

#170 - How to Lazy Genius Anything

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 170 - How to Lazy Genius Anything. I get messages all the time asking how a person can lazy genius their laundry pile or an awkward friendship encounter or online school or any number of things! The truth is that any challenge could use a Lazy Genius solution, and that's why I wrote The Lazy Genius Way!

Tomorrow, my book enters the world for real, and it's so very exciting. There's actually a bonus episode here on this show with my Lazy Genius muse Erin H. Moon, and I'll also be on tomorrow's episode of The Next Right Thing with our favorite Emily P. Freeman! Lots of celebrating to be had, but today I wanted to actually paint a picture of how you can Lazy Genius anything with the principles in The Lazy Genius Way. So let's jump in.

The problem with most solutions, especially ones we find in the majority of self-help and productivity spaces, is that the approach isn't personal, versatile, or even applicable. Frankly, it's really hard to speak about productivity without hacks. It's really hard to speak about self-help with formulas and approaches. You can't sell books without something concrete for a reader to hang her hat on. But if an approach isn't personal, it's not for us. If it's not versatile, it won't change with us. And if it's not applicable, it's definitely not going to help us.

That's why I love The Lazy Genius Way so much. It's personal, it's versatile, and it's applicable. The principles aren't rules or hacks; they're principles that are personal and customizable to you. And because they're not connected to a specific task or life stage, you can use them in any time of life. Truly. They are versatile as the day is long. And they are 100% applicable because every single one can be put into action right now with any challenge you throw at it. Truly. I've been talking to lots of folks over the last few weeks about how to Lazy Genius something specific in their lives, and the principles have never come up dry. They've always worked. They've always offered help and truth and tangible next steps for whoever I'm talking to about any number of scenarios. It really really works.

So how do you Lazy Genius anything? Start with a challenge. What in your life needs a solution? What's frustrating or causing you a problem? What do you want to change? Then you ask one simple question: what matters? What about this situation matters? Then after you've named that, you run through the principles and see which ones have something to offer. It's that simple.

For the sake of practice, let me walk through my own challenge and Lazy Genius it.

First, the challenge. My challenge in this moment is that I don't feel like I can plan or prepare for anything right now, good or bad. School starts next week, and we're doing a hybrid school year where kids go to class some days and stay home others. I don't know how long that will last, I

don't know how we'll handle it, and I don't know how I'm going to work when my kids are home a good bit of the time. In late spring when we did online school, my husband was working from home since he's a school counselor and was more flexible in his hours, so we made it work. He's already back at work now, so I have to figure this out. But it's hard to even know what I'm figuring out. P.S. I did an episode two weeks ago on what we're attempting to figure out about school and how we all can try and make choices about school with a Lazy Genius mindset, but yeah it's really hard. That's episode 168 by the way.

Also, it's almost the start of fall. For me, the start of the school year feels like moving into fall, and while I actually tend to be more or less okay during the holidays because of The Holiday Docket which - sorry, let's pause a quick second. If you're listening to this episode on the day it releases, on Monday August 10th, today is the LAST DAY to get your free preorder bonuses for buying the book before tomorrow, August 11th which is the release day. And those preorder bonuses include The Holiday Docket which is The Lazy Genius Guide to Celebrating Well. It's a way to get a handle on the holidays and all the craziness that fall usually brings so you actually enjoy the season and aren't secretly glad when it's all over. But even with that, we don't know what the holidays will bring! I'm barely understanding one week to the next. Things change so quickly and don't change at all, and it's all just really complicated and weird right now. So I can't plan for fall or the holidays because who in the world knows what to expect. I don't feel like I can plan the fun things or that I know how to even prepare for the challenging things. So that's my challenge. I can't plan for anything, good or bad. That's how it feels. And that feeling is really difficult to carry.

So what do I do next? I need to name what matters. What matters about this season? What matters about how I make decisions this season? What matters about how my family feels about this season? What matters about my mental health as it relates to this challenge of not being able to approach time the way I normally do?

When I was putting this episode together to come up with the talking points, I sat for a long time with this one. It was hard to figure out what mattered. I share that to remind you that it's okay if you don't know right away. It's okay if you have so many things that could matter that you feel a little paralyzed with how to look at a situation. Some situations are so big and broad that you can't really put this kind of question on them with a lot of success anyway. And that's what I found for my own challenge. Honestly, you guys, the challenge of "I don't get to plan and don't know what to do about it" was too big. It's too big for an answer, but it's also too big to let it stick around without addressing it all. So if you feel the same way, that your challenge is too big or the answer to what matters feel way too much to even try and answer, start small. Make things smaller.

And that's what I did with mine. I need to make my challenge smaller so that I can actually Lazy Genius it. So in terms of the components of it all, the challenge of school feels like it'll find its way because it'll have to. It's every day. Just like when the lockdown started and kids came home back in March - you guys it's been since March! - we figured it out. It was hard and we changed our approaches throughout and got frustrated, but it wasn't like we could forget about

doing school. We figured it out. I definitely don't want to be fly-by-the-seat-of-my-pants with it which is why I recorded episode 168 about how to deal with going back to school, but that feels like an entire section we can strip away.

