

#137 - A Christmas Pep Talk

Hello, friends! Merry Christmas! 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 a super quick episode - #137 A Christmas Pep Talk.

So let's jump in.

Christmas is in two days. There's also something about this day being on a Monday that might feel like you're at the real Christmas starting line. Christmas Eve always has its own energy, but having it be on a Monday might feel slightly more urgent than you expected.

First thing, remember what matters. Your answer is likely specific to you, but I guarantee it involves connection. What matters is being with your people, being present, being aware of the conversation in front of you, sitting on the couch snuggly and warm with your kids, talking with your cousins you only get to see at Christmas. If anything that is stressing you out doesn't directly affect connection, don't worry about it. Be lazy about it. Let the importance fall away. Sure, things like wrapping presents kind of need to happen, but remember that connection is what matters. Mentally connect with the person whose gift you're wrapping and think about why you love them. Connect with a group of friends, your siblings, a spouse while you wrap together, or just connect with yourself as you take your time wrapping with a mug of hot chocolate and The Holiday playing on TV. Connection connection connection. That's likely what matters, and if something is distracting you from that, let it go. Don't make it the most important thing because it isn't and it's taking you away from what is.

And second thing, the small things matter more than the big things do. You don't have to make grand plans for seeing Christmas lights. You don't need the perfect route, the perfect food, new pajamas for the family, the perfect music playing, and the perfect cozy plan when you get back home. You can, but big and grand usually isn't what matters. Small is great. Small means you'll still do it. If you think it has to be big and grand, you'll likely talk yourself out of it or think you don't have enough planned or going for you to do it at all. Small things, small moments, small interactions, small looks, small hugs, small plans, they matter, often more than the big ones do. Don't be afraid to keep things small.

And that's my Christmas pep talk. I hope this next week is just a beautiful one for you and your people. And if it's not, that's okay too. Sometimes the holidays are gross. I remember a Christmas we spent around my mom's hospital bed, and it was definitely a harder Christmas. But it didn't mean it wasn't important or didn't count or would always look that way. Just be kind to yourself whatever this week looks like and remember what matters.

All my best to you, friends. Thanks for listening, and remember to be a genius about the things that matter and lazy about the things that don't. I'm Kendra, and Merry Christmas.