

## 377 - Office Hours

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 377 - Office Hours. I do these episodes about once every season where I take your questions and problems and Lazy Genius them here in an episode. It's a great way to have particular problems solved but more importantly to see how to think about solving problems, no matter what they are. As always, I'll save more parenting/kid-related questions for the back half so those of you without kids can bail early.

Let's jump in!

The first one is going to have an immediately very short answer but eventually a very long one, and it's from @alexnichol. "I can plan plan plan like a champ, and enjoy doing it. Meal plan? Check. Sketch out my week/month/year? Give me some colored pens and markers and watch the days fill in! BUT the execution of said plans is an absolute disaster. I never can seem to actually pull off what I schedule. One small derailment, I throw in the towel. How do I keep up the desire to make my well thought out plans a reality?" The short answer that I gave Alex on Instagram is to read my next book, *The PLAN*, when it comes out October 8th. That will be a long, deeply helpful answer to this challenge. I wrote *The PLAN* for everyone who feels like this, for people who don't know how to plan, for people who plan but find it overwhelming and slightly annoying, and for people who feel like all other productivity time management approaches are just not right for them. It comes out October 8th, but I encourage you to do one of two things right now. First, go to [thelazygeniuscollective.com/theplan](http://thelazygeniuscollective.com/theplan) which is where we'll update all book-related things including the book tour stops I'm doing this fall - many of those are already listed, and preorder bonus info! That will be announced in another couple of weeks. So maybe leave that tab open on your phone. The other thing you can do if you haven't already is join our mailing list where we'll always email only the most necessary information to you related to the book. I don't like unnecessary emails either, so we make ours as necessary and fun as possible. The link is in the show notes, or you can go to [thelazygeniuscollective.com/join](http://thelazygeniuscollective.com/join). So back to Alex's question. It's a tough one to answer with a short sentence, but I did answer it with a book that I am super proud of and ridiculously excited for you to read soon. Only ten more weeks! You all know that'll fly.

Okay, now I'm going to for real answer some questions. @coffeemamalife says, "How to Lazy Genius exercise to actually get it done or be consistent. I say it's important to me, but I just don't seem like I make it a priority. And the Nike slogan of "Just do it" doesn't seem to help. Can you help?" In every single Office Hours post, there is at least one comment about working out. This is one version of at least three that I saw in this particular post, and I'm sure there are more. I've said a lot about exercise and our bodies over the years. Diet culture has done a number on many of us about how we see ourselves, our size, and why we should exercise at all. If you google "lazy genius body" or "lazy genius diet," you'll find some episodes that might interest you, but the most relevant episode to this question is Episode 61: The Lazy Genius Exercise Routine. It is from so long ago it's crazy. I hadn't written *The Lazy Genius Way* yet or even knew that I wanted to, so there aren't official Lazy Genius

principles in this episode. And yet there are. You'll hear their whispers which I love. It's still a great listen, but one thing I likely do not say in this episode that I say all the time now is that you need to match your expectations to the energy you're willing to give. Match your expectations to the energy you're willing to give. And maybe in this case, change "willing" to "able." Sometimes we feel more willing to give energy, but our ability to do that whether it's our season of life or even physical ability is limited. So match your expectations to what you're willing *and able to do*. I'm 42 years old, and occasionally I still feel like I should look like and be exercising the way I did at 22 when I had an eating disorder and was obsessed with being as small as possible. I occasionally expect to look like that which is not something I'm willing or able to do, and still my expectations can be more in that direction than I realize. There is so much to say about this and many nuances to catch, but we don't have time for all that today. Instead, listen to episode 61, and be honest, be kind, be aware of the messages you have in your head that are based on a smaller body being more valuable, and match your expectations to the energy you're willing and able to give.

