

## #139 - How to Plan Your Time This Winter

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! Welcome to our first episode of 2020 which is such a space-age year, isn't it? This is episode 139 - How to Plan Your Time This Winter. I've done this for a few seasons now where we dive into the topics of time, food, and reading specifically for the season we're in, and I hope it's helped you as much as it's helped me. I tend to view things in seasons anyway, but taking the time to really spell out what we're after and be intentional about how we see these very daily parts of our lives has been such a huge help for me and I hope for you, too. So today, I'm going to give you two simple questions to ask yourself as you move into this new year so that you can see your time in a way that makes a difference in your everyday life, and I'm going to workshop those questions on my own life so you can see how it comes together.

Before we jump in and as we start this new year, I want to make sure you're on my VIP mailing list. I know everyone has a mailing list and that we're all really trying to keep those emails at a minimum. I'm all for that, so if you've been getting my newsletter and it doesn't bring you enough value to keep it, by all means unsubscribe or just delete them as they hit your inbox. I get it and don't take it personally. But if you've never subscribed, I'm talking to you right now. I would ask that you give my mailing list a try and subscribe today. I sent out one email every month, usually the first Wednesday of the month. This month, it's the second Wednesday because I wanted to enjoy New Year's Day last week and not write an email or put something in your inbox that you didn't have the margin to see. So this month's newsletter called the Latest Lazy Letter will go out this Wednesday the 8th. I wouldn't send the email if I didn't think it would bring value to your life. Everything I do is to make you a Lazy Genius and be a genius about the things that matter and lazy about the things that don't. Wasteful email doesn't matter, so I make sure those newsletters are stuffed with helpful info for you. So give it a try this month, and if you're not into it, no sweat. Unsubscribe, and I will absolutely still love you the same. Your inclusion in that email list isn't for my benefit but yours, and I would hate for you to start this year missing out on something that you might actually find super helpful. So there will be a link in the show notes if you swipe across the cover art on your app, or you can go directly to [thelazygeniuscollective.com/join](https://thelazygeniuscollective.com/join) and get that monthly Latest Lazy Letter. Cool deal.

Okay, let's talk about planning our time this winter. You just need two questions to get started. The first one will surprise no one if you're a regular listener, but it's also the most important question to ask yourself in literally everything you do. If you want to really be a Lazy Genius, this is where it starts. What matters? You have to name what matters.

How we spend our time is a reflection on what matters to us. We spend time on things we care about. But there's another piece to that that we forget. How we spend our time can also be a reflection on what doesn't matter but we still end up doing. For example, when I say we spend time on the things we care about, you might think that there are plenty of times you waste time on your phone or wander around your house trying to figure out what to do or do any number of things that don't actually matter. It's easy to think that saying we spend time on what matters is

actually misleading because you spend plenty of time on things that don't matter. But I'd like to ask you why. Because here's the thing. I think a lot of that time spent on things that don't matter is because we're avoiding things that don't matter even more than that. You think it matters to have four different dishes at every meal and that they have to be different most nights and be healthy and all the things, but you spend your Sunday night watching The Crown instead of meal planning and making a long grocery list and then you spend 4-5 o'clock hate-scrolling through Instagram because you can't get the momentum going to chop all that food you have to cook. Guess what? Maybe four different dishes and variety and a million vegetables at every meal doesn't matter to you really. Maybe you think it should, but it really doesn't. And so you waste your time avoiding that thing because it doesn't actually matter deep down. Now what would happen if you changed that perspective on what matters? What if what matters to you is that you eat at the table most nights and that you don't hate everyone by the time you get there because dinner was simple in whatever way is simple to you? That would change how you spend your time. Meal planning wouldn't feel like a chore because you have an easier time choosing those simple meals that work for you. Shopping and prepping are the same because you don't have expectations of so many ingredients and so many recipes. Making dinner from 4-5 o'clock isn't as daunting as it used to be to the point that now you actually do it because now you're accomplishing what really matters.

How you spend your time is not just a reflection on what matters to you but maybe on what shouldn't matter as much.

So as we enter this post-Christmas winter season, first ask yourself what matters. What matters over the next three months until you get to spring break or whatever your next calendar marker is? Seasons are seasons because they change and bring different circumstances and different lessons to learn along the way. What matters in January might not matter in June, so name what matters in January. What matters about your life, the way you want to spend your days, the way you want to feel?

