

## #211 - How to Plan a Summer Day

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 211 - how to plan a summer day. I love to talk about planning and time management, mostly because we all have days and time and lives that need even the tiniest bit of planning and intention. But a lot of us swing really hard one way or the other - we're either super intense planners and try and optimize every single minute and repeat it until we die or we don't plan anything because planning is too intense or restrictive or reminds of when we used to plan everything when we're trying to not to do that anymore. I personally have not found a lot of good middle ground normal information around time management these last few years, so I'm trying to fill that void here. I want us to plan a summer day without turning into robots or without leaving literally everything to chance where we're playing it cool on the outside because we're cool and spontaneous and we go with the flow and on the inside we're literally screaming in terror because going with the flow forever and always is just as stressful as planning every minute. Middle grounders unite! Let's plan a summer day like a Lazy Genius. We're going to do that with seven points, and here is the first.

Number one, there is no single ideal day. The rhythm of summer is already naturally repetitive. It's slower, you do fun things over and over again. And I think there's even a paradigm that a lot of us have when it comes to summer where we envision lovely, slow, repetitive days doing the same things like grilling and being outside laughing while the breeze blows in our hair and reading by the pool or at a park or daily reading hours with the kids where everyone is quiet and tired of playing outside or whatever. I think we have in our minds an ideal that we not only expect but expect to happen again and again and again. And I think it's important to release that expectation. There is no single ideal day. Summer has all kinds of needs and personalities. You and your people also have all kinds of needs and personalities. I think you'll be frustrated with your summer if you create a single ideal day that you plan on repeating over and over again. I love routines and deciding once around things that matter, and you can totally plan a single ideal day in the hopes that you will repeat it over and over again. But I think it's really vital that you hold that expectation loosely and make room for other kinds of days. Which we will get to in number four. But first...

Number two, create summer stretches. No matter what your summer looks like, it's nice to make it smaller. Rather than seeing your summer as the end of this school year until the beginning of the next school year or from the end of May to the beginning of September or however you characterize it, I encourage you to make your summer smaller by creating summer stretches. I live in stretches. I adore stretches. A stretch is simply a length of time that creates some good boundaries around your decision making. For example, if you say to me in our Sunday night Ask Me Anything on Instagram how you should Lazy Genius your summer, that's way too big. Way too big. And my first answer would be to start small by making your summer smaller by creating summer stretches. Plan from the last day of school to the day trip you're taking a couple of weeks later to see grandparents. Then go from that day trip to July 4th. Go from that to the yard sale you're thinking about having. Then go from that to the end of the library summer reading

challenge. Then from that to the next thing to the next thing. And if you don't have things, just pick a date. Make it up. It doesn't matter. But your energy and schedule will change throughout the summer and throughout your life, so you will likely not need the same day in May as you will in August. Create some summer stretches.

Number three, name what matters about the next stretch. Your attempts at Lazy Geniusing your life will work so much better if you start small, so name what matters, not about the summer but about the next stretch. If you have kids who will be home, maybe it's just hanging out and playing and not having a schedule after being finally done with school. Maybe you're a teacher and you just need to not have a to-do list for the next two weeks, or maybe you've not had the time to tend to your home so you desperately want to do that now that you're not in the classroom. You won't do that all summer, but that matters right now. So name what matters about the next stretch.

Number four, name multiple prototype days. I love prototype days. I don't like using the label of ideal day or dream day because ideals and dreams come with a lot of invisible baggage for many of you in this community. You're already so good at striving for the ideal that not hitting it feels like a failure. So naming your ideal day and not experiencing it over and over again is a recipe for feeling badly about yourself, and Lazy Genius principle #13 is to be kind to yourself, not beat yourself up for whatever fills in the blank. So I love prototype days. It has no emotion, it has room for tinkering, and it feels a lot easier.

Now I want you to name multiple prototype days. Again, the chances of your living the same day over and over again, even if you hold that prototype loosely is unlikely. There are different kinds of days, and we all need different kinds of days. So think through the types of days you might have in the summer. There's the typical day. You're not doing anything extra or special, you're mostly at home or you're going to the pool or whatever. It's just a typical day. What matters about that typical day? What does it generally look like? Write it down if you want to. What about an adventure day or a day trip day? This is if you have kids or not. If you're doing something generally for the day, what's the prototype of how the day will look based on what matters to you? Maybe you have a prototype for a domestic day, a day where you do chores or laundry or clean out the garage or whatever. Some days, you're home for longer and do more tasks; what does that day look like? Maybe you need a prototype for a rest day or an errand day or a vacation day or a day you work from home or a day you go to the office... it doesn't matter how many or what the days are. The point is to recognize that your summer will have different kinds of days, and then you name what those days might generally look like in light of what matters to you.

