

## #189 - A Pep Talk for the Final Stretch

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 189 - a pep talk for the final stretch. This episode is releasing December 21st. We're almost there. We've almost made it through this impossible year. I would love to take just a couple of minutes to find our position in it, our position in our days right now.

There's so much looking back at the end of a year with all the favorites of 2020 lists which I have totally contributed to, and we're days away from a lot of guidance to look forward with goal setting and dreams for 2021. All of those are lovely and have their place and are not bad in the slightest. The problem isn't the looking back or looking forward. For this year, it could be the problem is more about the distraction of either from where we are. I know for me, I need to position myself right here, right smack dab in the middle of today. So I want to share just a couple of positioning thoughts in the hopes they'll help you face this final stretch in a way that feels good.

The first thought is short and a little tongue-in-cheek, but it's that 2021 isn't going to save us. We've heard it said, we might have said it ourselves, and to a point it's true. Turning the page from year to another isn't going to magically change the circumstances of 2020. I want to acknowledge that and validate that.

But my second thought is that yes 2021 isn't going to save us, but there is tremendous power in the mental shift of finding ourselves in 2021. I personally have an optimism about entering a new year and it feeling better in my actual body that we made it out of this year. We did it! But a lot of the language around "well, 2021 is just a new number on the same issues." I think to a point that's true, but just staying there doesn't offer us any hope. And we need hope. We also need a paradigm shift, and finally being out of this year and knowing we made it, I think, will have a tangible impact on how we see our days. So that's two thoughts kind of as one. As you sit in this final stretch and feel a sense of hope for what's coming, don't let the narrative that 2021 is more of the same take away your hope. And if you're super super hopeful, there's an invitation to remember that not everyone feels the same amount of hope. We can be gracious with each other wherever we are in regards to how we'll feel when the calendar turns. We can be kind to ourselves about how we're positioned toward 2021 and kind to others who might experience it differently.

Next, let's touch on our positioning toward 2020 and the looking back. I want to applaud all of you. I want to applaud myself. When I start to list all the things that happened in our country alone this year, it's debilitating. Then you throw in all the things we dealt with personally. We've not seen our friends or celebrated or gathered or traveled or moved through the world in the regular ways for months. We've taught online school. We've tried to support small businesses while also stressing about job loss and tightened budgets. We've existed in relationships with

people who see something fundamentally different than we do. We've lived with expectations that things will get better and then that they never will and back again. And our mental health has suffered in major ways that we won't see for years to come probably.

I have anecdotal evidence from counselor friends, a police officer, and an EMT that people are involved in more car accidents. People are having more panic attacks. People are suffering from depression and anxiety and addiction when it was never present before. We are all in a fog, and some of you are experiencing a fog that's blinding. So might the person you drive past or walk past or read a comment from on Facebook. So as we look at the positioning of ourselves in 2020, I want to commend you, genuinely and humbly, that you've done something impossible. You've navigated impossible circumstances. We've dealt with massively hard problems globally, nationally, interpersonally, and mentally. And when there's no margin to reset, when your kids are home and you can't travel and you're not going to the places you normally would, when there are no movies coming out or haircuts to go get, we have nothing left to process what's happening around us.

I think that's why I do feel like there will be a mental shift at the very least when we move to 2021. We did it. We made it. We lived through a year that will go down in history. That's no small thing, so be kind to yourself as you think about it.

**Finally**, I want to invite us all to position ourselves in the right now for the next few days. This week of Christmas is such a special one for a lot of people, but it will look normal for virtually no one. Even for people who are not necessarily abiding by CDC deadlines and gathering unmasked in the usual way are still experiencing that differently because of the reaction of everyone else. None of us are immune from this being different. So in that complicated perspective, I want to invite you to look at the next 4-7 days through our favorite lens, through the lens of what matters. For the next week, what matters most? What matters most to you and your people? What matters most to your mental health over these few days? What matters most about how you experience the world, about what you let into your life and mind? What you offer to others? It's almost like setting a new year's resolution but for the week of Christmas that only lasts a few days.

What's your Christmas week intention? Your purpose that matters enough to affect your decisions? Naming that will impact how you exist in your home, maybe with lots of Christmas movies and candles. Maybe you open presents more slowly than usual. Maybe facetime someone you love every day, and that's part of your family's rhythm. You go to sleep early or stay up late and sleep in. This week feels like a bit of a snowglobe. It's so contained and again likely very different, so as you look ahead to this final stretch of the year that exists in this specific time of the holidays, choose how you'll live this week. Something that comes up for a lot of people when they're naming what matters is that they like to read or watch a show or fill in the blank more than they like scrolling Instagram. As a reminder, I love Instagram. When it supports what matters to me, it's seriously one of the most fun places to be. But if I'm imagining an afternoon on the couch, I'd rather read a book than be on Instagram. So thinking of that as an

example, you could choose that this week is a week of reading, not Instagramming. Just for this week to really embrace where you are based on what matters right now. That's the most obvious example if I'm being honest, but hopefully that gives you an idea of what I mean. You're making a specific choice or two for this week only to be right where you are in an incredibly unique week. There's a lot of freedom in that choice I think, in choosing a Christmas week purpose or agenda or intention or resolution.

So that's my invitation to you. We remember the nuance of looking ahead to 2021 and experience hope or grief or both in the same day, we remember the incredible feat of making it through this past year, we prioritize the fact that our mental health has suffered and practice kindness and patience towards ourselves and others as we all continue to heal, and we look at this week as a special retreat where we can uniquely focus on what matters to us this particular week during this particular year. That choice could have a really amazing impact on how not rushing through or dreading what's coming or resting only in the exhaustion of what's happened in the past. Right now, as best we're capable, through the lens of what matters most, remember that what matters most is different for all of us, and what a gift that is.

I hope these words, as broad as they are, are helpful in this final stretch. Thank you for spending so much of your 2020 here with me. This audience has grown in some pretty major ways, and I can only imagine it's because we need the Lazy Genius way more now than ever before. We've been given an invitation to really drill down to what matters as everything is taken and changed and still waiting to be put back together, and it's been such an honor to have you in this space and for you to invite me into tiny parts of your life. I appreciate you so much.

That's it for today! Thank you 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, Merry Christmas, and I'll see you next week.