

## #138 - A Goals Pep Talk

Hello! 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 another quick episode on this 30th of December. Do you need a little goals pep talk? We'll say you do because I know I do.

I have written and said so many words about goals oh my goodness, and if you're interested in diving deep, I'll link them up in the show notes or that info section in your podcast app. Just swipe past the cover art, and you'll see all the links.

Anyway, I've said a lot of words about goals and have a good handle on how I want to feel about them, and yet there's still a little itch these next few days we all get. Maybe the itch is a little annoying or maybe it's debilitating. The scope is wide. But here's my quick little pep talk if you're feeling the itch.

Goals are for you. They're not for anyone else.

Goals aren't so you'll look or be the way you think you should. They're not to make you fit in. They're not to make you seem like someone who's got their life together. They're for you.

If you feel the tiredness your body experiences because you're not drinking as much water as your body needs, then set a goal to drink more water. Buy the bottle, track the dots, do whatever. But please only do it if it's for you. If it makes you feel like yourself and you value who that person is as she is right now, go for it.

Goals are aspirational, but if that aspiration puts you at odds with who you are in this moment, maybe that goal isn't the goal to set. Please remember why you're doing it and most importantly who it's for because if the answer isn't for you, you'll likely hit a few obstacles along the way. Obstacles aren't bad. In fact they can be good in helping us learn and grow, but make sure the finish line you're after is based on truth and kindness and love for yourself, not in striving and trying to be someone you think you should be or who someone else wants you to be.

Amen. Again, so many links in the show notes about stuff I've said about goals, so check those out if you're feeling the itch. Reflection is beautiful, so if you're not into forward-movement goals, take a little time for some reflection on the past. Laura Tremaine has a new episode on her podcast 10 Things to Tell You that's about questions to help you reflect, and I'll put a link to Emily P. Freeman's episode on The Next Right Thing podcast called A Beginner's Guide to Self-Reflection. That episode is fantastic, and the show notes are several other links on reflection that I'm sure you'll find helpful.

It has been my sincerest pleasure spending so much of this past year with you. I love what's coming this next year. We're going to launch a book, we're going to make new episodes, we're going to write on the blog more, maybe with a lot more recipes, hopefully we'll meet in real life at some point! I can't wait. Thanks for being here with me this year, and I hope these last couple of days are joyful ones for you and your people.

Thanks for listening today and all year, 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 have to do it, y'all - I'll see you next year.