

#193 - What I Want To Do in My 40th Year

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 193 - what I want to do in my 40th year. I have a late December birthday, so in about a year, I will turn 40. Which means I am currently living my fortieth year. It also happens to be 2021, a year that holds so much hope for me personally. This is a year I want to pay attention to in ways I've never paid attention to a year before. So in today's episode, I want to share some things I want to do in my 40th year, why that is, and maybe even give you a framework for seeing this next year with more intentional eyes, whether you'll be turning forty or not.

First, why. Why does caring about this particular year and what it holds matter to me so much? Because if I don't have a clear reason of why something matters, trying to follow through on it will not work. Ever. We have to know what matters and why, in order to do anything with purpose and enjoyment. If you're new around here, that's the whole thing about being a Lazy Genius. In order to be a genius about the things that matter, you need to know what matters. In order to have space for what matters, you need to know what doesn't matter and be lazy about it. So why do I want to be a genius about how I spend my time in 2021, in my 40th year?

Have you ever gotten rusty at something? Of course you have. You're good at something, you do it regularly, and then when you stop, you get rusty. You get out of rhythm or lose some technique or forget how much you liked the thing simply because you stopped. I feel that way about being aware of who I am. Which sounds weird but let me explain.

I said this a couple of weeks ago in episode 191 called Naming What Matters in 2021, but 2020 was a crash course in naming what matters. With so much taken away, we had to be super in touch with what keeps us going. We had to get creative about what matters which solidified, at least for me, what really matters most. That practice of being so deeply in touch with what matters has significantly impacted my life, and I don't want to get rusty at that. I don't want to get rusty at paying attention to who I am, what I need, and how I can move into the world and offer myself in ways to make it better. I don't want to lose that.

There's also a lot of hope connected to this next year for me, not necessarily that everything will be back to normal because that's not a thing and not even close to back to normal right now, but it's more about hope in making it through something difficult and feeling like we are at a pivotal point as human beings, as a country, as a citizenry, as a world. It sounds a little woowoo, but I feel a sparkle and an energy around this year and I am not going to ignore that. Even with the attack on The Capitol, I've watched us all become galvanized in what matters as a people committed to living together as citizens. We see what matters most when it's threatened. That threat has not stopped. It's taken a lot of forms in the last twelve months, but I want to continue being aware of what matters, even in the face of difficult things. Maybe even especially in the face of difficult things.

I want to be joyful this year and do things I love and invite other people to pay attention to what they love. I want to offer hope and freedom and systems and all kinds of things to help us embrace this next year in a way that feels purposeful and human and unique based on who we all are as individuals. I just feel really good about what I've learned and what we've learned and will continue to learn as people as we rebuild our regular lives and our systems and neighborhood and relationships and habits. It all feels really important and special to me, and I want to pay attention.

Also the fact that I'm going to turn 40 in 2021 also feels significant. It's a real thing to mark your life in decades, and 40 is a big birthday. I feel it. I feel it in my bones, I mean in that my bones are getting older and more crackly but also I feel it in my bones in an energetic way. This year just feels important to me, and I want to enjoy the momentum and excitement I feel about it on purpose.

So in light of that, I made a list of things I want to do in my 40th year, and while I'm not sharing my list so you'll copy it or because there's any sort of rule to it, I am sharing it because, as I've learned from my friend Laura Tremaine whose book comes out in two weeks by the way, aptly named *Share Your Stuff*, I'll Go First, it's important to share our stuff. I usually don't share personal stuff here on the podcast just because that's not what this space is primarily for, but I do want to share this. I want to invite you to consider how you might move into this year with intention around even one thing to maintain whatever momentum or whatever practice 2020 sort of forced upon you. We can engage in that practice in this new year on purpose, and maybe even do it together. In fact, I have something fun I want to tell you about the end about doing it together, but we'll hold off for now.

Also a quick word about what landed on the list, what that process was. Two weeks ago in that naming what matters episode, I shared two things that matter to me this coming year, and they are to honor by body and to seek out and provide joy. Those are the two things that run the ship. A lot of things will follow, but those are what matter most. So in light of that, it was actually really easy and energizing to create this list. It feels like a list that's not a list of to-dos, that I have to force myself to do, but these things are in line with what matters to me. They're exciting to think about, and I have a lot of intention and vision for myself around them.

I'm reading a book that's about spiritual formation, so not like a light read for everyone, but it's called *Renovation of the Heart* by Dallas Willard. And in his book, he talks about the acronym VIM, which stands for vision, intention, and means. You need all three to make progress or experience movement in something that matters to you. So I have a vision for who I want to continue to be this next year and how I want to further cultivate who I already am and grow and honor that person this year, especially as I move toward 40. I have that vision. I also have an intention to make it happen, and this list is part of that. So all that's left is the means to do it, so I'll use *Lazy Geniuses* principles like *Start Small* and *Build the Right Routine* and *Schedule Rest* to make it happen. So VIM - do you have a vision for yourself in this year, do you have intention to follow through what practices that keep that vision alive, and do you have the means to do it?

I like this a lot better than SMART goals because this feels more in line with simply supporting what matters to me right now in a way that isn't full of pressure or checklists or whatever else.

So there are all my words about why I'm doing this. Now let me tell you what's on my list, what I want to do in my 40th year.

There are seven things. I immediately named this episode ten things because ten is such a great list number, but I didn't have ten. So I'm not going to force ten. I have seven, and I love my seven.