Another component is the actual planning. I love a good plan, and by the middle of September, my calendar is pretty locked in with all the holiday things I want us to do. Plus, soccer practice schedule is released and we've gotten the dates for the kids winter performance at school and all that. Basically, a majority of the big things that will go on the calendar for the fall will have already made it there. But obviously that's not happening this year, and I can actually see that as a good thing, as a benefit to my challenge. I can't plan anything, but there's also way less to plan. There won't be soccer practice. There won't be school plays. There won't be our favorite downtown winter festival that we've gone to every year since I can remember. If you're like me, maybe you're freaking out about the inability to plan, forgetting that it's okay because there's a lot less to plan anyway. It's not like our calendars got shaken into the air like they're a dirty picnic blanket and all of our appointments are flying into the air and we have to catch them. That's what I think I've been internalizing. That's what I've been feeling. But that's not the reality. The reality is it's okay that I can't plan because there isn't as much to actually plan.

So that leaves me with the third thing - holiday traditions and the fun stuff. Really, once I've stripped away what's less essential to my challenge, I'm left with the thing that actually is making me really really sad, that our holiday traditions will look really different this year and I'm sad about it. I packed on the other stressors into the same space, but really if I were to think through that loss like a Lazy Genius, the other stuff would feel less stressful too.

Alright let's take a quick timeout and talk about what just happened. You Lazy Genius anything by naming your challenge, naming what matters, and then applying principles. I actually had to apply two principles to help me name what matters. Start small and essentialize. I realized it was all too big and had to make it smaller. Then I had to use essentialization to actually help me do that. The more you use these principles, the more you will continue to use these principles. It's just a matter of taking the time to think about them. I have the built-in reflection time of creating podcast episodes, so I have to figure this stuff out because it's content for you. But this is what's actually happening in figuring out this problem for myself. I had to go through the process, I had to apply some principles, and I've discovered what really does matter because I stripped away everything that doesn't.

So holiday traditions matter to me. My family having our regular opening and closing ceremonies from September to December is something I hold close and love, and I've been quietly grieving that loss without acknowledging it.

Now two things from this. One, grieving the loss of something is important. A lot of what we normally do we won't be able to do. That's definitely true, and I want to give some space for myself to grieve. That's a kindness I can show myself which is another Lazy Genius principle - be kind to yourself. The second thing is that I don't have to assume that just because one thing won't work that all of it won't. I also don't have to assume that it's all or nothing, that we just

won't be able to celebrate the season at all. Once I peel back all the noise of what doesn't matter, of what really isn't essential, I'm able to see what matters to me: our family's opening and closing ceremonies and celebration of this season. And guess what? Now I get to be a genius about it. Now I get to use the principles to create an intention around it. Now I know where to put my energy and my creativity and where specifically to apply the principles.

And you know what's cool? When I started thinking through this episode, I was kind of bummed. This is a really exciting episode because it's technically the book launch episode! I wrote a book! And it's coming out tomorrow into the world! It's amazing! But as I went through this challenge, I was really down. It felt like so much to carry, so heavy, so impossible to figure out. But now? I feel excited. I know what to be a genius about! I know what doesn't matter! I named the problem, couldn't name what mattered about it so I made it smaller by pulling away what wasn't essential, and now I know what to be a genius about. And I'm excited. Because I can apply some creativity and fun to our opening and closing ceremonies now that I know that's the one thing that feels the most important.

Another principle in the book is to build the right routines, and in that chapter, I talk about the concept of starting with the one thing that will make everything else more or less unimportant as long as that one thing happens. I feel like I've found my one thing here. This isn't a routine, but the concept of focusing on one super important thing works so well here. By spending time being a genius about these opening and closing ceremonies and what happens in between them, the other stuff - the school crazy, the calendar crazy, the mental crazy - all of it feels less crazy because I now know what matters. In fact, there's another principle called go in the right order, and the three steps for going in the right order on anything at all is 1. Name what matters 2. Calm the crazy. And 3. Trust yourself. We just did the first two, and now I am very much trusting myself in moving forward with this focus on the ceremonies and the celebrations, and I'm pumped. I love when all the principles play so well together.

Okay, so now as we finish up, let's apply a couple of principles to my family's ceremonies and celebrations, and you can see how you can do this same process too! Okay, the first principle that comes to mind for this particular challenge is to live in your season. This is an upside-down unknown season, so trying to cram it into the shape of a normal fall and holiday season will only make me frustrated. So really that's an important perspective to be reminded of as I try and Lazy Genius this. I need to live in the season. It's okay that it looks different. Seasons always have something to teach us.

