

Episode #115 - Present Summer, Prepared Fall

Hi, everyone! 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. First off, it's so good to be back! I've been off for three weeks after a scheduled bit of rest which is something we should all do in the tiniest and biggest chunks we can, but I'm back now and so glad to be.

We're getting back into the swing of things with episode #115 - Present Summer, Prepared Fall. We still have a decent bit of summer left, but for some of you, school starts back in only a couple of weeks. And even if you aren't directly connected to the start of school with kids or your job, the start of school seems to signal the end of summer. I still have another month until the first day of school, but summer has still gone by quickly as it often does. Today, I want to help us stay present in the summer that remains but also be prepared for the fall so that we're not sacrificing future sanity for the sake of right now. This is one of those rare instances where you can have it all - you can have both presence in the summer and still think ahead a little.

Before we get to that though, let's do a quick bit of housekeeping and make sure you're on the Lazy Genius VIP list. In some ways, it is what you think it is - it's a mailing list. It's you giving me permission to email you sometimes. No surprise there. We are, however, working behind the scenes on the mechanics of our email system so that maybe not everybody gets every email. Some of you are super interested in The Latest Lazy Letter because you love book reviews, but maybe you don't care so much about emails having to do with meal planning. We're working on personalizing your experience as much as we can, so if you're at all interested in being a Lazy Genius in some area of your life, I highly encourage you to join that VIP list. There's a link in the info section of this episode on your podcast app, or you can just go to thelazygeniuscollective.com/join to sign up. I'll be sending the next Latest Lazy Letter in about two weeks, and there will be some bonkers good book reviews in that one. I know I've said that the last couple of months, and it was true then, too, but I've been on such a good luck streak with books lately, and I'm excited to share those titles with you, among other helpful things, too. So join the Lazy Genius VIP list at thelazygeniuscollective.com/join.

Okay, let's talk about having a present summer and a prepared fall. Here's the problem. When it comes to getting ready to go back to school or just getting back in the swing of fall, we wait to know everything before we do anything. There's a lot to do - school supplies, transitioning pool stuff out of the house, transitioning fall clothes back in, finding a new routine. Maybe you're starting a new job or you're a teacher and have to transition going back to work. You can potentially give your attention to a dozen different things at any given time, but we often wait until we know everything before we do anything. It's like we're waiting for someone else to say go before we go. For me, that green light is the school supply list. Our kids find out their teachers at their elementary school open house which usually happens a week before school,

and they have school supply lists at that open house. For a while there, I wouldn't really try and be prepared for fall until I got that school supply list which is dumb because there are so many things I could still do to be prepared way before one week before school starts, but it's like that list was my ticket to move. I was waiting for someone else to tell me what I needed to do rather than just doing what I already knew I needed. It was kind of dumb to use the school supply list as my green light, but I did because it was kind of the last thing I needed to prepare which meant everything could then happen. But then everything tried to happen in that week transition, and it feels crazy town when we do that. You don't have to do everything at once, and you don't have to wait until someone says go before you go. The nice thing about being the one to say go is that you get to choose the pace because you're saying go with plenty of time in front of you.

Another tricky thing about preparing for fall is that we think that we can't stay present in the summer if we're thinking ahead. We're cheating the present if we're thinking of the future. In some ways, sure that's true, but really it's not. In fact, putting to rest some of our future concerns helps us engage better right now. It's one thing to ignore everything that's coming for the sake of the present, but it's another be intentional here and there to calm the crazy that's inevitably coming. I think the presence that comes out of that mental space is far more powerful than presence that just happens when we cover our ears and hum and hope the craziness just goes away. So let's talk about how to do this, how to have a present summer and a prepared fall.

First, jot down a quick list of things you need to do or would like to do to prepare for fall. It's likely there are things that always need to happen or things that are quietly or not so quietly spinning in the background of your brain. Write those down. What you'll do is take that list and ask yourself our magic question: what can I do now to make that thing easier later? Usually we use the magic question for dinner, but really it works everywhere. So make a quick list and then magic question your list.

