode gives you a framework to decide how you can think differently every day about getting dressed. I think this is a lowkey life-changing episode, just because you think getting dressed is fine and doesn't need attention, but when you start thinking about the way *you* want to based on what matters to you, it impacts every single day.

Starter kit 3 is Lazy Genius episode #21 The Lazy Genius Does Laundry. It's the laundry episode! People still write me even now 180ish episodes later that this episode changed their lives. Again, laundry does not stop, and the sooner you can Lazy Genius it, the more pleasant the experience will be. It's a winner.

Starter kit episode number 4 is episode 32, The Lazy Genius Cleans the Kitchen. This is kind of my pride and joy and one of the sneakiest life changers. In this episode, I share the order you should go in to clean up after a meal. The number of people who have listened to this, thought I was mildly insane, and then humored me and tried it and then had their lives changed is a lot of people. Lazy Geniuses go in the right order. That's principle #11 from The Lazy Genius Way, and you think it won't matter but it does. It really really does.

Starter kit episode number 5 is episode #34 - The Lazy Genius Organizes a Home. I share my five organizational personalities and help you find your own system to figure out what to do with your stuff. Remember, organizing is simply putting everything in its place. That's Lazy Genius principle #7 from the book, and when you start to reframe how to organize your stuff, whether it's with matching bins or not, your whole home feels better.

Starter kit episode number 6 is episode #37 The Lazy Genius Budgets. This is where we talk about money and figuring what you do with it. I'm not a money expert by any stretch. I'll point you to Chelsea Brennan over at the Smart Money Mamas for that, but this episode has given so much freedom and clarity to listeners for literally years, and it's so deep in the archives that I don't want you to miss it.

Starter kit episode number 7 is episode #40 - The Lazy Genius Navigates Family Tension. I created this episode around the Thanksgiving holidays a couple of years ago, just because family gatherings can be times where we're thrown down the gauntlet of our dysfunction. It's a

lot, but you don't have to be close to a holiday for this episode to be helpful. A listener wrote to me a couple of months ago - I wish I could remember your name, whoever you are! - about how she listens to that episode every time she has to be with a family member that she struggles with. It's like her little pep talk, and that's the most beautiful thing to me. So if you have tension in one of your close relationships, which let's be honest we all do, this episode is key to being a person.

Starter kit episode number 8 is episode #48 - The Lazy Genius and Time Management. This episode is the one foundational to all the episodes about routines and planning and all of it. You need the pillars of time management I share in this episode, and the perspective in here again is life-changing. It's a shift that impact how you live *today*.

Starter kit episode number 9 is episode #51 - The Lazy Genius Cleans the Bathroom. I mean we have to do it, and this one is about order again. If you're going to clean your bathroom, which most of us think yeah we probably should sometimes, go in the right order. Please. There is one tip in this episode that alone is worth listening. In fact, I'll tell you now. It's to dust the bathroom first. When you get dust that's on sinks and toilets wet, it turns into those little linty pieces that make you crazy. I recently started following Go Clean Co on Instagram, a cleaning business guru amazingness, and she dusts or even vacuums the bathroom before she cleans it. When I saw that, I felt so validated because we do the same thing. Dust your bathroom first. And then listen to The Lazy Genius Cleans the Bathroom.

Starter kit episode number 10 is episode #76 - The Lazy Genius Meal Plan. This is where I break down so many of the meal planning concepts I use and love and share often on Instagram like brainless crowdpleasers and the meal matrix. It's an overview of how you can Lazy Genius getting food on the table day after day.

## **AD BREAK**

Starter kit episode number 11 is episode #77 - The Lazy Genius Rests. Principle #12 in The Lazy Genius Way is to schedule rest, and that's a principle because we do not know how to rest. So if you don't have the book, listen to this episode. Please please please reframe how to rest and learn what it means for you and your life. You can't survive if you don't rest.

Starter kit episode number 12 is episode 80 - The Lazy Genius Daily Act of Kindness. I thought about putting a goals episode on this list, but I decided not to because I thought this one was more important. You need to treat yourself with kindness every single day based on who you are today, not on the ideal you're trying to hit with your goals and your tracking and the chorus of shoulds in your head. This one is important every single day.

Starter kit episode number 13 is episode 91 is The Lazy Genius Organizes Paper. We all have it, and none of us really know what to do with it. The bills, the art from our kids, catalogs, permission slips, all of it. This episode breaks it down, and it will literally change your life. I promise with my whole heart this is true.

Starter kit episode number 14 is episode #119 - Plan Your Opening Ceremony. Opening and closing ceremonies are like the aunt and uncle at your big family reunion that don't say much or grab the spotlight but when they aren't there, you're really sad because they're kind of your favorite. Opening and closing ceremonies are a way to live in the season which is Lazy Genius principle #4 from The Lazy Genius Way by the way, and they are pivotal in having a rhythm in your life that supports what matters. Ceremonies can be fun, celebratory, quiet, personal, silly... anything. I love them so much and think that you will too.

