

## #171 - The Ten Things Saving My Life Right Now

Hey, y'all! Welcome 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. I'm so happy you're here! I'm guessing we're going to have some new listeners today since my book, *The Lazy Genius Way*, came out last week! Thanks to all of you for everything. I could fill this entire episode with words of gratitude, but that's not why you're here. Still, know how thankful I am for all of you for listening and sharing and buying the book and waiting patiently for it arrive because COVID is stupid! It was a really fun week, so thank you.

Today's episode is #171 - the ten things saving my life right now. I know that top ten lists can be a bit rote, but honestly, there's something super life-giving for me personally to hear what other people are finding joy in. It gives me ideas of course, but more than that, it reminds me to pay attention to my own life and be even more intentional about nurturing the things in my day that give me a lot of joy. So I hope this list does that for you today!

So let's jump in.

Number one, seventeen minute naps. I mentioned this on Instagram recently and had some questions. I take 17 minute naps. I have found that a 17 minute is the perfect amount of time for me to fall asleep but not sleep so long that I wake up groggy. I started at 13 but sometimes woke up groggy. Twenty was too long. It was a whole thing. It took some trial and error, but when I feel my eyelids get heavy, usually in the 1 o'clock hour, I find a quiet-ish spot, I turn on my white noise app (there are a lot of them), and set my phone timer for 17 minutes. Even if I don't fall asleep, it's nice to just be still and rest, but often I fall asleep and wake up feeling ready to go. It's pretty great. And it's how I always operate, assuming I'm home. My family knows: "guys, I'm gonna go take a power nap." And I do. Sometimes Annie will take one with me which works out great because it takes the edge off of her crankiness but doesn't ruin her for bedtime. I love my 17 minute naps.

Number two, Double Stuff Oreos. Fun fact. Until a month or so ago, I had never had a Double Stuff Oreo. Which is shocking and awful to say out loud. A friend of mine who is a jewelry designer - I'll put a link to her shop Lettie and Rowe in the show notes - she brought me a package of Double Stuffs and left them on the porch as a good job on the book treat. And I am so angry at the world for not letting me in the magic of these cookies sooner. My life is now marked by before double stuff and after double stuff. Oreos are a sort of survival food in many ways. It's like they're engineered to bring maximum satisfaction when you need them most. They have brought me much joy.

Number three, thunderstorms. I'm not a fan of summer. I mostly dislike it pretty aggressively. But summer does bring thunderstorms, and sitting on my front porch watching and feeling a thunderstorm roll in is one of my favorite things in the world. Whenever a storm is coming, my family knows I'm going to go watch it. They know it's important to me and makes me happy. Sometimes they join me. Sometimes I'm on my own. But thunderstorms have a strange ability to

make me feel like myself, so why would I not take advantage of that every chance I get? So here is your permission to do the same for yourself. If there's something that makes you feel really happy or settled or calm or whatever it is, try and experience it when it comes. Don't feel guilty about taking time to rest in who you are. It's incredibly important, especially in these here COVID times.

Number four, Olive and June nail polish. I won't go into it much here but I broke down why I love this brand, why it's turned me into a nail person, and my top ten favorite shades in an Instagram post. So if you go to @thelazygenius on Instagram, just scroll to the photo of nail polish. There's only one. Basically I love the liturgy of it. It makes me feel put together and pretty and happy but on the most low stakes level. It's just a great product with great colors, and I have been so happy to have discovered it during the quarantine.

Number five, a summer meal formula. I shared this in episode 164, and it has been so helpful for me. It's basically a loose structure to plan your summer meals almost all at once? And if you're new here, don't run away from me. Every other big meal plan strategy I've ever seen on the internet has been way too complicated. This is not. This is basically guardrails for your decision making. And in this season of the pandemic and launching the book, it has been a lifesaver.

Number six, vuori sweats. I was influenced by Bri McKoy to get these joggers even though they cost around 80 dollars. For sweatpants. One would think WHY. But when you buy one or two pairs of joggers or sweatpants or chill out pants every year because none really make you feel all that great to wear out of the house, you buy one pair of joggers that work amazing and you wear them every day. And that's what I've been doing. These joggers are the best ever. I have since gotten rid of all other pants that would distract me and try to woo me like they know what they're doing. They do NOT. It's just been so nice to know what to throw on every day, even in the summer. We're home, but if I have to go to grocery pickup or something, it's fine. They're great even when it's hot, and I got them early enough to also wear them when it's cold and stayed quite warm. They're just the perfect pair of sweatpants. I'll put a link in the show notes if you're interested.

Number seven, the new live album from Penny and Sparrow. If you've been around here for any amount of time, you know they're my favorite band. But we all have some kind of emotional connection to some kind of music. Paying attention to that and playing that music often is a big part in feeling like a person day after day. They have a new live album, and of course it's great musically but it also has this nice melancholy to it because it's live. And you hear the crowd. And you think about going to concerts. And while for some people, that's too depressing to entertain, for me, it's been hopeful. Like, we'll get back there one day and won't it be so great when we do. So I've really loved that album. I ordered it on vinyl because I go hard, and it's coming in a few weeks. I am so very very excited.

Number eight, whiskey, particular bourbon and rye whiskey. I've just developed a love affair with cocktails, and now I've become someone who drinks bourbon neat. My mastermind gave me a

bottle of Rabbit Hole bourbon, and it's magical on its own. Which is crazy for me to say because i have no tolerance and used to get overwhelmed choosing a white wine from a menu. I think for years I felt like my inner self was a whiskey drinker but never thought I actually had it in me. I was wrong, and I'm never going back. What a beautiful world. If you pair whiskey and a thunderstorm? While listening to Penny and Sparrow?! I am about as at peace with myself as a person can be.

Number nine, my comfort bird. So this is a weird one and a little new in my life but already had a huge impact. So my buddy Emily P. Freeman gave me a gift to celebrate my book launch, and she called it a comfort bird. Which apparently is a real thing. Some guy named Frank over 100 years ago started carving these tiny smooth wooden birds that fit right in your hand, and they're so comforting to hold and rub, kind of like a binkie for adults. Well, it has brought me a tremendous amount of comfort. I'm a fairly tactile person anyway, so having this little wooden bird has really saved my life, especially in stressful moments and days. I grab it and remember to breathe, remember to focus on what matters, and it changes things. It's like a token for shifting my perspective, and I love it so much.

And number ten, the most important sacred choice of them all, cholula hot sauce. I've never been a hot sauce person. Don't really like heat. But cholula has changed my life. I put it on everything, and tasting it makes me incredibly happy. Because we eat a lot of the same things these days and that's okay, having cholula almost adds a freshness to meals I'm very used to. I've never really eaten most of them with cholula, but now they've taken on this new life and I love it.

So those are the ten things that are saving my life right now. Here's the thing. This list is silly and simple. It's also very accurate and deeply true. If we search for grand things to save our lives, we'll just keep looking around, missing the tiny things that are right in front of us. It sounds cliché but it's still true. Noticing the simple things makes us continue to notice and be thankful for them. Then we're giving more energy to that than to spinning out over stuff that doesn't matter or that we can't control. So maybe make your own list. Or name one or two things. The next time you do a porch sit with a friend, ask her what would be on her list. It has a lot of power if you just give it the space.

And that's it for today! And obviously The Lazy Genius Way is out in the world! We've had some delivery issues during release week, but books are being shipped as quickly as possible. Thanks for your patience if you've had to wait, and I hope that it's worth it. I really think it will be. Can't wait to hear how your life is impacted, even in the tiniest ways, with these Lazy Genius principles. Thanks so much for listening. 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!