

# #88 - Refocus Your Christmas Brain

Hi, friends, and Merry Christmas. This is the Lazy Genius Podcast. I'm Kendra, 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 88 - Refocus Your Christmas Brain. Let's make this quick because we have presents to wrap and grandmas to visit. I want to lovingly remind you that you are valuable if these next few days are perfect and if they're crap. If you buy the perfect gift or can't seem to make anybody happy with what you buy, you matter. If your Christmas breakfast makes everyone moan or if you pull out hockey puck cinnamon rolls from the oven, you matter. If you have amazing conversations with your family or end up yelling at your kids to be more grateful or you'll take away all their gifts, you matter.

We're all in process of becoming deeper and truer in who we already are, so remember that your value isn't based on successful meals or traditions or kids who are perfectly thankful and content with what they have. And yet we all can become that deeper, truer version of ourselves by shifting our perspective. This week, recognize that how you respond doesn't make you a good or bad person, but it can encourage you in a purposeful direction of becoming a more contented you. So this week as the season continues and actual Christmas Day approaches, I hope you slow down, that you seek connection rather than protection, that you give yourself space when you feel the volcano signaling an eruption, and that you have grace for yourself when emotional lava spews everywhere.

And remember, the more we try and capture, manufacture, reproduce, and quantify our connections and memories, the more we're likely to actually miss out on what we're trying to capture. I'm not saying don't take photos; clearly we're gonna take photos. I mean mentally. Don't get obsessed with creating an essence that simply wants to exist in your living rooms and in your souls. Just be and love and eat and see your people. Be extravagantly wasteful with your time and graciously generous with who you are because who you are - not what you do - is a gift. Happy holidays, friends. We'll take next week off since Monday is Christmas Eve, so until next time, be a genius about the things that matter and lazy about the things that don't. I'm so grateful for you, and I'll see you next time.