

## #256 - How to Make Time for Fun

Hey 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 256 - how to make time for fun. We are very good at talking about productive things, domestic things, hard being-a-person things, but we don't often talk about specifically fun things. Sometimes we do; the recent bonus episode where my sister Hannah and I played Sister Speed Dating comes to mind. Or episodes about what's saving my life - sometimes those have fun things. And if you follow me on instagram @thelazygenius or are planning on coming to one of the Lazy Genius Kitchen Pub Crawl events, you know we will have a lot of fun. But here on the podcast, we don't talk much about the *how* of fun, how to make time and room for fun. We do talk about rest. Schedule Rest is the 12th Lazy Genius principle of the 13, and some restful things are also fun, but as we all know, it's been a hard two years for many of us. The busier we are, the more humans we interact with and care for, the more we don't deal with the mounting pressure of what it means to be a person in this world right now, I mean good gravy, y'all, we don't leave a lot of room for fun. And I want us to actually systemize it today. I want us to Lazy Genius fun and for you to figure out how to add more fun to your life on purpose. Plus, as my friend Annie F. Downs says, you need to name what's fun for you. We all have different ideas of what's fun for us, so don't let someone else's definition change how you feel about fun.

So what I want is for you to have a plan to do something fun today, another thing sometime this week, and yet another thing in the next month or two. You're only allowed three fun things for the next sixty days I am very much kidding. But also when I listed those out, were you a little resistant? Kind of like "well, I mean, I can maybe try and do something this weekend, but today is already shot and a bigger fun thing coming soon, Kendra do you know that next month is May and May is crazy for everyone?" You're sort of arguing with me about fitting three fun things in the next sixty days of your life. It's a little ridiculous, isn't it. But ridiculous or not, that's what I want for you by the time you finish this episode. Three fun things at least in the idea stage. Ready?

The first question is what is fun? I didn't originally start this episode with that being the first question, but as I broke it down, I realized that some of the things I personally find fun aren't actually that fun. They're really pleasant or restful, but they're not fun. So what exactly is fun? What makes it different from pleasant or restful? Well, a good ol' look in the dictionary defines fun as "enjoyment, amusement, lighthearted pleasure." P.S. Does anyone else think of wedding toasts or when a person says "the dictionary defines such and such as..." because I do.

So fun is enjoyment, amusement, lighthearted pleasure. That checks out. Because the pleasant, restful things on my list are enjoyable, but they don't amuse me. They don't necessarily make me lighthearted. I think they actually make my heart feel heavier and safe. That's the image I have when I'm resting, that everything in my body is becoming more relaxed and settled and heavier. Fun is more upward. It's lighter. And there's more laughter in fun things than in restful things.

So that's the first question that wasn't going to be a question at all but is important to define. What is fun? Fun is enjoyment, amusement, and lighthearted pleasure. I'm going to come back to some nuance of that in a second.

The second question is what do you do for fun? Emily P. Freeman shared this recently in her newsletter, that she's in the process of learning what she does for fun. Shopping secondhand is her current answer, but she's still curious about it and learning as she goes. I also love that she's been sharing this because we think that as adults we're supposed to know what we like to do for fun. I mean, right? We've lived multiple decades on this earth how do we not know what we like to do for fun? But so many of us don't, especially when we're deep into adulthood, and we shouldn't feel any shame about that.

I think something that's very important to remember as you begin to name this for yourself is that what you do for fun will likely change. And that might be why some of us are a little stuck in what we've done for fun. What we do for fun has changed. Now, that's a pretty simplistic statement, but we forget it's true. When I was a teenager, my idea of fun was - gah, and wow as I say this I'm realizing the kind of teenager I was - but my idea of fun was to go to Barnes and Noble with my high school best friend Katie, buy whatever personality test booklet we could find, and go back to her house for a sleepover, take the personality test, and then take the personality test for the guys we had crushes on to see if our results made good pairs. Like, we pretended to be them and answer the way they would answer. This was tremendously fun and also a little unhinged, but we'll bypass the judgment today.

But, pals, I do not do that now. That is no longer my idea of fun. I definitely know that, but saying out loud that what you used to do for fun and what you do for fun now are two different things? Well, it has a lot of power. If the statement is true, of course.

So as you ask yourself what you do for fun, remember that you have likely changed since the last time you were doing more fun things more often, and that your season of life might play a role in what's fun. If *you* have changed, then what's fun has probably changed too. That's normal and good. Acknowledge that, and the rest of this might be a little smoother.