The second principle that comes to mind is to essentialize. What matters most about these ceremonies and celebrations, and what is essential to making those happen? What matters most is that we do something and that we involve other people as often as we can. And that involves two principles themselves. We want to just do something, anything, any simple marker. That principle? Start small. I don't have to have elaborate ceremonies or celebrations. Small is very much okay. And the second principle that brings up is to let people in. We trick-or-treat with family. Last year we did an indoor thing with friends because there was a tornado warning. We do the winter festival with friends. We obviously do so much stuff with family over the holidays.

This time of year is perfect for people. However, we're social distancing and things are unsure, so rather than throwing the baby out with the bath water and going all or nothing, let's think about how to let people into this ceremonies and celebrations that are safe. We can still do things together. We just have to be thoughtful about it.

So as I think through what our ceremonies and celebrations can look like this season (which I will do with my family and not here on the mic), I need to remember to live in the season, essentialize, start small, and let people in. And I know this will work because I've named what matters. Remember, I started with the big giant challenge of not being able to plan anything, but as I kept asking myself the questions and applying the principles, I've landed on what matters. We're going to mark this time. We're going to celebrate. We just have to be a little creative doing it, but coming up with that kind of thing will actually be fun. I can even look on Pinterest or get ideas from other places because I know what matters. I know what I'm looking for. I'm keeping these principles as the guiding light which will make it much easier to pass over ideas that I know won't work because I know they won't support what matters.

Choose what matters. And then choose things that support that. Start small. Live in your season. Let people in. And you'll find yourself like I am feeling really excited about what's coming and thinking through it in ways I never would've otherwise.

And that's how you lazy genius anything. Obviously, I would absolutely love for you to get this book. I believe in it so much, it truly is transformative for a lifetime because these principles can apply to anything you throw at them. The book releases tomorrow August 11th, and today is the very last day that you can preorder the book and get the entire Lazy Genius digital library for free! If you already know about the library or have preordered, I love you, thank you, I'm going to now talk about the library in detail for those who don't know, so you can go ahead and stop this episode and move on to something else if you want. You won't miss anything. Love you bye.

Okay, the library! There are four digital resources in this library that I sell throughout the year and that altogether cost \$112 when they're not free. But they're free for just today. One more day. Now listen, this is super important. You preorder the book - the physical book which I recommend just because you'll want to highlight and reference the book a lot but you do you of course, the kindle version, or the audiobook - all of those forms count. So you preorder the book, but then you have to go to thelazygeniuscollective.com/book to claim your preorder bonuses. Basically we have no way of knowing that you ordered until you tell us. Amazon and your local bookstore and wherever else won't be able to get you that digital library. We do that, but you have to tell us first. So you'll preorder the book, and you'll go thelazygeniuscollective.com/book where you'll enter your email address and order information, and then we'll send you the digital library.

Okay, so what are the four resources? The first is called The Swap: The Lazy Genius Guide to Decluttering for Life. Basically, decluttering doesn't have to be so intense. We need a path through our stuff that doesn't involve giant black trash bags where we want to burn it all down

and instead end of throwing everything away but somehow are back in the same place six months later. The Swap is a mindset with a lot of practical steps to help you become a lifelong declutterer.

The second is called The Meal Plan: The Lazy Genius Guide to Happy Dinners at Home. I love meal planning, and this resource has sheets you can print out if you want, but it's basically a path through Brainless Crowdpleasers, building your own Meal Matrix, and even step-by-step on how to do a monthly meal plan that doesn't make you feel like a crazy person. It's a solid resource with options for you to keep all your meal planning decisions in one place so you can decide once and then walk away.

The third is called The Holiday Docket: The Lazy Genius Guide to Celebrating Well which I mentioned before. The Holiday Docket is again a guide, a step-by-step fill it out answer questions name what matters guide to help you figure out what matters about the busy holiday season and how to enjoy it rather than be glad when it's over.

And the fourth is a brand new item that hasn't been sold yet called The Clean Slate: The Lazy Genius Guide to Keeping Your Home. I'm pretty sure it's the prettiest coolest looking resource we've created so far, but it's again a step-by-step guide on how to approach cleaning your home without complicated routines or lists of tasks or other things to make you feel guilty. There are some ideas of small steps you can take to make a big impact on how your home feels, but all of it is customizable to you. We need guides and ways of being that are personal and versatile, and all four of these resources are that. And you get them all for free if you preorder The Lazy Genius Way TODAY, Monday August 10th. And don't forget that after you preorder, you need to tap us on the shoulder at thelazygeniuscollective.com/book and claim those preorder bonuses.

And that's the deal with that. Shall we be done today? I'm so grateful you listened. I'm so grateful you're here! It means the world that you would spend your time with me and this podcast, and if you have bought the book thank you from the very bottom of my incredibly grateful heart. This is a special day, and you all are the reason for that. I appreciate you so much. Okay, that's it for today! 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!