Since I knew we'd talk about this, I went ahead and made my list, so we'll workshop this together using my own life. Here's my list. First thing, have cold weather clothes that fit the kids all ready to go. I do not like getting into late September and realizing that my oldest doesn't have any long pants, and then I'm at the mercy of whatever pants are at Target rather than having a few weeks to check the consignment store or get him pants that he actually likes and will wear. I get caught by this often, so this particular issue needs a little assistance. Second thing, I need to get school supplies because I feel stress under pressure, and I swear every single year the stores are out of index cards on a ring clip. I wait too long and then don't get what my kids need. Third thing, I'd like to purge toys and stuff now because everything seems to have accumulated majorly over the summer and is already weighing on my soul. What will likely happen is the fall will get underway and then five minutes later it'll be time to put up Christmas decorations and I'm still under the burden of ignored toys from the dollar store that we got to make it through the summer. A helpful way to be prepared for fall is to move out all the summer stuff, whether it's beach towels and pool noodles or those stupid dollar store toys. And the fourth and final thing is getting my head around meal planning. If you listened to my episode a few weeks ago about what I'm cooking this summer, you'll know that our meals this summer is so

basic almost to the point of absolute boredom. So many burgers and hot dogs and rice bowls, all of which I love in their own way, but I miss soups and warm bowls of happiness. I cook not just different meals in the fall but use different techniques, too, so having a bit of a gameplan for that will help me. Those are my four things, and now I can magic question them. You can do the same with your list.

I won't go into detail on all of those now because a couple of them will be their own episodes. Next week, I'm doing an entire episode on transitioning kids clothes from season to season, and a few weeks after that, I'll talk about what and how I'm cooking in the fall. I've also already done some episodes on purging your stuff, so you can check those out in the show notes, episodes like #89 Reset the House Without Burning It Down and #78 The Lazy Genius House Purge. Essentially, it's super helpful to go slow which is helpful now in the transition from summer to fall. You don't have to dedicate an entire day or two to purging the entire house which kills the chill vibe of summer. Take an hour once a week to purge one area of your house - one basket, one drawer, one closet. Just pull out what you don't need anymore and put where it goes or give it away. It's not about organizing and buying new containers; just remove what you don't need one small space at a time over a longer stretch of time. That alone will help you stay present in the summer because you're not distracted and overwhelmed by an entire house and start yelling at people. Little bits, and you'll stay connected to right now as you make later easier.

So words on clothes are next week and food a little after. You can listen to stuff on purging, and I'm following my own advice by purging little areas here and there. So real quickly we'll talk about school supplies. You might have to wait for your school supply list to be released, but that doesn't mean you have to be desperate when it arrives. If you know that shopping for that stuff leaves you stressed, make it easier later by getting a handle on a few other things now. You know your kid needs a lunchbox and a backpack. Get those now. You might go so far as getting some notebooks and pencils and the basics, along with the tissues and hand sanitizer that every teacher needs. You can go ahead and get the basics, get the things you know you need, and then when the actual list comes in, get the three or four specialty things you didn't anticipate. It's far less stressful to hit the second week of August and buy a pack of unlined index cards and be done rather than look for those index cards and pick a backpack and a lunchbox and find the right kind of erasers and ohmygosh school starts tomorrow everybody shut up! It can spin out real fast, even if it's just inside your own head. Get what you can now to make shopping easier later.

Also, don't assume that the list is only available the way you've always known it to be. You might find like I did that our school system posts a county-wide school supply list on their website, so I could actually get my kids' school supplies right now. Which I'm super going to do. That was an easy fix that I didn't even know about until I was putting together this episode. Seriously, I got on our school website to look for last year's list because that was going to be a tip for you - buy from last year's list now if you want to get a jumpstart and then just return what you don't need. Then I found this year's list on the site and did a very aggressive happy dance.