Next up is @kedarhower How to force myself to go to bed earlier. If kedarhower was here, I would have a lot of follow-up questions, but since she's not, let's consider a couple of things. First, let's look at the word "force." The language we use matters, and this word is a strong one. It makes me think that kedarhower doesn't want to go to bed earlier and must force herself, or it means part of her wants to, likely the intellectual "you should do this to be a better person, kedarhower" part, but the "I'm so tired and haven't had a minute to myself today and just want to watch TV" part is unwilling to do that. Which one is it, and can we shift the word force to something else? Next, let's look at the word "earlier." How earlier? What does that mean specifically? And do you mean you want to be asleep earlier? Be in bed earlier? Be specific about the words you use. Third, there is nothing in this comment about how often kedarhower wants this to be true. Is it every single night? That's a place we get tripped up, especially wanting to be a responsible adult who goes to bed early. We think that whatever we choose for one night is what we choose forever, and I don't think that's reasonable for most of us. What if you alternate your early and late nights? Or decide once that Tuesday and Thursday are early nights to get some good sleep catchup, knowing that you'll have other nights to stay up later and be a person. Just like with the exercise question, there's almost always a "should" buried in there somewhere. We have been forced the idea that sleep is the most important thing there is, and while that might be true to a degree, the pressure of that should lives alongside the pressure of a million other shoulds. You're expected to exercise daily, cook food, tidy your home, do your job, raise your children if you have them, get coffee or drinks with a friend because you are supposed to have a connected, thriving social life. You should take care of your skin and lay out your clothes and hydrate your plants and hydrate yourself and call your mom and have consistently sorted mail and folded laundry and dust-less surfaces and literally a million other things, oh and also go to bed ambiguously early because that's the most important thing. But also do all those other most important things. It's literally too much, y'all. It's unfair that we as women, not men - hear me, men are not marketed to this way - women have been taught from infancy and are directly and indirectly reminded every day that we are expected to meet certain standards, tend to specific things, and do it all on ideal sleep and nutrition, but we're not given the help, social capital, or tools to do any of it. Or permission to really let stuff go, not without feeling shamed for it. It gets me riled up if you can't. Here's another place to plug *The PLAN*. It's a book for people like kedarhower who write a sentence like "how to force myself to go to bed earlier."

I will share one of my favorite practical tips that was said super well by @p7eggy in the comments. "The biggest thing for me is to already be ready to go to bed (teeth, pjs etc) well before bedtime. If I manage to get on the couch without doing these things, I'm in trouble." I'll say the same. Being all the way ready for bed way before bedtime, whether it's an arbitrarily early bedtime or whenever your body is ready to go to sleep, is a game-changer. I get ready for bed when my daughter is getting ready for bed which is usually around 7pm. Then when I'm tired, I just go to bed. Now, if you're an all or nothing girlie, remember this: you can get ready all the way but also wait to brush your teeth. Some of you are snackers as am I, so you think, "Well, I can't get ready for bed because I'm not ready to brush my teeth yet!" Get ready for bed as far as you want. Have your snack. Then during a commercial break while you're watching Schitt's Creek on Hulu, go brush your teeth. Stay up three more hours if you want, but when it's time to sleep, you can actually just get in bed and go to sleep. What a long answer to a very short question.

Next up is @abfenema. "Keeping up with the house work( dishes, laundry, general clean ups) while working on a large project(cleaning and organizing the junk room) I know the junk room project is a season but when I fall behind on the day to day I feel stressed out because everything seems to be a mess." This is a question that's larger in scope, too, but I have a couple of thoughts here. First principle to employ here, especially if you live with other humans: let people in. And in this case, that means delegating things that regularly fall to you to someone else. That's not doable for everyone, but it's worth mentioning here. Try to think about how keeping up with the house work and doing the large project cannot be just yours, and that includes if you live alone. Second principle: essentialize. Get rid of anything that's in the way of what's going on, and have what you need. In this case, it could be naming baseline cleanliness while you're working on this bigger project. Not everything is going to be done in the same way. Third thing and this comes from the comment itself: the part that says "I feel stressed out because everything seems to be a mess." Seems to be is an interesting choice here. Maybe it's not as much of a mess as you think. Or maybe you need more order than you have. In that case, make piles. Don't worry about putting everything away in the way you do outside of the big project. For dishes, use a Dirty Dishes Zone where all the dishes are stacked and on the counter or in the sink, but it's okay if they're not in the dishwasher or clean right away. For laundry, put the laundry in the basket and the basket in a room that's not your safe space, resting at night room. For general cleanups, if you don't have the energy or time, put piles. Put stuff in a basket for now. Create order in an essential way until you have time to create order in a regular way. That's not the answer. It's an answer.

Here's another chore related comment. @dawnmorning1212 writes, "How to lazy genius mowing the lawn! Housecleaning is easier because it can be cyclical, and you don't have to notice when it needs done, but just do it on its day- eg, I dust on Tuesdays. House projects are easier because they have an end- eg, I have time and the materials this weekend to paint and install a new closet door. Mowing is cyclical, and yet you can't just always do it on a certain day because of weather! How can I make it easier to notice when it needs done and fit it into the routine/rhythm?" Sometimes we force order into a place we don't need it. I'm not saying that's the case here, but in the same category as the exercising and the early sleep, some of us have this thing inside us that says that chores should be attached to days or rhythms. Otherwise, you're not adulting correctly, and that is decidedly untrue. Dawn, your question uses the phrase "how can I make it easier to notice when it needs to be done?"

