

3 on 13

3 things from EP
to make life
better.

MAY 13 · 2021

Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | Be a jerk... But Not a Jerk

We've written about lousy meetings in the past. We all have them. Boring, unproductive chunks of time where little to nothing of any real value gets done. Patrick Lencioni's [Death by Meeting](#) reminds us of the value of drama in meetings — the productive, respectful, interesting kind of drama that is an outgrowth of caring deeply about something.

In one of the [Table Group's](#) recent podcasts, Lencioni takes it a step further, suggesting that "We often avoid saying the things that need to be said because we're afraid of sounding like a jerk." He says that one way to add important, productive drama to meetings, is having the courage to be a "little-j jerk." (He notes the difference between a big-J Jerk and a little-j jerk, the latter of which first examines its motives and purpose.) Check it out [here](#).



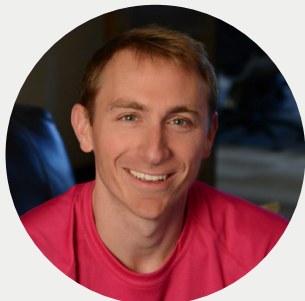
2 | Up, Up, Down, Down, Left, Right, Left, Right, B, A

The last issue of Performance Coach Matt Groves' monthly newsletter really packed a wallop. Groves — who helps EP employees and friends with fitness, sleep, nutrition, stress, and productivity — dropped some serious knowledge on his readers, covering items like:

- Healthy cheat codes (fruit before sweets, workout early, take calls standing up, etc.)
- The "table stakes" that should be in place before tackling big changes in life (more than 7 hours of sleep per night, .75 grams of protein per pound of body weight, etc.)
- Great people doing great things... including [Dr. Laurie Santos](#) and her work at [The Happiness Lab](#).

Check out Groves' [entire newsletter here](#). And let us know if you'd like to meet him face-to-face or schedule a workout. It's time well spent!

(Side note: *Up, up, down, down... all you Nintendo players remember cheating with the [Konami Code](#).)*



 **THE GROVE**
STRENGTH & CONDITIONING

3 | Odds and Ends

- Where Are All the Bob Ross Paintings? It's worth the 10 minutes it takes to [watch this video](#).
- Some of us recently debated which was better, [Cheers](#) or [M*A*S*H](#)? [Rolling Stone](#) took a shot at [ranking the best sitcoms](#). (Question: was M*A*S*H really a sitcom? Discuss.) Because sometimes you wanna go where everyone knows your name.
- You've seen OK Go's amazing videos for "[This Too Shall Pass](#)," "[Obsession](#)," "[The One Moment](#)," "[Needing/Getting](#)" and of course the iconic 2006 "[Here It Goes Again](#)." Well, this month the band launched the [OK Go Sandbox](#), designed to help students learn through joy and wonder.



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