Number five, segment your next day. You can't really plan a summer day that's going to happen a month from now or even three days from now. People get sick, attitudes change, it rains... lots of things can interrupt a plan. So once you have made your summer smaller with some stretches and have loosely thought through what your prototypes are, simply think about your next day. If you want to line it up with a prototype, do that. If you already know what matters about your next day, awesome. That lens makes a huge difference. And then I love to segment

it. I've talked about this often in other time management episodes and on Instagram, but I love using flags, chairs, and bunting to think through a day. Flags are the things that are fixed and aren't moving. Chairs are the places you're scheduling rest because that's a Lazy Genius principle and you need to do it on purpose. And bunting is the backdrop between those flags and chairs. Bunting can be tasks that can be done any time, bunting can be happy music you play during a busy or boring morning, bunting can be a snack platter that sits out on your counter for the entire afternoon for grazing children... bunting can really be anything. It's just the filler between the things that both matter and need to happen at a specific time. So for your next summer day, segment it. What flags are you moving between? Where are your chairs? Where are your kids' chairs? What's the bunting that connects one flag to another, and then does that same bunting continue or do you put up a new string that has a different purpose? Segment your next day.

Number six, make your challenges smaller. I said this already, but it's so much easier to Lazy Genius your life when you make your challenges smaller. How do I lazy genius a new baby? How do I lazy genius a wedding? How do I lazy genius a new job? Those are legitimate understandable questions. But you're likely asking me or asking the ether because you can't figure out an answer on your own. The thing is, no one can. Because it's too big. So make your challenges smaller. In the context of your next summer day or maybe your next summer stretch, what are some of your challenges? If you name one and can't seem to figure out how to apply one or two Lazy Genius principles to it, make the challenge even smaller. So for example, if you're trying to Lazy Genius tomorrow, don't ask, how can I lazy genius tomorrow? Instead, think about what is challenging tomorrow. Not necessarily hard or overwhelming or sad. It can be those things. But also you might find comfort in just the word "challenging." What might be a slight roadblock in your day feeling easy? What's a challenge in front of you? Maybe your plan tomorrow is to have a full day of meetings at work where you're working on a big project and it's fun and challenging, but it also takes a lot out of you. And when you get home, you've got a Zoom book club meeting that you want to have energy for but you're wondering if you actually will. So the challenge tomorrow is having energy during the times you want it. That's what matters. Now what principles could help with that? Maybe it's to schedule rest. During your lunch break, eat outside and take some deep breaths while you read a book instead of listening to music or a podcast. Maybe a principle that can help is to batch it where you double tonight's dinner so you can have dinner already made tomorrow and can come home and take a walk or take a nap or do whatever to get your energy back after a long day. Make the challenge smaller.

Number seven, apply Lazy Genius principles to those smaller challenges. We just did that in that example, but that's kind of where you end. Apply a principle or two. Think through the list and listen to which one speaks a little louder. Try something and see if it works. But I want to reemphasize like I do often that principles work in different ways for different people. They even work differently from one day to the next. They're not a formula, like you will always use this principle for this challenge. Sometimes you need another one. Sometimes you need to put two together. Be really relaxed in how tightly you hold these principles in certain contexts. Use one until it doesn't work for you anymore, and don't be surprised when it's not working as well. If you're still focused on what matters most about your specific day or challenge, you'll feel more

comfortable shifting your principles to what works best for you. Apply the principles but not in a formulaic robotic way. Just pay attention to what matters, to what you need, and to what might impact that need in a way that works well for you.

So to recap, remember that there is no single ideal day. Let that expectation go, and stop trying to systemize one day that worked well into days that don't work so well. Next create summer stretches, and then name what matters about the next stretch. Name a few prototype days if that helps you, segment your next day with chairs and flags and bunting, make your challenges smaller, and then apply Lazy Genius principles to that challenge. Don't start too big. And that's how to plan a summer day.

Before we go, let's celebrate our Lazy Genius of the Week! This week it's Melanie Mokgotla! She made The Chickpea Bowl for lunch and was celebrating getting out of a lunch slump. Which I am always a fan of. In fact, I put a post on Instagram a week or two ago about everyone's favorite go-to lunch. Mine, of course, is The Chickpea Bowl, perhaps it's also Melanie's, but there were some great comments in that post of ideas you might like to try. We're trying to do more crowdsourcing on Instagram because y'all are so desperately smart, so if you're not following me there, I'd love for you to! Thanks for being the Lazy Genius of the Week, Melanie!

Okay, friends, that's it for today. Thanks so much for listening, and I hope you have a better posture towards planning your summer days after this episode. 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!