

Ad

This episode is sponsored by The Naptime Kitchen Home Reset.

A new year is coming, and with that, a lot of pressure to get our homes back in order. The Naptime Kitchen Home Reset is a 10-episode audio course that takes you through nine areas to help you reset for the beginning of the year.

Think things like cleaning out your fridge, getting your inbox under control, getting rid of expired medications, and finding a system to organize the kids' clothes.

Episodes are delivered to your inbox daily, and you can listen whenever you'd like, plus there are PDF checklists that can help you get motivated to actually do the work.

The Naptime Kitchen Home Reset is available now for the price of \$40. You can get more info at naptimekitchen.com/shop. Again, that's naptimekitchen.com/shop to get The Naptime Kitchen Home Reset, a thoughtful resource to let your house serve you and not the other way around.

#190 - My Favorite Discoveries of 2020

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 190 - my favorite discoveries of 2020. There is appropriately so much language this time of year about looking back. I've been sharing my own favorite albums and books and fun things on Instagram @thelazygenius. Magazines and podcasts are doing wrapups and roundups of pop culture favorites as well as a list of all the things we've gone through this year. There are actually a couple of really fantastic resources from people I know whose work I love that are beautiful perspectives on reflecting in a way that's helpful and soulful and not rote or stupid. I'll put links to these in the show notes, so don't worry. They're both podcast episodes. The first is from Emily P. Freeman's podcast The Next Right Thing. It's episode 108 from last December actually called Walk at Your Own Pace. That one is so good if you're feeling a little unmoored with all the past reflection and future goals and just need a beat. It's such a good permission giver. The other episode is from Laura Tremaine on the 10 Things to Tell You Podcast. It's episode 95 - 10 Questions for the End of the Year. Both of these women are my favorite guides to reflections and questions and thoughtfulness, and I know that both them and these particular episodes would be a great help to you.

When I was thinking about the podcast schedule and what the last episode of the year could be, there were the obvious choices, but there are so many other people, like Emily and Laura, who talk about reflection far better than I do. So I didn't want to do that. I also didn't want to do kind of what I did last week which was to remind us all how hard this year has been. I mean geewiz.

We don't need a downer two weeks a row, as necessary as that downer can be so that we can experience kindness and patience towards ourselves in processing how hard it's been. That's important, I think you should listen to the episode if you haven't, but I want this one to be different. And as we all do when we're trying to focus on something and make a decision, we open Instagram and mindlessly scroll it, so that's what I did and starting laughing at a video from someone I have found such joy in this year, and realized that was it. I wanted to mark the end of this year here with you sharing my favorite discoveries of 2020, and maybe it'll make you want to remember the good things that you discovered and enjoyed and learned. So that's what we're going to do. Here are my favorite discoveries of 2020.

The first is The Daily Delete. The Daily Delete is the tiny routine of deleting unnecessary photos from your phone every single day. I learned this from Miss Freddy, also known as Casey, who was on the podcast in episode 185, How to Think About Holiday Photos. Miss Freddy is a professional photo organizer, and this little tiny tiny thing that she calls The Daily Delete has been so amazing ever since I heard about it. I have an alarm set on my phone for the time of night I'm usually just hanging out on the couch, and every day, I go through the photos I took, I add my one second to my one second everyday app that captures one second of every day and makes it into one long video, I pop photos in the right folder, and I delete the rest. It's like my photo app gets a reset every single day. I can find stuff because of the folders Miss Freddy taught me how to make, and it's just changed my life. It's been such a good discovery of 2020 - Miss Freddy's Daily Delete. So that's number one, and you can do it. No money required. Just a phone alarm.

The second is one I've talked about a ton in a ton of places, but it has to be included and that is Olive and June nail polish. I discovered this polish so hard in the early days of the pandemic that I have a page on the Olive and June website where I chose my favorite colors, like I chose my own collection, and I've become friends, like good lovely friends, with the founder Sarah Gibson Tuttle or SGT. I have an Instagram post in the feed that explains why I love the polish, there's a highlight on my Instagram profile with some stuff, there's a video in my IGTV of my four year old Annie unboxing the winter collection a few weeks ago... there's a lot. But this polish is so lovely and lasts a long time and has fantastic colors and all the things you want from nail polish, but part of the discovery that's been so great is how therapeutic and calming and centering doing my nails has been. It takes a little time, and it takes my being slow. But it's also completely frivolous and not productive in the traditional sense. It's just been the perfect discovery for this year in particular. I don't know if I would have processed my joy of nail polish the same outside of 2020, so I'm particularly grateful for it.

By the way, not all of these are products. Just for the record.