So as we sit on this question of what do you do for fun, I wonder if it would be a good idea to make a quick list. I don't know what you're doing right now, but maybe you could pause this episode, grab a scrap piece of paper, and jot down what you like to do for fun.

Now here's the nuance I want to bring in here. When I made my list, this is what I wrote down.

I have fun when I watch a comedy special or hang out with really funny people, when I read a book in a quiet house, when I see a show or watch a movie, when I watch a great game that's down to the wire or showcases somebody's crazy athletic talent, when I get to be competitive and no one judges me for it, when I get to hang out with friends especially in new places, when I have people over for dinner, and when I get to participate in music as either a listener or musician. Those are things that I wrote down.

Now here's what I realized when I looked at my list, and I briefly mentioned this nuance already. Some things are more pleasant and restful than fun. Reading is possibly my favorite hobby, but it's not always fun. It's always pleasant, but it's not always fun. The level of fun changes depending on the type of story it is. If I read a sweeping family saga (which I don't do much) that makes me think or shows some interesting relationships or something, I would probably say that reading that book was "good." If someone asked me, "how was the book?" I'd say, "really good!" Whereas when I read *Nothing to See Here* by Kevin Wilson, one of the funniest books I've ever read, I would say, "That was so fun." I feel the same when I read a twisty thriller and get to the end with my mouth agape. I've even said that out loud to myself when I finished a book like that: That was so fun. Reading is always pleasant to me, but only certain types of reading are fun to me.

The same is true of movies and TV. In some ways, I'd say that watching TV and movies is fun, but actually that's not true. Sometimes it's just pleasant and good, but it isn't always fun. *Mare of Easttown* isn't fun. *Middleditch and Schwartz* is. And it's not just comedies versus dramas. It's an enjoyable, amusing, lighthearted story. Movies that I think are so much fun? *Black Widow*, *Shang Chi*, that movie where Mark Wahlberg is trying to steal the gold from Edward Norton and everyone is driving a Mini Cooper... a lot of dramatic things can be fun for me because there is lightness there.

Why am I defining movies right now. You guys. But here is my point. I think that the nuance between pleasant and fun is a really important one for me. It might not be for you, but it really is for me. Fun is things or people that make me laugh, that take me on a ride of either competitiveness or storytelling, or that allow me to participate in something collectively special (like a concert or big dinner party or something), and those land differently for me than reading or baking or cross-stitching. Those things make me feel like myself and are, to a point, fun. But when I think about the kind of fun I want to make time for, I want to laugh, I want to get excited, I want to share something with other people. That's different than making granola on a Saturday morning. I want to make time for those uniquely fun things.

Now, not all fun things have to end in uproarious laughter to count. Your list is your list. But as you make your list, see if there's nuance in yours, too. Does it help you to draw a bit of a distinction between restful or pleasant things and things full of laughter or excitement or whatever it is you like to experience? It might not matter to you, but I wanted to bring attention to it in case it does.

And when you make your list, however long or short or incomplete it is, look to see if there's anything similar, if there's a throughline or two of what is fun for you. That'll help you name other fun things and then find practical ways to schedule them into your life.

**We'll be right back...**

Okay, you have your list of what's fun for you. Lovely. If you wish your list was longer or you feel like it's incomplete, that's okay. This is a process. Let it be a process.

One way I think we can all expand our list of what's fun is to look at one of those throughlines, whether it's laughter or being outside or being with people or whatever it is, and think about other activities that fit in that category. For example, my most fun things are when I laugh. I really love to make other people laugh, but I also really love to be made to laugh. I said earlier that fun things are watching a comedy special or hanging out with friends and laughing. Okay, so laughing matters! Laughing is a throughline. What else makes me laugh? Or could?

Something I've always wanted to do is to participate in a trivia night at a bar or restaurant or something. I have a lot of fun when I laugh, when I'm with people, and when I get to be competitive. A trivia night seems like a great way for me to have fun and laugh. And guess what? I've never done one. Never ever. And I really should. And not the bad kind of should. The "dude, Kendra, you should totally do a trivia night!" kind of should.

So look at your list, look at your throughline, and see if there are other things that fit that same category that you could try. That will definitely help if your list is shorter than you'd like. What else can create the same underlying experience for you as the specific things you listed?

