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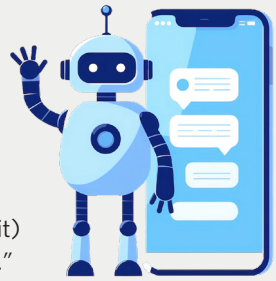
3 things from EP to make life better.

AUGUST 13 · 2026

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 | This Article is About AI (and is Actually Worth Reading)

Anyone else sick of hearing about how AI is going to save/destroy the world? *[Although — confession— we're OK with any reason at all to discuss Skynet and re-watch the Terminator franchise, at least up through T3.]* Still, the reality is that most of us are using an AI chatbot in some capacity — hopefully avoiding cognitive atrophy along the way — even if we only kinda-sorta-maybe understand how it all works. So, whether you use AI every day or only occasionally, here are three "commandments" you should consider giving to your chatbot of choice:



- ***Don't glaze me:*** Chatbots are great at agreeing with your assumptions and leanings. Tell it: *"Be skeptical of my claims and assumptions, and challenge them on the basis of fact."*
- ***Keep it brief:*** Over time, chatbot answers can get longer. And longer means smarter, right? Wrong. Tell it: *"Be concise. Include edge cases only when leaving them out impacts accuracy."*
- ***You don't know me:*** With ongoing use, your chatbot can start to cater its answers to what it (thinks it) knows about you. Tell it: *"Stay voice neutral. Don't cater your answers to what you believe to know of me."*



2 | We Miss the World Cup

It's only been about three weeks since the 2026 World Cup ended, but we're already missing it. Maybe because the World Cup is just... happy. Or maybe *emotional* is a better word. For a few weeks, people everywhere at least *kind of* cared about the same wonderfully unimportant thing.

Joy. Agony. Disbelief. And, of course, the now-famous "surrender cobra." Give yourself two minutes to check out these amazing, heartfelt fan reactions. It'll make you miss it, too.

3 | So Simple, So N.E.A.T.

Non-Exercise Activity Thermogenesis... that's "N.E.A.T." What the heck does it mean? It's the energy you burn from everyday activities that aren't sleeping, eating, or intentional exercise. You should read this great overview from Matt Groves here, but one takeaway is this: be conscious about how you might raise your N.E.A.T. Easy, little, everyday things can add up.



Do these three things:

- ***Park farther away than you ordinarily would. Free extra steps!***
- ***Sit on the floor at least five times per week. Moving your body is good.***
- ***Always take the stairs. Go crazy and take two at a time.***

That's it. Pretty NEAT! (Yes, that's a dad joke.)

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