

3 on 13

3 things from EP
to make life
better.

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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 | Stack It. Stack it Good.

Let's be honest. Building good habits is hard. (Note the word *good*. Seems real dang easy to build the bad ones, right?)

Enter [habit stacking](#), a simple yet transformative strategy popularized by [James Clear](#) in his bestselling book, [Atomic Habits](#).

I will [Behavior]

at [Time]

in [Location]

The idea is straightforward: link a new habit to an existing one. For instance, if you already brew coffee every morning, you might add, "After I make coffee, I'll spend one minute meditating."

Over time, that new habit becomes as automatic as your coffee ritual. The beauty of habit stacking lies in its simplicity. It leverages the routines you already have, reducing the mental effort needed to start something new.

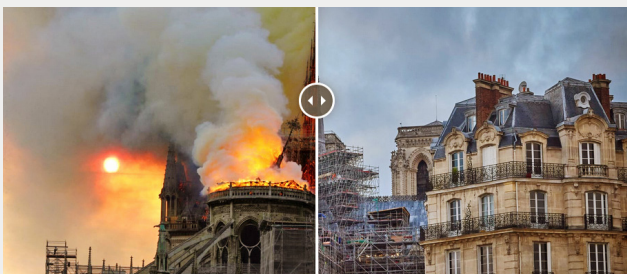
Dr. Melissa Davis, in her book [Evidence-Based Habit Building](#), reinforces the importance of creating strong contextual triggers for new habits. Her emphasis on pairing behaviors with reliable cues aligns perfectly with the habit stacking concept. Davis also highlights the role of *intrinsic motivation*, the internal desire to pursue activities that resonate with your personal values and goals. By stacking habits that are meaningful to you, you're more likely to stick with them.

Start with your "why." Then create a plan (with specifics on time and location). Stack your habits and go.

2 | What We're Listening to Right Meow

Last month we discovered [Everybody Pulls the Tarp](#), a motivational podcast hosted by [Andrew Moses](#) that explores the habits and mindsets of high achievers across sports, business, and entertainment. (The title stems from a pivotal lesson Moses learned in minor league baseball when a rain delay meant that everyone — from the front office to the maintenance staff to the media team to the interns — got on the field together to pull the rain tarp across the infield.)

One of our favorites is [this episode with UCLA Women's Basketball Head Coach Cori Close](#) as she discusses turning challenges into growth.



3 | Notre Dame Cathedral is Back

Take a moment to appreciate the return of Paris' legendary Notre Dame Cathedral. Go [here](#) for gorgeous pix of the reopening, and [here for then-and-now pictures](#) with a cool slidey thing to compare the moments. Indeed, "Fire has not conquered stone."



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