Number three, number three is a product, and it is Sunday Riley Good Genes. I do really enjoy skincare and makeup. I don't have a ton of products or maybe more accurately I don't buy new things to try if I find something I like. I've done two episodes in the past, one is The Lazy Genius Skincare Routine and the other The Lazy Genius Guide to Makeup. That's where I talk about using the Lazy Genius principle my book The Lazy Genius Way, the principle Decide Once,

where I essentially have three makeup faces, and I decide one time what they are and then choose the best for that day. It's Basic Face, Ready Face, and Fancy Face. I think it's actually a really fun episode, but my point I like skincare and makeup a lot. It's funny I don't feel like I use a ton of products so in some ways it would be easy to tell you what I use, but then I start to tell you what I use and it's a lot. So I'm going to take this opportunity to share my favorite skincare slash makeup discovery of 2020 and that is Sunday Riley Good Genes. It is not a discovery in the sense that it's new. It's been around a long time, and people talk about it a lot. It's just my first time using it, and it's really fantastic. It's a lactic acid treatment that goes on as a thin cream, and it does what it claims to do, at least for me it does. It feels important to say that not all skincare works for everyone, but I've loved how it's brightened my skin and tingles just enough for me to know it's working but not so much that I feel like my face is coming off. It's pricey but not impossible, and a little goes a long way. Great great product that I highly recommend.

Fourth is a duo. It's Vuori joggers and also a robe. First, the pants. Bri McKoy shared these pants on Instagram at the beginning of the pandemic, having done all the research to find the best joggers out there. They are not cheap. Like at all. But after having bought one and then another (and then maybe another) I can say with great conviction that these are the best joggers out there. They're light and soft. They're made so well, so they don't look cheap and stay up. I've been wearing them almost every single day since maybe April, and they kept me cool in the summer and warm in the winter. I walk in them, sleep in them, go to grocery pickup in them, do a porch sit with a friend in them... they are perfect. The second part of this is I am now a robe person. I've never been a robe person. In fact, I find robes superfluous. Why do you wear a robe? Just put on more clothes! And the sleeves are so long what is the point? I'm sorry to all of you robe lovers out there that I doubted you, that I questioned you. You have my deepest apologies and the recognition you deserve. I bought a robe that was super on sale during Black Friday in addition to a coupon from a company I actually really like called Richer Poorer. I have a couple of t-shirts from them, but I splurged on this robe. It was a lot cheaper than listed, but it was still like forty bucks which was a lot to spend on a glorified blanket when I already have those. No a robe is not a blanket. It is not a sweatshirt. It's not the same. A robe keeps one warm. A robe is always ready for one. A robe is weirdly stylish depending on the robe and makes my bed hair and mismatched not real pajamas look sort of on purpose. A robe makes you feel like an adult. That might be my favorite part of one actually. I feel like an adult. Plus the sleeves are great. They don't ever get in my way I don't know what I was thinking.

Five is two TV shows. We'll make them one point instead of two. The first show is Schitt's Creek. If you watch it, you know the magical journey I am on. It is surprising to me how emotional it makes me. It's not a laugh out loud comedy, but it's so very funny. It's absurd but also very very familiar and human. I honestly don't understand how it is what it is, but I love it deeply. It's like if Arrested Development was more tender. Kaz and I watch one or two episodes every couple of nights, no more than that so it will last, and it's been the best. The second show I've discovered is What We Do in the Shadows. Jamie Golden from The Popcast with Knox and Jamie told me to watch this one, and it's my perfect sense of humor. If you like dark comedies, I cannot imagine a world in which you would dislike What We Do in the Shadows. It's about a

group of vampires who live in Staten Island and try to have dominion over mankind. It is beyond ridiculous and dark and adult and the opposite of serious which is always a nice thing to have in 2020.

That leads me to my number six favorite discovery of 2020 - point of view comedians on Instagram. These four brilliant humans have kept me laughing, and this sounds dramatic in this moment, but have kept me laughing when I didn't have anything else to laugh about. I also didn't know that this particular kind of comedy existed. It feels very appropriate to something like Instagram or TikTok where the person is acting from a certain point of view or POV. I will put links in the show notes for sure so you can follow if you want, but my favorites are @lukemillingtondrake. He does a couple of different kinds of videos, but his best are him pretending to be Keira Knightly and he nails it. I think that Keira Knightly taste-testing wedding cake is my favorite, but he is such a joy. It's so specific and amazing. The next one is @hicaitlinreilly. She does several characters as well, but my favorite is her, well it's either LA mom or WASP mom. Both are impeccable. Third David Michael Burke @dmichaelburke who does the best POV of teenagers crushing on someone. He also has an entire series where he plays a man who accidentally falls in love with the prince of England but is "just a New Yorker" and it's so obvious but so perfect. It's masterful. And finally Vinny Thomas @vinn_ayy. Vinny Thomas often takes the point of view of an insect, and they're incredible. His emperor penguin is really special, but one of his last videos had me absolutely dead. It's him as a member of the galactic federation interviewing Earth for membership, and it does not go well. It's just... these videos have been beautiful because they make me laugh obviously, they're so creative which is inspiring, and they're always there so I go back and watch them all the time when I need to laugh. I've watched them a lot this year, and am so so happy I found them.

