

## #201 - The Lazy Genius Guide to Moving

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 201 - The Lazy Genius Guide to Moving! Good golly I have been getting requests for this topic probably at least once a week for the last two years. You guys really want some Lazy Genius perspective on moving, so here it is! However, I want to share something at the top for those who aren't currently moving. We're going to apply every single Lazy Genius principle to moving in this episode so that you can see how to Lazy Genius your own thing in real time. I get asked all the time how to Lazy Genius pretty big situations like moving, like a kid going to college, like a job search... all very personal, detailed, nuanced things. The truth is I can't Lazy Genius those things for you, but you can with the 13 Lazy Genius principles. So I'm going to do that in this episode about moving, so it can help the movers and the people who are settled and have no plans to move anytime soon.

Okay, let's start with this: you could follow every moving tip on every blog post and still have a stressful move. The problem isn't that you don't have enough tips. The problem is that you're trying to be a genius about all of it.

Let me offer some permission here. If you're moving, there are obviously a lot of things to consider. There's the packing up your stuff, the selling of your current place, the buying of a new place, the unpacking at the new place, the cost and time and energy involved in all of those things, and then there's regular actual life that keeps moving. Kids still go to school, you still go to work, people still need to eat, bills still have to be paid on top of switching over the utilities because you're moving. Then there's you. You still need to relax, you still need sleep, you still need time with friends or in the woods or in your garden or in a chair with a book. There are so many components to moving, and I want to tell you this right now. Trying to be a genius about all of them will end with you crying in the corner. Almost certainly. You cannot optimize every single component of your move just like you cannot optimize every single component of your life. So this is your permission to name what matters so that you can choose where to put your genius energy and where to put your lazy energy. Moving is so hard, I don't care if it's cross-country or on a different street in your same neighborhood. You are literally transferring your entire life from one place to another. That takes awhile. The logistics of that are immense, not to mention the energy and stress and relationship strain and exhaustion and how regular life also keeps happening. So go ahead and decide now that you will accept that not every part of this will be perfect. Not every part of this will be optimized. But that also doesn't mean you just have to give up and hope for the best either. It's not all lazy or all genius. A Lazy Genius is a genius about the things that matter and lazy about the things that don't. So name what matters most to you so you can know where to work hard and where to let go.

Okay so what matters to you about your move? What feels the heaviest to deal with? What singular thing if it were taken care of would make you feel so much better about the rest? The answer is up to you, but once you know that answer, everything else will make a little more

sense and only then can you move forward with what tips and strategies you need to move like a Lazy Genius.

Making a list might help. If you'd like, write down all the things about the move that come to mind. And maybe even break down capital M Moving into some categories. Packing, unpacking, selling one house, buying another, trying to move while you have a job or kids or a limited budget. Lots of components here. Write down all the things that you have to do, all the things that concern you, anything that feels stressful... just jot down whatever comes to mind. If it's in your brain and comes to the forefront, it will likely be very valuable to see written down.

Okay, once your list is made, you can name what matters most or confirm what you've already named now that you see it all written out. What jumps out? What aspect of the move, what challenge, what stressor has a spotlight on it? That's where you're going to start in applying Lazy Genius principles.

If you're a new listener, hi hello! I wrote a book called *The Lazy Genius Way* that details 13 Lazy Genius principles to help you apply your own system to anything in your life that needs it. Rules and already-built systems usually don't work for us because the person that wrote that system into a book is different from you, has different priorities from you, and you need different tools to build your own system. Those tools are the 13 principles. I'll mention them all here briefly, but I'm not going to go into a ton of detail since most of you already know about them and obviously since I wrote a whole book about them, detail would make this episode very very long. But they're in *The Lazy Genius Way* if you want to check it out at your library or grab it from a bookstore or Amazon or whatever.