First one is I want to go on 150 walks in 2021. Now a couple of technical things. A walk is anything that's equivalent to going around the block. It doesn't have to be long or fast. It's just a walk. But walks, as Erin Moon calls them Stupid Walks, make a difference for me. And honestly I don't think of them as Stupid Walks. I actually love them. I love them alone, I love them with a friend, I love them with one of my kids, I love them with music or without, around the block, around a lake, up a mountain, it doesn't matter. I really love to walk. I think taking running off the table helps me because I don't love to run. Running is good for my mental health but not so much that it's worth destroying my joints which are basically made of glass. It helps to put a number on it that basically evens out to a walk every day and a half or so which is super doable and I even do that now. But being intentional about it, being intentional about this thing that I really love doing that both honors my body and gives me joy is a no brainer. Speed, location, consistency, none of it is significant. I just want to take 150 walks in 2021. And I'll mark each one off in my bullet journal because I still bullet journal, and it'll be simple and great. I'm really excited about making that a priority in my 40th year of the year 2021.

Number two which is also connected to honoring my body is I want to do 40 hours of yoga in 2021. Forty hours. Tons of yoga classes are an hour. That's forty classes. Now I will likely not do yoga for an hour ever. It'll be a few minutes a day because I already kind of do that, but I know my body will be honored by stretching it and moving it slowly and breathing and maintaining awareness of my body in this next year. Having the forty hours and slowly moving through them over the course of an entire year encourages those small steps and prioritizes my body not hurting as much in 2021 as it did in 2020. It's important and very simple and doesn't require doing yoga twenty minutes three days a week and feeling like I have to stick with any kind of routine week to week since routines shift week to week. As we learned in The Lazy Genius Way and the principle of building the right routines, the point of a routine is to get you to a certain place. It's not about the steps necessary to get there; it's about where you're going. I have a vision of spending regular small bits of time stretching my body and helping it feel better. Saying I'm going to do yoga every Tuesday doesn't work for me. Wanting to do 40 hours of yoga in 2021 feels very different and is working toward an intention and a vision rather than being a checklist to become some ideal person. No, I'm just trying to take care of who I already am.

Number three, I have a list of books I want to read in 2021, but more than that, I think I want to read books that I know I'll definitely love. Not every year has to be a year to read outside of

one's comfort zone, and this upcoming year is one where I want to always love the book I'm holding. That means reading books that have been recommended by humans who know what I like and have pushed a book into my hands saying "read this." I want to read a lot of those books this year, which means I'll likely read a lot of dystopian world-building books. I'll read funny memoirs and Tana French. But this is not a year for stepping very far out of my favorite genres. It's a year of hunkering down with words I know I'll love and not being ashamed of it.

Number four is having a 2021 watch list. There are some shows I want to finish and movies I want to see. I often say I want to see something but don't because I don't make a plan or it doesn't have any purpose behind it. This year, I have some things. Ted Lasso. I want to watch Ted Lasso with Kaz. We also want to continue slowly watching and loving Schitt's Creek. Others are The Good Place, His Dark Materials, Derry Girls, Narcos, The Mandalorian, and Bridgerton. I'm going to watch those before I watch anything else. And there are movies coming I'm excited about, but really it all comes down to naming what matters, what you really want to do or see or experience so that you'll actually do. I'm doing that this year with the shows I'm watching.

This is a very specific one, but I've been very interested in Jesus's Sermon on the Mount. I kind of want to park there for a long time, like all year long, and just learn and listen and absorb. The Sermon on the Mount is the one with the Beatitudes - blessed are the meek, blessed are the poor in spirit. I feel like that message is very resonant in my life right now, and so I'm going to spend a lot of time in that particular passage of the Bible and learn about it from people who are smarter than I am. I'm excited to dig deep.

Next up is that I want to host a big party, maybe two. Basically as soon as the vaccine hits enough of the population and things are more or less back to normal, I am throwing a party. I'm kind of obsessed with throwing parties, and I didn't throw one in 2019. Little did I know I'd go so long before getting to have another, so that will be a priority for sure. It might be my own 40th birthday party at the end of the year depending on how long it takes for the US to get back on track from a health perspective, but I am totally fine with that. A party will happen.

And finally, I want to go to a Penny and Sparrow show. This might not happen because who knows if musicians will be able to play music in public places by the end of this year, but I'm very hopeful it will happen. And I will hold on to that hope. Penny and Sparrow is my favorite band, and they are the absolute best live. I've seen them live in a room one time and also bought a ticket for a live virtual concert they did in 2020. I just love them so much, and since live music is something I missed the most in 2020 and is one of the things that brings me so much joy, I will certainly make this a priority if Penny and Sparrow do a show somewhere. I will fly all the planes to get there.

And that's my list! If you notice, everything either honors my body or brings me joy. Everything. It all fits under what matters most for me in this year of turning 40, so nothing feels like a chore. I want to live with intention around things that give me energy, not things that bring me down because I feel like I should do them.

Which leads me to a fun announcement. This week, Thursday January 21st, I am opening the doors to Camp21. What is Camp21? It's an online community where we will walk through this year together in an intentional way. We will continue to name what matters and build around those things on purpose day after day. You can get all the details at thelazygeniuscollective.com/camp21 with the numbers, not the letters, but I am absolutely stoked for this. You guys, we need to use what we've learned in 2020, we need to name what we envision for our lives for 2021, and we need to Lazy Genius our way there. There will be weekly pep talks, monthly Lazy Genius sessions for people in the community, and a quarterly virtual workshop where we will gather for several hours to work through our Lazy Genius Life Handbook and live 2021 on purpose like a Lazy Genius. I mean seriously. I am so so so excited. You can find details at thelazygeniuscollective.com/camp21 or click the link in the show notes. Because it's a community that's structured around each season, we will only take new campers for a couple of weeks. We don't want you to join in March when it's almost over and you didn't get to walk the road with us, so for a couple of weeks at the start of every season, we'll open the doors again for new folks to join. I hope you're one of them!

Okay, that's all for today! Thank you 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.