Maybe you skip the next part that says “and fit it into a routine or rhythm?” Maybe it doesn’t need a rhythm. Maybe the routine is just that you notice “Oh look, the grass is getting long,” and then you look at the weather and your schedule, and you put the task on your calendar the next time you have space and it’s not supposed to rain. It’s almost like scheduling a haircut. Some of you have either hair or personalities where you just automatically schedule a haircut every six weeks or six months or whatever. For me, I notice that my hair is getting a little long or gnarly on the ends, so I go online and find the next available appointment for a cut. Sometimes I have to wait longer than is ideal, just like you might with your grass, but it’s probably all fine. Unless you’re going to get fined by your HOA for having grass over a certain length, your neighbors will not die if your grass is on the long side while you wait for the weather and your schedule to align. So release the pressure to make a rhythm and instead notice it, like you would needing a haircut. Again, not the answer but an answer.

\*\*\*

More yard work stuff. @anna.hammond says, “I have EIGHT window boxes. I love them but I cannot keep them alive through July because I cannot remember to water them. We get enough rain that I don’t need to water my garden or lawn, but the window boxes are under the eaves. My house plants don’t have this problem. I have tried water spikes and reminders and tying my indoor watering to my outdoor, but this SEASONAL routine is totally missing regular cues/habits... a come July, my poor petunias are CRISPY. What matters: I pick up the hose and water them before they’re dead. Probably 1-3 times a week depending on how hot it is?” Can you hear the frustration in Anna’s words? I think small problems like this are the most annoying because they seem like they should be so easy to solve, but they’re not always! When that happens, I think it’s helpful to consider a tiny mental shift and then make a small choice to help get the thing done. I’m going to assume you’re leaving your hose out. Because if you’re winding and unwinding your hose every time, that’s a whole thing. What matters more aesthetically: pretty petunias or a pretty wound-up hose? I’m guessing petunias, so leave the hose out underneath the window boxes. Next, I wonder if you might try a different mental order. You’re starting with figuring out what days each week to check and water the boxes, but the lack of seasonal or daily consistency doesn’t make that work. You also said you tried tying it to watering your indoor plants, but that’s a whole chore on its own. I think that’s adding one medium thing to another medium thing, creating one big thing which is overwhelming. I’m assuming if you have eight window boxes, you have a house, and if you have a house, you probably have a traditional mailbox. What if you decided to tie quick yard care with getting the mail. You walk outside to the get mail, but before you get to the mailbox, water one or two window boxes. Cool. Then drop the hose underneath the next one, and do the next couple tomorrow. If they’re extra crispy, water more than two or all of them and drop the hose wherever you left off. Then go get the mail. Every day, you can notice what needs doing, and whatever that can be so small like watering one box, and you know you can do another super small step tomorrow when the mail comes. And since the mail comes all year, you could consider that same habit all the time. Do a quick scan when you walk out or in. Pull a weed. Throw away that busted ball left outside by your kid. Or just go inside. Knowing that you’ll look again tomorrow gives you freedom to not do anything today.

Next up is @thehissilent. “How to LG activities for a vacation. I’m headed to Greece with my husband in September and I have so many ideas that idk where to start. We’re staying in Athens for a few days

and then heading to Mykonos for a few days but besides that, no plans have been made yet.” There was also a question about Disney that was similar. When you’re planning a trip, especially one that’s more once-in-a-lifetime, the pressure is kind of high. Here’s how to Lazy Genius this in my opinion. And it’s kind of like life. You can’t do it all. No matter how hard you plan a vacation or a life, you can’t do it all. Some things have to give, so accepting that is weirdly helpful. The second thing to remember is that your experiences today matter. Again, just like life and vacation. Notice if you’re focusing on what you’re missing rather than where you are. Whatever you end up doing in Athens, even if it’s spending an entire day just wandering, is not a waste. Be where you are. The third thing is to name what matters most. When Kaz and I went on a cruise to Europe last spring just the two of us and when the family went to Disneyworld a couple of months before that, it was the same vibe. We want to make the most of it! We want to do everything we possibly can! But that energy didn’t last long because for me and mine, it’s not feasible. So instead, for both trips, we named something for each person that mattered a lot. For Kaz in Europe, it was touring the F1 track in Monaco. For me, it was walking around and eating pastries and ice cream and sandwiches as much as humanly possible. When our family went to Disney, Ben wanted to meet Mickey, Annie wanted to meet princesses, and Sam wanted to eat ice cream. Plant flags where it matters most, and then let the rest be fluid. Which leads me to the fourth thing. This is a traveling philosophy that I have and it doesn’t work for everyone, but whenever I go somewhere new, even to a once in a lifetime place, I want to do things that I also enjoy in my regular life, that make me feel like myself. My list includes bookstores, coffee shops, dessert shops, churches - holy moly do I love going to an old church, walking, and music. Any way I can incorporate those regular life things into a trip, I do because I’m enjoying something I love in a new place.

