

## #236 - 10 Things Saving My Life Right Now

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 236 - 10 things saving my life right now. This is a phrase I think initially coined by Barbara Brown Taylor? I think? Lots of people on the Internet love to share what's saving their life, so do I, and so do you! The first time I did one of these episodes, I was in a busy season and needed an episode that was easier than usual. Talking about some favorite things definitely has an ease that disagreeing with a partner doesn't, but I didn't anticipate the ridiculously high download numbers on that initial episode. Y'all really love these episodes, so here's one for the fall. I have ten things, some products, a hobby, a yogurt I can't get enough of... all kinds of things.

First, before I jump into that, I have a favor to ask you. I would be so grateful if you would fill out a survey for me. This audience is vast and varied, and the best way we can know what kinds of episodes to make, where to travel for book launch events, and all the things is for you to tell us. We can guess to a point, but whenever we have survey results, they greatly impact our decisions as a company.

For example, we did a survey a couple of years ago, and one of the questions asked you to choose only one thing I made to the exclusion of all the others. I expected the answer to be Instagram, that you'd rather I stay on Instagram than make the podcast or write the newsletter or whatever else. The results were overwhelmingly in favor of keeping the podcast. I'm talking 75%. It was shocking, especially because I had been thinking about maybe stopping the podcast because I wasn't sure y'all actually were into it. That survey question immediately halted that line of thinking, and I was like "okay, we're gonna keep making a podcast!" So these surveys really play an important role in what we do here, and it would be the best if you would fill it out.

There's a link in the show notes of the episode, and it shouldn't take you more than three minutes to fill out. Plus there is a question where you can choose the three cities you'd be most willing to travel to for some kind of live event because we're starting to plan those for the release of The Lazy Genius Kitchen and I'm so excited about it! So click the link in the show notes, fill out the survey, and we'll actually randomly select a handful of people who fill it out to get a free product from our Lazy Genius store as a thank you. But to all of you, thank you. This information is so important and valuable because you are so important and valuable.

Okay, let's get into the episode. 10 things saving my life right now.

Number one, cotton linen overalls. I'll put a link in the show notes, but I got two pairs of these baggy art teacher looking overalls, one in army green and the other in black, and I have been wearing them ragged. I used to wear denim overalls all the time in high school and college, but not in a cool way. I was super dupe trying to hide my body and actual person from all who came in contact with me, but one random day, my now husband Kaz told me that I looked cute in

overalls, and honey you'd better believe I wore them almost every day that I could. I'm wearing overalls in my high school yearbook, in so many photos from college, they were part of my identity. Then I started wearing regular pants, and the overalls left my life. Fast-forward to almost twenty years later, and I am back on Team Overall. They are lightweight, cut well, and \$24 on Amazon. Now listen, they are not the most high quality or fashion forward clothing item. These overalls are down the middle of the road workhorses, but I love them. And on days when I am tired of the buttons on my pants but still have to go into the public sphere, these overalls save my life.

Number two, clarifying shampoo. So I've been sharing my recent hair woes with you all on Instagram. My hair is so long that it gets stuck in my armpit when I'm just living my life, and it's time for a change. At the time of this episode, I will not be able to get a haircut for another month still, and it's been I think almost a year since I've had it cut. It's dire over here. Part of the challenge with my hair is one, I have very fine hair but a lot of it, two, it's so heavy right now that it just hangs there with no possible volume at the roots, and three, I have to use so much product to try and get any lift whatever and still barely succeed. Because of all that product, my hair doesn't last as long between washes as it once did. Enter clarifying shampoo. Jamie Golden, my beauty guru for all of days, encouraged me to try washing my hair twice, first with clarifying shampoo and then with my regular shampoo. I use Prose and love it. Not an ad. I mean, they are a sponsor of the podcast, but I genuinely love Prose. Now when I started using clarifying shampoo, I had low expectations. I didn't think it would matter much or make any difference. I was very wrong. I still have a lot of fine hair, and it's still hard for me to get any volume out of it. But the clarifying shampoo has added another 1-2 days in between washes easily. It helps me start from a cleaner baseline and get rid of the product buildup that makes my hair look like you wiped chicken grease down my part. I use Kenra clarifying shampoo and absolutely love it. I also love that it's called Kenra which is my name without the D and it's what my mom and sister call me when they're trying to make me laugh. Kenra. So number two is clarifying shampoo.