I told you I'd workshop these questions using my own life, so we'll do that now. If the first question is naming what matters this season, my answer is easy. Because here's the thing about this winter. I wrote a book last year, and it's coming out this August. I know; it's so exciting and even just saying that it's coming out this August and realizing it's January makes me feel a little insane because that's literally eight months away. Less than eight actually. Seven. Seven months. It's fine you guys it's fine! But because of that, I know that my spring and summer are going to be bonkers. I'm going to be doing a lot of things to get the word out and hopefully doing some podcast interviews and all the things. And all of that is on top of the regular work I do here on the podcast, on the blog, and on the socials. It's not like I'm getting more hours added to my day, mostly just more work. Yes, I am trying to find a nanny for a couple of afternoons a week to get me through that. Yes, I've hired a housecleaner so I can focus on my family when I'm home rather than the gross toilets. I'm doing things to help ease the load because there's just no way I can add more without taking other massive things away. But most of that more won't come until March or April. That means this winter? You guys. What matters is time home with my family. Enjoying the fact that we have empty weekends and I'm not traveling and all the things. I want

to enjoy this season on purpose because it's going to be some months before we get it again. That's the biggest thing that matters. Two others are different but related. First, I want to use a little less technology over these next couple of months or at least be aware of when I can set the phone aside a little, not because technology is bad or whatever but because I know that in those spring and summer months, I'm going to be looking at screens and typing in words and all the things a lot more than usual. I'd like to give a little intention to giving myself more of a break from that now before the technological energy kicks up. And the second thing that matters, well the third if you include that first major one about time with family, is that cooking is less frenzied and that I stock the freezer for those future spring and summer months that are busier. I'd like to take my time in the kitchen more often now because I can and be wise about it as well by making some extra things to store away for later. So those are the three things that matter to me this winter: time at home with my family, a little less technology, and less frenzied cooking with a little saving on the side.

Now let's talk about the second question. Knowing what matters, how can you organize your time or set loose parameters on your schedule to make those things the priority over the next couple of months? It's a simple question but one we don't usually ask. If those three things matter to me, what can I do to make sure they keep mattering? That they don't get clouded out by other things that matter way less but seem to get more energy if I'm not paying attention?

I'm going to create what I call House Rules. I use these often but don't talk about them much here on the podcast. I do, however, talk about them in the book that's coming out in seven months though, so that's super fun. I'm basically giving myself some kind boundaries to stay on track with what matters.

So first, time at home with family. That matters a lot, and I do live there with them. It's probably not a ridiculous thing to assume I'll get to spend time with them. But I also am part of several groups and like being involved in things and love hanging out with friends and all of that, too. If I don't pay attention, we can fill up weeknights and weekends quickly and not realize it. So I'm going to have a house rule for these next couple of months: only two weeknights of stuff a week max. On the crazy off-chance that are just immovable commitments and it has to be three nights, that weekend stays empty. Another one is to not plan anything major two weekends in a row as much as we can help it. House rules are more forgiving than other rules because it's your house so you can decide what fits in the spirit of the rule and what doesn't. But having that rule in place gives me a starting point in making the decision. Two nights a week max. Stay at home at least every other weekend. Just be together before things get crazy, and do it on purpose.

The second thing that matters is a little less technology. A house rule I can make for this is to put a screen time downtime thing on my phone. I did that for a season last year, and it was a delight. I simply have my phone shut down at 9pm or something, and I have to enter a password and promise my first born and all that to get back on Instagram. But since I'm naming that Instagram doesn't matter so much at 9 o'clock, especially when I'm probably going to be on it a lot more in a few months, that downtime restriction is a gift. I also might have a couple of phone

Sabbaths for a whole day or just a chunk of a day, but I'm going to be intentional about having a little less in my life before I have to have a lot more.

And finally, the third thing that matters is that my cooking is less frenzied. Cliffhanger on this one, but I'll do an entire episode about this next week because it'll take a lot longer than we have right now. But it's coming. The point is naming what matters and then doing something small to make sure I stay on the path to making it happen.

So what about you? What matters to you this winter, in this upcoming season? And then what one thing can you do to help that thing stay important? It might mean saying no to something else. It might mean putting a reminder on your phone to alert you to do the thing. It might mean sharing about what matters with a friend or spouse. It's not so much about keeping you accountable but really to remind you of what matters. Sometimes we need someone else in our lives to say what we already know but are too tired or busy to remember. So name what matters and then ask yourself what one thing you can do to keep it mattering, at least in this season. Because remember that seasons change, so don't try and force another season into this one. Just be where you are, learn what it has to teach you, and focus on what matters now.

I can't wait to hear about how these two questions affect even a little bit of how you see your time in the upcoming months. I'd love to answer your questions and hear your thoughts this Thursday on Instagram. We're back to doing our regular Instagram lives, so follow me @thelazygenius, and I'll be there around noon EST this Thursday to talk about our time this winter. And if you haven't given the newsletter a shot, try it this month. A new one goes out on Wednesday, so see if it's actually something you'll be glad to have around.

Thanks for listening, everybody! 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 be back next week!