Okay, now let's make time for fun. As you look at your list, I'd love for you to start small today and do one of those things. Do something on purpose that is planned today that is fun. You make time for things by scheduling or putting some intention behind them, so go ahead and do that. Instead of doing what you normally do after everything is shut down at the end of the day, assuming that thing isn't super fun, instead, tonight, do something fun. Sub in a more fun thing in a place that already has something that's just okay. Call a friend you love to talk to, play a board game you haven't played in awhile, just choose something fun today!

Now what about this week? What's a fun thing you can add into your week? Maybe this is a thing that needs the tiniest bit of forethought compared to watching something on TV tonight. For Emily P. Freeman, maybe it's adding an hour of thrift store browsing time to her Saturday. For me, maybe it's getting a babysitter so Kaz and I can go to a new restaurant together because we always have fun doing that and always end up laughing together when we get to just be us. For you, it could be literally anything. You get to decide. But I'm just giving you a little nudge to plan something fun this week, whatever it is.

And then I want you to think about a bigger fun thing in the next month or so. What fun thing could you plan and look forward to?

Over the next few weeks, I'm going on a lot of trips for the Pub Crawl. When I was putting together the schedule of where I'd go and what I'd do, I made it a point to schedule something super fun that has nothing to do with work that's only for me on every trip. That's because it's so easy to get bogged down in work and responsibilities, even when you're traveling for work or on vacation with kids, and you forget that you can purposely do fun things. So I looked up favorite

musicians and performers to see when my favorites would be in concert. I planned one of my Pub Crawl events around a live show for The Popcast because no one knows how to have fun like Knox and Jamie do. I am making time for fun on my trips on purpose.

So what's something fun you can plan and look forward to? Maybe it's a girls weekend at your friend's lake house that they always offer but you always feel bad to say yes to. Say yes! Invite some friends! Go have fun if that's your idea of fun! If you're me, look for a trivia night that's coming up soon, get a team, and go! Buy tickets to that comedy show or that event that you've been like "I mean, I don't know it's a lot of money" but really you haven't gotten tickets because you have not prioritized fun.

And that's the thing, isn't it. For some reason, we often feel bad about doing things on purpose to have fun. Planning fun. Spending money on fun. Rejoicing in fun. This isn't true for everyone, of course, but I know a lot of you have to psych yourselves up to do anything close to buying a ticket for a movie in a theater that would be so fun to see and experience and instead you just say you'll watch it at home when it comes to streaming and you never do. Why do we feel bad? We should be having fun more than three times every sixty days, you guys. But fun, like rest, isn't always naturally part of our lives. Getting things done is. Organizing our time is. Keeping our homes clean is. But rest and fun? Not so much, at least not for a lot of people. So just like you schedule rest, schedule fun. Pay attention to what is fun for you, don't feel bad if it doesn't match someone else's idea of fun, and don't feel guilty for doing it in the first place. You're allowed to have fun. I can't believe I have to say that to us, but we are allowed to have fun! You're not an irresponsible or selfish person for wanting to have fun. So go have some fun.

Alright before we go, let's celebrate the Lazy Genius of the Week! This week it's Kelly Acton, and this is particularly relevant to today's topic. Kelly writes, "Hi Kendra, Listening to your most recent podcast about planners made me remember something about my own experience with planners. I have used the Get To Work Book by Elise Blaha Cripe for 6 years now and love it. It does everything I need a planner to do. But last year I found that I was avoiding the lower left corner of my weekly 2 page spread where I track my daily habits. I had gradually developed a true aversion to it. After reading your book and listening to your podcasts, I decided to take a Lazy Genius approach to it and ask myself, what really matters about tracking those habits? I realized that I was less than excited to track my exercise habits, my eating habits, all my "shoulds" that that list represented. It was like a daily reminder to beat myself up instead of being kind to myself. When I asked myself that, I realized that what really matters to me now in my life is doing the things that make me feel good every day, like create something, like write in my journal, list my gratitudes, be outside, and have FUN! So I replaced the "should" habits I tracked with a list of new ones, like "create," "go outside", "journal" and "FUN" (that's my favorite). Now I no longer avoid that corner of my planner and I enjoy seeing how many times I gave myself credit for doing the things I love and having FUN each week!

Thanks for your book and your podcasts. They are inspiring.”

I mean, I couldn't have planned that better myself. Kelly, thank you for this message, and I love that idea of using a planner's habit tracker to track fun! I hope some of you listening are inspired by that choice. Okay, that's it for today! Go do something fun! And 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!