Number three is honesty. Big pivot but let's go. I mentioned this in an Instagram post last week, but I've been noticing how I say that I'm not good at something when it's not actually true. The example I gave last week was about travel. I've always said I'm not a good traveler, especially with airplanes and rental cars and stuff. I can drive my own car somewhere and get there in reasonable time with the help of a GPS system and solid playlists, but I don't like traffic, I don't like airports, I had never gotten my own rental car before a month ago, I have never called for an Uber, I don't fully understand how people know what drinks to order on an airplane without asking what the options are. I mean, last week one guy asked for ginger ale and another guy asked for orange juice, and I was like does the plane have every beverage? How do they know what to order?! All of that lowkey anxiety lands in the sentence "I'm not good at traveling."

But this last month, I've traveled so much. So many planes, multiple rental cars, trying to figure out how to return them and freaking out when I had to drive over those parking lot spikes, convinced I would pop a tire. I've eaten questionable airport food, eaten the Biscoff cookies offered to me by the flight attendant, not because I love biscoff cookies but because I ran from

gate to gate and didn't get a chance to eat anything and needed to eat that cookie and drink that water because I didn't know what other beverage to ask for so that my stomach didn't eat itself. I've been figuring out airport trains and how to walk on those moving walkways without throwing up. I'm figuring it out! But even after weeks of figuring it out, I was still saying I wasn't good at traveling.

Says who? And what does that even mean? What am I imagining when I think about someone who is good at traveling? It's not me, but maybe it should be. I've done great. I've navigated cancelled flights and talkative seatmates. I've figured out that I need to eat my sadly cold rice bowl by a window in the airport and not in the crowd. I sit at empty gates adjacent to my gate until it's time for my plane to board so that I can have some space from all the people. I've driven in Atlanta traffic and run through the Minneapolis airport and eaten a buffalo chicken wrap in three desperate bites in front of 200 people waiting to get on a plane. I'm a good traveler. I don't have to love it or have an airplane pin on my sweater for that to be true. And the sooner I'm honest about the situation, the less stressed I'll feel when it's time to travel again.

Number four which is slightly connected to number three, scary entertainment stuff. I've always said I don't do scary. I don't like scary books or movies or shows. But a lot of the books I read have a pretty high creepy factor. But because they weren't Stephen King, I didn't think they counted. Then I started reading Stephen King. Two of my friends who you likely know love Stephen King as their favorite author ever. One is Laura Tremaine who wrote one of my favorite books last year *Share Your Stuff I'll Go First*, and the other is Andy Baxter who is half of my favorite band, Penny and Sparrow. They both wax poetic about Stephen King, but I've always just dismissed the idea because - wait for it - I don't do scary stuff. But then Andy physically sent me a book of four Stephen King short stories and said "Start with this." And so I did. I currently am almost finished with the second story, and I'm loving it.

Then I started watching *Midnight Mass* and binged that puppy like it was a pint of Tonight Dough when I'm on my period. I devoured that show. And it is legit scary. Jump scares, blood, creepy people in the dark, all the things I quote don't do. But I did it. And I loved it. Like LOVED it loved it. And I'm reading Stephen King at the same time. So number four on the surface is scary entertainment stuff, partially because it's a good season for scary stuff and I enjoyed it but partially because I'm changing my mind. I like scary stuff. Maybe I always did but for some reason didn't say it. No matter. Here we are in November 2021, my name is Kendra, and I like scary stuff.

Number five is another thing that I always said I wasn't good at - cross-stitch. Now listen, cross-stitch isn't hard. When you follow a pattern, it's like paint-by-number for adults. But I've always said I don't do crafts. I'm not good at things like knitting and crocheting and embroidery and anything that involves thread and some kind of needle. But based on what? I've never been shown how to do any of those things. I have in fact crocheted a scarf in my time. Those are not hobbies you come out of the womb knowing how to do. You have to learn and then practice. My sweeping statement of "I'm not good at crafts" is incorrect and also kept me from trying cross-stitch until this year. Which makes me very sad because of how much I love it. It is one of

the best things for me to slow down and be present. I started with a pattern from Elise Joy who is such a fun follow on Instagram, and even though I've been working on it slowly for months and months, it's been so fun and rewarding and good for my caffeinated squirrel brain. The last few months with work have been bonkers, and that combined with a lot of crazy personal stuff, kids going back to school, a huge renovation to build me an office, and lots more, I have needed something to ground and center me. Cross-stitching has done that, and I love it so much.