Okay, so you have your list, you've chosen the thing that matters most, the thing that feels the most important to Lazy Genius, and now you run that thing through all 13 principles and see what rises to the surface. It's almost like putting together an outfit. You put on a gray jersey dress, but you try on different things to make it an outfit. You try on this jacket and this cardigan and then a t-shirt over the dress until you find the thing that makes you go "there it is." That's how it is with the principles. You try them all on for size until you find the one (or two or three in tandem) that make the most sense for whatever you're dealing with.

So as an example, let's Lazy Genius packing. You've sort of started but it feels too overwhelming, you move in two weeks, and you're thinking about burning it all down and starting over if not for the fact that someone has already bought the house you're moving out of so burning it down isn't a viable option here. So what do you do? Let's try all 13 principles in the area of packing and see what sticks. I'm literally doing this on the fly, so these examples are not exhaustive or perfect. I'm just giving you some practice on how you can do this for yourself in your own move.

**Principle #1:** Decide once. Decide once is making one decision one time and then never again until that decision doesn't work for you anymore. It's a way to cut down on decision fatigue

which is likely a very important component of moving. So for packing, I could decide once that anything that doesn't feel like it's worth moving will go to Goodwill. If I'm like "do I need this?" and it doesn't feel worth finding a box for, maybe it's time to say goodbye *but* the gift is already choosing where it will go. I'm not trying to decide if we should do a yard sale before we move or if my sister would want it or anything like that. It's all going to Goodwill. That's just an example. Your decide once could be "we're having a yard sale the weekend before we move" which gives you a purpose for everything you touch. Either it goes in a box or in the living room for the next week until you have the yard sale. Limit your decisions by deciding something once.

Principle #2: Start small. I can start small with packing by choosing one area to pack a day, by sending an email or group text to my local friends asking if they could leave any extra boxes on their porches and I'll spend an afternoon driving around to get them all, I can start small by throwing away the trash in all the rooms, by returning those Tupperware containers that I keep forgetting to give to my mother-in-law because I'm not going to pack them, by cleaning out my van so there's room to load up thrift store donations. Start small with one thing at a time.

Principle #3: Ask the Magic Question which is "what can I do now to make life or in this case packing easier later?" Designate a space in my current home where packed stuff can go and it not be in the way. Um, get quotes for movers now rather than waiting until the last minute and they're all booked or too expensive. Buy extra rolls of packing tape when I pick up bananas at Target today.

Principle #4: Live in the season. Moving is a stressful season of life, so trying to make it not stressful or resemble regular life is not a realistic expectation. Simply naming that this is a season of things being a little off center helps.

Principle #5: Build the right routines. This one feels a little tricky and like it might not be the best jacket with the dress, mostly because routines kind of get thrown out the window during a move, right? However, the idea of a Lazy Genius routine is not about the steps you do but about how you want to feel. The routine is an onramp to something. So maybe when you think about packing, there's a routine of putting yourself in a positive headspace so you don't resent the process as much as you could. Like your routine might be putting on peppy music or making yourself an iced coffee, putting on your favorite sweatpants, opening the windows to let the breeze in, saying to yourself as you get started "this is a season, and we're moving because of this thing that matters and I'm grateful to have help or have resources or have that yard we're moving to or those neighbors for being so nice" or whatever it is. So maybe a little routine before you begin packing isn't such a bad idea.

Principle #6: Set house rules. A house rule is a rule that everyone knows about to keep things from falling apart later. A house rule for packing could be don't tape the boxes closed until moving day. That way you can always go back and get something you didn't think you needed before you left but totally do. Or a house rule could be don't tape a box until you label it or don't pack trash or whatever would make your process less crazytown.

Principle #7: Put everything in its place. Everything needs to be transported to the new home in something, so a way to Lazy Genius packing is to pack things not by what they are but by where they go. And then label the box with the place it goes rather than what it is.