Alright, let’s pivot to a few family-related questions.

First is @johnsondmp. “How many activities for kids are the right number? Some run year long, some only 6-8 weeks. Some are totally new opportunities and others we know we like, but we can’t do everything. How to decide/help them decide.” Such a real question and gets more complexity with every kid you have. I saw an interview that Brene Brown did with Tim Ferriss where she talked about family-focused families. Some families are kid-focused where everything in the family is oriented around the kids. Some families are parent-focused where everything in the family is oriented around the adults. And some families, like Brene’s and like mine, are family-focused. What that means is anything regular that consumed either time or energy from one will almost certainly consume time and energy from all. If the oldest brother has football practice and a sister has piano practice and both happen around the same time and the mother is driving them both, that probably means the youngest kid has to bring homework and entertainment and energy along for the ride. It affects everyone, and because it affects everyone, it’s almost a group decision. Brene says “is this a good decision for you, and is this a good decision for our family?” Both need consideration. That’s more of a philosophical answer.

A specific one is simply based on how we do it, so again, it’s an answer, not the answer. Our loose rule is one extracurricular per kid. That’s a worthwhile priority, that every kid has the opportunity to do something outside of school hours that they enjoy, so you’re guaranteed one thing, as long as that particular thing fits into the family rhythm at least a little bit. Anything outside of that has to be

considered big time. For example, in middle school, Sam did jazz band before school and chess club before school. That's technically two things, but the rhythm for them was the same. Plus we had a carpool going, so I only drove maybe one morning a week. One might say, okay, he has his one thing and even has two things! So when he wanted to join the cross country team, my all or nothing brain went "no, you already have two things, and that's kind of breaking the rule anyway!" But the purpose of that rule is to support the energy and time of the family so we're not oriented around one member all the time, right? And guess what? Sam's pre-school activities had no bearing on anyone else but me, and even then it was barely an issue. So adding cross country, especially since we had another family to carpool with, and knowing it was just about eight weeks, made it easy to say yes to. We also didn't require the other kids to go to meets since they a) didn't want to and b) for our family's purposes didn't really need to. But for the next school year, Sam will be in marching band which practices after school three days a week. My time is also going to be harder to manage because I have three kids at three different schools with three different start and end times for the first time in my parenting life. And carpool is rough because most of Sam's friends who live nearby are doing zero period and getting to school earlier than he is. It's a bit chaotic to think about. He is asking to audition for a local band that practices on Sundays, a day that's not super restful for us because of regular responsibilities at church, so that does not seem like something that's doable. That makes a lot of our family's energy oriented around Sam for the long haul, and we probably won't be able to do that. It takes opportunities away from Ben and Annie to do things, and it takes time away from Kaz and me to rest after working all week.

That's a very detailed personal example, but all that to say, have a house rule that in general supports your family. Consider this mental shift of family-focused parenting like Brene Brown does. And see your rules as guides rather than laws. You can discern whether this thing or that thing can fit into your family's time and energy for this season, even if it doesn't align exactly with the house rule.

This next one could use a similar answer actually. @sekrappweiss writes, "How to lazy genius parent (aka my) involvement at school as my son starts kindergarten. What do I get involved in and not? What is too much? What is not enough? I want teachers/staff to be supported but I also have a younger kid and don't want to overcommit and burn out too early!" This is one of those situations where we think the wise thing is to make one big decision early on and then hope that it carries us through! Very similar to the kids' involvement in things. Instead of seeing your involvement or your decision now as something etched in stone, consider what works for you in this season. Or even the first semester of the year. What do you have time for? What do you want to do? Are you matching your expectations to the energy you're willing and able to give? Are there any shoulds floating around in there? Do you think that in order to be a good mom, you need to be regularly involved?