### **We'll be right back...**

The number six thing that's saving my life right now is the Owala water bottle. I am very skeptical when someone says "this is the best one of these things" especially for something regular like a water bottle. I mean how great can a water bottle actually be? Aren't they all pretty much the same? Um, no. No they are not. I first heard about the Owala water bottle from Courtney Cleveland of All the Best Days, and even though she has excellent tips and taste about things, especially in the travel space, I thought her enthusiasm was just because Courtney is generally a very enthusiastic person. But then two women on Team LG - Leah and Leslie - got the water bottle and sung its praises, so I was like fine I'll try it. You guys, I don't understand it, but everyone was right. This water bottle is the best. The reason it's saving my life is because it works which is great. Yay hydration. But because it works so well and is so easy and dare I say delightful to drink from *and* because it doesn't leak and it fits in cup holders and can be throw in my purse and looks really good, I am drinking water more easily and more often. It's just an excellent water bottle. It's even in our Lazy Genius gift guide. That's how much we love it. That's number six.

Number seven, a housecleaner. I've talked about this before. I even have an episode on how to hire a housecleaner. And obviously being able to hire someone to clean your home regularly is not something everyone can do. However, I think almost without question, there are things in our lives that we could outsource or delegate but don't because of unimportant reasons. There's a lot of stigma around paying someone to do something you can do yourself. We've talked about that before, too. Just because you can do something doesn't mean you have to. Can you make your own yogurt? Sure. Do you have to just because you can? Nope. Now do you love making your own yogurt? Does your family eat so much yogurt and you're trying to cut costs so making your own yogurt is actually a really great choice? Then go for it. But just because you can do something doesn't mean you have to. We are Lazy Geniuses. We cannot be geniuses at everything. You cannot do it all. Under no circumstances can you do it all. You have to choose what matters to you. Doing this work matters more to me than cleaning my own house. Spending my weekends doing maybe 45 minutes of upkeep chores with the whole family and then hanging out and having fun matters more to me than all of us cleaning the entire house all the time. Our rhythm is having a housecleaner come every other Monday. She cleans the whole house beautifully, gives us the shiniest reset, and then on Saturday mornings after my kids have Calvin Saturday which is what they call just watching TV on Saturdays because that's what Calvin does in the Calvin and Hobbes comics, we all do little upkeep chores. It helps me let loose on my kids not perfectly cleaning things because they are not the last stop on this cleaning train. The state of the toilets doesn't depend on them. If they don't clean something the

exact way I would, it's okay because I know that our housecleaner will tend to it the way she always so graciously does. Having other people do things that I don't love doing always saves my life.

Number eight, Noosa lemon yogurt. Noosa yogurt is the Bentley of yogurts. This stuff is so delightful. I love the strawberry rhubarb and blueberry flavors, too, but the lemon yogurt has been a huge lifesaver for me in all kinds of meals. Because the yogurt is lemon, it feels bright and filling on its own, I can eat it plain or with granola or berries, and it's great for breakfast, a quick lunch when I forgot to make lunch, or even a snack at night when my body is like "we need to hold off on the ice cream until tomorrow." It's one of those little magic foods in my fridge that works for lots of things at lots of times. I just love it so much.