Starter kit episode number 15 is episode 124 - The Lazy Genius Weekly Plan. We all live weeks, and we all might want a little plan on how they'll go. I think there can be a tough tension between productivity and letting things go, right? That's why we're trying to be a genius about what matters and lazy about the rest. This episode holds hands with the one about time management, but it's more specific in that it's about the boots-on-the-ground living we do week after week.

Starter kit episode number 16 is episode 142 - Living Without Food Rules. Okay, so I've done a few episodes about diets and exercise and body and all the things, and this episode is one of the most important I think which is why it's on this list. You might be new to this concept at all of living your life without food rules, and if you are, this episode will likely blow your mind. I did not come up with this. People way smarter than me have been doing this work for years and years, but it's been one of the most transformative messages for my life, and I think it can be for yours too.

Which leads us to starter kit episode number 17, episode 143 - Your Body Is Not Flawed. The last one is about food, and this one is about your body. And it is not flawed. It does not need fixing. There are a lot of powerful voices working really hard to make you think it does, but this episode is full of truth that again will change your life.

Starter kit episode number 18 is episode 160 - Wear Makeup Like a Lazy Genius. Now Don might skip this one. We'll see. And I get this one is not as relevant to every single listener, but I think it's relevant to most and also something that has a lot of nuance. I talk about this in The Lazy Genius Way, but we've sort of been taught a message that wearing makeup means you're fake or trying too hard or you're not humble or modest or whatever. And I just do not think that's true. Now do you have to wear makeup to feel beautiful? I hope not. Can you wear makeup and also feel beautiful? Absolutely. But this episode isn't just a soapbox on that; I actually Lazy Geniused my makeup by deciding one (which is Lazy Genius principle #1 from the book) how I do my makeup every day based on three main "faces." It's really fun, super helpful, and one that has a lot of bang for your buck but gets skipped over more because of all the junk attached to the idea of makeup in the first place. I promise you this one is so worth a listen.

Starter kit episode number 19 is episode 196 - How to Lazy Genius Adult Screen Time. This was just a few weeks ago, and I think and you do too that it's so so helpful. We all use phones, and we all have expectations around how much time we should spend on it. I wanted to talk

about this in a helpful way but with zero shaming, and I'm so grateful that your feedback on this episode said I accomplished that goal. It's just a really solid, helpful episode that again will transform your life *today*.

And the last one, starter kit episode number 20 is just two episodes ago, #198 - How to Lazy Genius Your To-Do List. In the same way that the adult screen time wasn't about shaming, this episode about your to-do list isn't just about productivity. It is in part, but we need a better way to talk about how we decide what to do and then what steps we take to do it. Again, we all have stuff to do every day, even if it's the single intention of taking a shower because we're taking care of a tiny baby, we all have stuff to do. So what a gift to Lazy Genius it.

And that's your starter kit! Think about it: you're getting dressed and maybe wearing makeup. You're eating and in your body, but now you have new ways to think about them both. You are learning to rest and being kind to yourself every single day. You're paying attention to tense relationships and trying to love well. You're cleaning the house, the kitchen, the bathroom, organizing it, and doing laundry. You're planning meals, dealing with paper that comes in the door every day, budgeting your money, planning your week, making your list, using your phone, and trying to figure out how to just manage your time in general. If you listen to all of these, even if you've already listened to them and just get a refresher, there are so many tidbits in here that will immediately change your life into more of what you want it to be.

And that's the Lazy Genius starter kit! I'm so glad you listened today and any day as we've made 200 episodes! It's so much fun. One of the ideas I got from Instagram from a lot of you was for y'all to share with actual audio messages how different principles or Lazy Genius tips have impacted your life. I love that idea so much, but that would take a lot of time to produce and when I asked for ideas, I literally had to have the episode locked in 72 hours. And that's potentially a lot of editing together an episode. So we're going to save that idea for episode 250 to mark that milestone. That way we can have plenty of time to gather your words and honor them with an episode that's thoughtful and not rushed. But I also want to share more of the ways you're Lazy GENIUSing your life on Instagram, so be sure you're following me there @thelazygenius. Now that I've turned in the manuscript for The Lazy Genius Kitchen which will come out in March 2022, I have more time and energy to think about what and how I share stuff with you, both here and on Instagram, so I think we'll have some great opportunities to keep connecting and sharing in the coming months.

Also one final note, we have joined a podcast network! You guys, this is seriously so exciting and kind of big time for our show that's steadily grown over these last five years. It's so fun. A podcast network is basically a friend who knows people and connects you with those people. There are brands bigger than I could talk to myself that would love to share their products with you, and a network is a brand-podcast matchmaker. We just joined last week, and we're still in the early stages of figuring out how things will sound, how and where ads will be added, and if it will always be my voice sharing ads or occasionally someone else's... this is a new thing for us, so we appreciate your patience as we figure it out and also it's so exciting! Acast is our network,

and there's no way we could've had the chance to work with them if not for your faithful listening over these last 200 episodes. So thank you so much, and cheers to this new fun thing!

Thanks so much for listening and celebrating 200 episodes with me. 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!