Principle #8: Let people in. And you can let people in by asking them for help. Ask for packing help. If you're overwhelmed and stuck, ask a friend who is not overwhelmed and stuck to come help you. When my sister moved from North Carolina to Alaska a few years ago, she was in that overwhelmed place, and I went to her house and went through her stuff and literally held it up in front of her asking "pack, store, or let go" and she sat on the bed and just said those words. She was too overwhelmed and tired to do much else, but we got her bedroom packed that way. Ask for help by asking a friend to bring you dinner the night before the move or the day of or three days after. If you have a friend who is about to move, I would seriously like to encourage you to make a meal train like you do when someone has a baby. Set up just two weeks of meals, maybe even lunches too on some days, and invite people to help provide food during the move. You're trying to pack up a kitchen, and going to the store or planning food is just not on the table right now. If you know someone who's moving, this is a lovely way to help that your friend probably feels weird asking about.

Principle #9: Batch it. Batching is doing the same action all at once. Pack all the clothes all at once. Or leave them in the dresser and just wrap up the dresser. And leave your clothes on their hangers? That is always a timesaver so you're not putting everything back on the hangers. But okay batching. Pack all the linens or towels or any category all at once. Tape up the boxes all at once. Assemble a bunch of boxes all at once. Pull out all the suitcases and duffle bags and containers you already own all at once.

Principle #10: Essentialize. Essentializing is getting rid of whatever is in the way of what matters. Once you name what matters, there are plenty of things you have in its way. So get rid of it. What's in the way of packing? Clutter. Expectations that my house will not look like I'm moving; that's definitely in the way. Cooking meals in the usual way, so we eat whatever is in the kitchen and it's a free for all at every meal so we have less food to pack.

Principle #11: Go in the right order. Create a space for packed stuff to go. Pack what you don't need right now, like seasonal stuff. Pack up rooms that are less used first.

Principle #12: Schedule rest. This one is non-negotiable. How can a person schedule rest during packing? You set a limit of when you'll stop, and it's not 11pm. Give yourself time to rest and be a person. Or if you're on such a time crunch that you do have to pack into the night, play music that makes you feel like yourself, order takeout you love, don't go at the speed of light so you don't crash and burn. And for sure schedule rest on the other side of the move.

Principle #13: Be kind to yourself. Moving is stressful. You will snap. Your people will snap back. Feelings will get hurt. Things will get packed wrong. Tape will run out because you asked your teenager to pick up extra at the store and he forgot. Be kind in this process. Everyone is

stressed out, and things will get forgotten or missed. What matters more is loving each other well and staying kind and connected even in stressful circumstances.

So those are some ideas from all 13 principles. Now I think all of those things could be really great ways to approach packing, but if this were your list, pick the one or two ideas that feel the most important right now and start with those first. You don't have to build a big packing machine. Start small. Remember that's principle #2. Not everything will be optimized, so try and Lazy Genius what you need to the best you can with the energy and resources you have.

Are you mad at me for not having a master list of moving tips? Here's the good news! Now that you know what matters most to you, you can search for tips about that thing. Or you can search "tips for moving" on the Internet and read those lists through the lens of what matters most to you. If budget isn't an issue, you don't need to read the list about a budget-friendly move. If decluttering first isn't an issue because you're moving from a small place into a larger place and already don't have much to begin with, don't read the list about a minimalist move. Name what matters to you and then choose the tips and strategies through that lens. Use Lazy Genius principles to come up with your own ideas, or simply read other people's lists with your own priorities in mind.

And that is the Lazy Genius guide to moving! I hope this helps. I hope that if you're moving soon it helps and if you're not that it gives you some good practice in applying Lazy Genius principles to your own situation. Remember, all the principles are in the Lazy Genius Way, and if it wasn't a helpful book, I wouldn't tell you about it. I'm not trying to sell it. I would be thrilled if every single one of you got it from the library. I just want you to read it because I know that it will change your life. You've told me how it has, the reviews on Amazon say that too, and I use these principles in my own life every single day. This stuff works because it helps you create what you need based on what matters to you. We'll probably have more episodes in the future where we practice using the principles on a specific topic, so if you liked this format and have ideas for more, be sure to follow on Instagram @thelazygenius. I'll be asking for some feedback there this week in how we can keep making episodes that are like this if they're helpful.

Okay, thank you so much for listening! 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!