The number nine thing that's saving my life is a creative project that has nothing to do with work. I don't know if you realize this, but it's been a hard season the last year or two. Again, you probably didn't know that. But one thing I've noticed during this time is how things have become very repetitive and even really sad. We're obviously experiencing people more closely than we were this time last year, but everything still feels a bit stop-gapped. Everything fun is tempered with some level of anxiety. And because we're in the fall, routines are pretty strong right now. There's not a lot that's new and even less stuff that's fun. Which is why number nine is a non-work project. I've mentioned this before, but my church does a non-traditional Lessons and Carols service every December. Lessons and Carols a super traditional concept that's been around for awhile where you walk through the story of Jesus starting in the Old Testament really and alternative scripture readings or lessons with a Christmas carol. The people at my church are annoyingly creative and talented, and we do a similar structure but more artfully presented with a theme and visual art and amazing music. It's in my top three nights of the whole year. I just love it. Anyway, I've had the privilege of being part of the planning of our Lessons and Carols service for the last few years, and planning and brainstorming and creativity has recently been picking up steam, and y'all it is giving me so much life. Being on a team, tending to and planning for this thing that I love so much, creating an experience for people that matters, it's just so motivating to me. Plus it's music and art and beauty, and I'm a sucker for those things. Now I share that not to be like "you should plan a Christmas service too!" but more to name what I didn't see until I was deep into it. Sometimes we need something outside of our regular lives to get excited about, to invest in, to exercise our creativity in... it doesn't have to be a service like this. It could be anything. But the creativity and team work and lack of being in complete charge like I am at work is what has been so life-giving. Not everything I share here has to be duplicated by you, but this one feels deeply important to me, important enough to name here on this episode.

And number ten, anticipation. Anticipation is saving my life right now. We've been through a very long season of not having much to look forward to. And let's just call it what it is - a huge bummer. I would use different words except I know a lot of you listen with your sweet tiny children. There hasn't been a lot to anticipate other than generally apocalyptic things. But that is hopefully starting to shift a little bit. We've been planning a book tour for The Lazy Genius Kitchen next spring, and I am loving every single detail. I am naming what matters to me - fun

and people I love - and trying to plan those book tour stops alongside super fun personal treats like concerts and plays and eating meals with friends I never get to see. I'm really excited about what's coming, and I didn't realize how long it's been since that's been the case. I'm not trying to dismiss the genuine concerns of Covid right now; my family all just got it a couple of months ago. We will keep being cautious. We will keep paying attention. We will hold our plans loosely. But I am also going to enjoy the dreaming and planning and excitement of what I get to look forward to. Tiny things, big things, once in a lifetime things. All of that counts and is worth anticipating. And for what it's worth, I've never been an anticipator. I'm too worried I'll be deeply disappointed, so I don't have expectations and try to not look forward to events as much as possible. That's the dark side of my Enneagram One talking. This is where I'm grateful for the line I share with a Seven, and I'm embracing and enjoying anticipation in ways I haven't before. And it's so incredibly fun. So the final thing that's saving my life right now, anticipation.

If you'd like to share one or ten things on your life, tag me! Hopefully I'll see it. But even if you don't, it's always a really lovely practice to name what's bringing you life, making you happy, and helping you enjoy your days a little more than usual.

Okay, before we go, let's celebrate the Lazy Genius of the Week! This week it's Amber whose last name I don't know which is the worst, Amber, I'm so sorry! But here's what Amber wrote.

Kendra,

Someday I will write you the longest letter about how you have influenced, changed, and saved my life. But for now, I just have to share how I have Lazy Geniused my closet!! I also separate my clothes by spring/summer and fall/winter, like you have. But I set up a Clothing Matrix (obviously got this from your "Meal Matrix" idea). I have all bottoms together, all tops together, all jackets/blazers together, and all shoes together. I select from the very front of each of these four categories, in that order - pants, tops, jacket, shoes. If my next-in-line shirt doesn't match with my pants option that day, I go on to the very next one that does match. I repeat with each of the remaining category options. After wearing/washing clothes, they go to the back of the line. I have not had to make an outfit choice since I started this over a year ago. I love the laziness of it, and I am often surprised by interesting combinations that I would have never chosen intentionally. I love being a Lazy Genius, and applying principles to absolutely everything! Thank you for all you do for this community.

Love,

Amber

I love this because it is so clear Amber has chosen what matters to her - ease in her outfits without having to think too hard. And I love the accidental combinations that come from this, even though it's essentially automated. It wouldn't work for everyone because nothing does, but I love, Amber, that this works for you and would probably work for a lot of people once they hear this! So thanks for sharing and being this episode's Lazy Genius of the Week!

That's it for today! Don't forget to check out the Lazy Genius survey to help us know how we can best help you in your Lazy Genius life! 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!