Again, I'll give a personal example here. When my kids were in preschool, my Decide Once was I would always sign up for plates and napkins. If those weren't available, something I didn't have to make. Y'all, I'm a baker. I love to bake. But my energy does not always match my expectations of how much homemade baking I'm going to do for schools, so I let that go. Plates, napkins, drinks, or anything I can just buy in a bag.

As my kids got older and the classroom involvement options became more varied, I chose to support my kids' teachers by buying whatever supplies they needed when they needed them. Emails and messages go home regularly saying "we're out of paper towels or classroom dry erase markers or we're doing a big holiday craft and need every kid to contribute five dollars" or whatever. Any time something like that comes, I buy the thing or give the money. I'll often give enough money for most of the class to do the thing because my kids go to a Title 1 elementary school where many students' families don't have extra money for crafts and field trips and stuff. That's my general way of being involved.

Now this past school year, my daughter Annie who was in second grade, asked me if I could read James the Giant Peach to her class. We had read it together, and she thought her class would love it. Now, that is a time commitment, y'all, and I don't have a lot of that that's extra. Plus my rule is give money and that's it, right? Just like the kid involvement, make a house rule or decide once, but use it as a guide, not the law. I love reading out loud to kids. Like, a lot. And I love books as y'all know, so making a book come to life for kids sounds really fun to me. Chaperoning a field trip is less my jam, but this? This sounded fun. But I didn't know if I could commit, so I looked at my schedule. Was there a day where I could go to Annie's class for 20 minutes at the end of the day and read to her class? Mondays worked great because it's already a weird workday with lots of meetings, and I tend to have an earlier lunch. Basically, I could still have a complete workday, a complete lunch break, and get to school 20-30 minutes earlier than usual to read before bringing Annie home. So I emailed her teacher, asked if I could come Monday afternoons to read, and she said yes. I did it mostly because I love Annie and wanted to do something that mattered to her, but it took maybe three weeks before it was one of the things I looked forward to the most every week. In fact, we finished James and the Giant Peach in about three months because children interrupt a lot, and the kids asked me if I could find another book to read. I did, and I tear up a little thinking about how much I loved it. It was truly so life-giving, so fun, so connective with Annie and her friends, supportive of her teacher, all the things. And if I had stuck with my rule of only giving money, I wouldn't have done it. That's not a guilt thing to do more than you think you should. Did you hear how considerate I was about this new thing? And it was something that gave me life. I knew it wouldn't drain me because I love reading to kids. At the very least, it was energetically neutral and mostly time neutral because I was able to line it up with my existing rhythm. All that to say, don't try and solve your school involvement questions all at once. You'll change, your kid will change, you might have another kid, you might get another job, lots of things might change. So pay attention to your season, what works for you and your energy now, check for shoulds, and be kind as you choose.

Next is @katieholtz428. "LG after dinner cleanup with 3 small kids at home as a full time working mom and dad! Have tried single vessel cooking, using paper plates in certain seasons, and having kids carry plates to the sink, but it just feels like the dishwasher, sink, and garbage can are always full! I'd love to spend 30 mins after dinner cleaning up and getting it all put away, but the kids being so young need constant attention from their adults. Help me! What's important: empty sink, cleared table and counters, and leftovers put away." Alright, I have a few ideas here. First, I want to highlight the sentence "it just feels like the dishwasher, sink, and garbage can are always full." It might feel that way because it is that way. A home of five people is going to create a lot of dishes and trash. I

think relaxing the expectations of emptiness might be helpful. It's kind of like assuming that contentment in life means we're never sad or struggling or that an organized schedule means we never have to pivot or go through busy seasons. Sometimes our trash cans, literally and figuratively, are always full, and that's normal and okay.

Next, let's use the principle Put Everything In Its Place. I love kitchen zones for problems like this. We think that a clean kitchen means everything is wiped down and put away, but there are different levels of clean. Sometimes having all the dirty dishes in one zone, just one spot on the counter, is a great midway expectation. They're not all over the table and the kitchen, but they don't have to be completely put away and clean either. Try a dirty dishes zone. That's where the dishes stay until you have the time to clean them up. Same for food and leftovers. We have a fridge zone where we stack things that need going in the fridge so we're not always playing fridge tetris. Also, after dinner, we might only have time to spoon the leftover soup into a container but not much else. At least the dirty pot and spoon can go in the dirty dishes zone and the leftover container can go in the fridge zone. It doesn't have to be all or nothing. Having a place for the parts of the tasks helps. The third idea here is to give your kids a task that involves whatever you're doing after dinner. Something like "Everybody bring your dishes to the dirty dishes zone! Good job! Now everybody go pick out the pajamas you want to wear tonight and put them on your bed. Then race back to the couch, and we'll read a book!" That gives you even three minutes to group things in appropriate piles or slam a few plates into the dishwasher. You're basically moving your kids into the next thing that matters to you while still staying where you are for a quick second. The fourth idea is to divide and conquer. One parent takes the kids while the other handles the kitchen. You can switch off based on energy or whatever, but let one adult take the 15 minutes you need to reset the kitchen before heading to help with bedtime or whatever is next. I do think the zones here are a big win though.