Okay, number seven. In 2020, I discovered alcohol in the form of first cocktails and then in the form of neat bourbon, and it's been so lovely. My last discovery is something about myself, but there's been an interesting process of this year revealing how I like to live and exist and find rest and joy, and sipping bourbon is one of those things. It just makes me feel like myself in a weird way. I drink very little because I don't like to feel out of control, I don't like to feel even close to drunk or even barely buzzed, but I've learned how to enjoy bourbon in a way that is really lovely for me. It's like I've discovered a little piece of myself that I didn't know was missing.

Number eight, I discovered a bra I love. P.S. If you're a friend of mine who is a dude and this is weird that I'm about to talk about my boobs because I know some of my guy friends listen to my show, I'm just giving you heads up. I am a larger chested woman, and it's always to find bras that work the way a bra is supposed to work. I'm going to share some brands I've tried not to say that they're not good brands but more they just didn't work for me. No brand works for everyone, so this isn't a knock on the brand. It's just it didn't fit. So brands I've tried are Maidenform, Bali, Third Love, Knix, Cuup with two Us, Dominique, and Bravado. None of them worked. The best of those for me was Third Love. It was a good bra. There were a couple of details that were uncomfortable, and they didn't last as long as I would have liked. But I was sort of resigned to it. I just wasn't going to be the person who had a bra that was perfect. Until I found Soma bras. Soma bras for me are spectacular. My favorite is the Vanishing 360 Perfect

Coverage bra. If you have bigger boobs and are annoyed at your bra life, try this bra. Changed my life.

Two left that are slightly more personal deep discoveries. Number nine is I discovered how beautiful the hearts of my friends are. These months have obviously brought a lot, a lot to process about things I didn't really know. I could have listed that a discovery of 2020 was everything I've learned so far about anti-racism and systemic racism and the presence of it in the American church and the church's complicity and a lot more about politics than I've ever sought to know and so many things that have been devastatingly hard. But it doesn't feel great to say that my favorite discovery of 2020 was system racism. That's not the vibe here. But what does fit in the language of this list is how beautiful my friends' hearts are. I've been so moved at how they have been moved, at how we've all been clumsy in our processing and how we're not afraid of asking questions and the empathy that I have seen come from my real life friends and community, even people who have a different view or perspective than I do, has been so incredible. I know that a lot of us didn't know how racist our Uncle Gary is until so much came to light in 2020, at least for me, and I think at the start of that learning, I was afraid that some people that I love would come down on a different side than me. And some did to be honest, and there's a lot of learning for us all to still do. But the softness that I have seen in the people that I do daily life with has absolutely been a favorite discovery as people are who I thought they were. It's just been really beautiful.

And then my tenth and final for this list anyway favorite discovery of 2020 is that of myself. I feel a little strange and vulnerable saying this now, but I think 2020 was the year that I really came to like myself. Like, I like who I am. I really like what I like, I'm more confident in my own skin, I'm less afraid of things I used to be terrified of, and I rarely feel uncomfortable walking into a room. There's a comfort with myself that I've discovered this year that again I don't know that I would've really found this quickly in a different year. So much has been stripped away, I've had to kind of deep dive what I'm about, what I believe, what I enjoy, what brings me rest, what makes me laugh, and I really like what I've discovered. I've always been this way, but 2020 has brought a release of what I've been carrying to maybe cover some of the things I've always been or a release of, not necessarily caring what other people think, but not letting what other people think change how I think about myself. I can care about what other people think, but it doesn't change the core of who I am. At the beginning of the year, I remember saying how sick I was of being with myself because of all the slowness, and I can say that that's not the case anymore. And while it's risky to sound self-indulgent in saying this, it's not really. It's the truth and one I'm so grateful for. I discovered myself this year, and I really like her. I like me. She's great. And so are you. How's that for full circle. I hope you've found some discoveries big and small that help you see this year with new eyes.

That's it for today! Thank you so much for listening and for sharing 2020 with me in this space. I'm so grateful for you. We have some fun things happening next year, a lot to look forward to, even more to wonder about, but I'm so humbled that you invite me into that space with you week after week. I will never ever get over it. 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!