Who knows, you might have your supply list posted somewhere and not even know it. Just remember that you can create margin for school supply shopping in several ways - doing it now, doing other stuff now so that there's space later, or doing the things you know you need now - lunchboxes, paper, and such - and get the rest later. This might not even be a transition issue for you, but whether it is or not, asking yourself the magic question and applying it to your specific situation can work wonders.

But here's the most important thing. You can stay present in the summer, you can still turn on the sprinkler and eat popsicles and stay up late and all the summer things without ignoring what's right around the corner. Spending a few minutes of intentional thinking and planning for those few areas that make or break your summer transition will work wonders for the future and maybe more importantly helps you focus on right now. When our brains are less distracted and not running through our lists in the background, we can more easily be where we are. Which is theoretically one of our favorite things about summer.

Moving from summer to fall isn't all or nothing. Just start thinking. Name the things that seem to cause stress, and think now about what you can do to make them easier later. If you struggle getting back into routine, listen to my episodes on morning and evening routines to start thinking about it before you're forced into it. If you need some help with your perspective on moving into a new season, I have an actual episode called *The Lazy Genius Welcomes Fall*. Just listening to a few episodes of this podcast could be the answer to your magic question. Make things easier later by being intentional in your thinking now. Start thinking in the background about the things that matter. Background spinning is actually a good thing for your brain when you're thinking about things that matter to you. Your brain works behind the scenes to solve the problems you mull over often, so don't spin your wheels about stuff that doesn't matter. Name what matters now, start thinking about it, apply the magic question to specific areas that bring you a lot of stress, and take small steps in that direction. And don't wait for someone else to say go. You don't have to be all or nothing in transitioning from one season to the next. The transition is so much better when it's gradual. Small steps stick way better than big ones.

And I know this is the most annoying advice ever, but we all need to keep breathing. Deep breaths, a reminder that you're not losing your mind, a quick retreat by an open window or a blasting air conditioning vent... the madness of this time of year and any time of year really happens in the tiny moments. The more we can rescue those tiny moments with deep breaths and little breath prayers or mantras, the less frazzled we feel. When our brains are in survival mode and experience stress, it doesn't know how to simultaneously find solutions or remind us of true things. Breathing actually makes our brain think we're okay so that we can be rational and reasonable and alive. So don't forget to breathe. You can hate me for being annoying, but I don't mind because it's a good reminder anyway.

So next week we'll talk about transitioning kids clothes, and I promise it doesn't have to be quite as overwhelming as it often feels. I'm really excited about that episode. Also I have some fun news that I have to be vague about now because all the details aren't in place, but I've been

working for several months on a resource for you as you move into the later parts of fall, specifically the holidays. I want you to have a tangible way to experience the holidays the way you long to, with space and intention. Most of the time we just find ourselves thrown into the gauntlet of October thru December and can't catch our breath until January. I'd like for us all to avoid that as much as possible this year. I've made something called The Holiday Docket, and it will likely be available in the next few weeks. I'll definitely mention it on the podcast, but we'll also likely have an early bird price that we'll share with that VIP list I mentioned at the top of the show. There's another reason to jump in as a VIP so you can get first word on The Holiday Docket when it's ready. I've been through the skeleton of it for my own personal 2019 holiday season, and you guys it's so rad. I went through the steps and was so excited about how the holidays were organized that I forgot it was June and I couldn't start experiencing the fall yet. Like viscerally disappointed. My shoulders sunk and everything. You might have already used the other two resources I've made in the past - The Swap and The Meal Plan - but you guys this is absolutely my favorite thing I've ever made. I think it will really transform how you experience the last three months of the year, and I can't wait to tell you more about it and show it to you and all the things, so don't forget to join the VIP list if you want the first word on getting your hands on The Holiday Docket.

Alright, that's all for today! Thanks so much for listening, and it's great to be back. Your encouragement while I was gone was the best. I loved getting your DMs about how Mondays weren't the same without a new Lazy Genius Podcast episode, and that for real was such a gift to hear so thank you to those of you who took the time to share with me. I look forward to seeing you next week when we talk about transitioning kids clothes, so until then, 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 time.