Last one and it's kind of a pair. First, @susanjorgensen writes, "My almost two year old hates having company. Our family values hospitality and I feel so awkward neglecting our guests because she wants to go play in the other room (or...literally keeps asking them to leave haha). How can I help her and enjoy having company?" And there's also this from @homeschoolinmob. "I'm seeking advice on how to instill our values in my teenage boys without coming across as overly strict or legalistic. I want them to genuinely appreciate and embrace what we hold dear. I'm sure I should "make it smaller" but don't know how." I don't hear this talked about much, but it really is so hard when you hold a value that your kids don't seem to. We run into that often with our kids, and I know for me, it can feel like a referendum on my parenting to have a kid who isn't hospitable or humble or generous or content, all things Kaz and I value on a soul level. I think that modeling is where it begins. You don't force the value on the kid, but you model what matters to you and you make it clear that as a family, this is what matters. If it doesn't matter to you specifically right now, that's okay, but that feeling isn't going to change the priority of the family overall. So for the two year old who is brutally honest about social requirements, you can tell that kid that we care about making people feel special in our house, and after saying hello, if that kid would rather go play alone, that's okay, but you're not going to be with them because the family is making another person or family feel special today or whatever language you want to use. I think for teenagers, the pressure feels harder. They're so close to being adults, and you want them so badly to value you the things you find valuable. But that doesn't always happen, so again, I think it comes down to modeling and also communicating clearly



that you don't have to believe in or care about this thing in your core the same way I might, but since you're part of this family, this is the behavior I'm asking for. That's not something that is said once and never again. It's constant, at least it is in our house. I have a kid who has a lot of confidence, sometimes do a very hubristic degree, and rather than attacking that kid and saying "why are you so cocky stop it" which honestly I sometimes do, my goal is to say "I'm glad you're confident in yourself, and also in our family, we care about being humble and not drawing attention to ourselves more than we pay attention to others, and right now, you're not acting in a way that matches that kind of humility. You can think you're the best at this thing, but you don't have to keep saying it." That kind of exchange is pretty regular. Is that right? I don't know. Is there a right way? Not a single one for sure. Parenting feels like making stuff up as you go, and when it comes to values, you don't want to make them up. They matter to you, so you want them to matter to your kids. It's a long game and maybe not one you win in the way you think or in the timing you hope for. Still, prioritize whatever values for your family, model them, have some expectations of behavior, but communicate that belief isn't expected and boundaries can be honored for everybody. Again, who knows, y'all. This is why I will never write a book on parenting.

Thanks for all of these questions! We'll do another Office Hours episode in a few months, and I hope you enjoyed this one.

Before we go, let's celebrate the Lazy Genius of the Week! This week it's Lisa Fey. Lisa writes, "I have a family of six and I have found it easiest to sort laundry by buying a distinct brand of sock and underwear for each person. Now that my kids are about the same size as me and my husband, this really helps when sorting laundry." This is something we've dealt with with the boys since they're about the same size as each other. I don't know whose underwear and socks are whose! Lisa's idea is to make sure the style and brand for everyone are distinct. The way we do it? By next year, the hope is that the boys are doing their own laundry, so who cares, but for now, we have a big basket of all the underwear and socks, and the kids themselves come and get whatever is theirs. Somehow they know even though Kaz and I don't. The problem with that is having the basket sit around for longer than it might if we're just putting stuff away ourselves which is why Lisa's idea is great. She can sort and then dump the pile in the person's room for them to fold and put away. Laundry has endless approaches, doesn't it? Thanks for this one, Lisa, and congratulations on being the Lazy Genius of the Week!

This episode is hosted by me, Kendra Adachi, and executive produced by Kendra Adachi, Jenna Fischer, and Angela Kinsey. The Lazy Genius Podcast is enthusiastically part of the Office Ladies Network. Special thanks to Leah Jarvis for weekly production.

Thanks, y'all, for listening, 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'll see you next week!