

# 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](mailto:3on13@epinc.com)**

## 1 | No Zero Days

Way back in [September](#), we shared the “[never miss twice](#)” approach and how to stay on track with desired habits even when life is chaotic. The concept — that what separates elite performers from others is not perfection, but consistency — comes from author James Clear, and is closely connected to his “[If-Then](#)” [technique](#).

Last week, EP's Performance Coach Matt Groves hit us with this: **strive for no “zero days.”** [A zero day](#) is a day in which you have done absolutely nothing towards your goal or dream. The idea is based on binary thinking: you're either doing something (1) or you're not (0). The idea of a non-zero day is to do something every single day to move towards your goal. To build a string of 1s instead of 0s.

Can't do it all? Do one piece. One small part. Read one page. Do one pushup. Write one sentence. Log that 1. Try to focus on the consistency, not the perfection.



## 2 | Winter Solstice

The dark is fine. It's OK. We're not haters. But there seems to be an awful lot of darkness these days. (There's also a lot of [this](#) and not enough of [this](#). But we digress.) Which is why the soon-to-arrive [Winter Solstice](#) — on Monday, December 21 — will be happily received.

The winter solstice (in Latin, *sol* = “sun” and *sistere* = “standing still”) — is the [shortest day and longest night](#) of the year in the Northern Hemisphere in terms of daylight. Which means that longer days and more light are on the horizon (ha).

Ready for some solstice fun? If it's sunny on December 21, note your noontime shadow. It's the longest it will be all year. Take a pic. Post it using [#solstice](#) and earn some seasonal street cred.

And then tune in to [Classical MPR](#) as they celebrate the longest night of the year with two hours of special solstice-themed programming. Party [like a Druid!](#)

## 3 | Odds and Ends

- [Book of the Year](#) (that we haven't read yet): [World of Wonders: In Praise of Fireflies, Whale Sharks, and Other Astonishments](#) by American poet Aimee Nezhukumatathil. It's about imagination and nature, and it might just be [what we all need right now](#).
- From our friends across the street at BI WORLDWIDE: [Brighten someone's day](#). It's easy, with no strings attached.
- We watched [Scrooged](#) again the other night and it got us to thinking about [the top holiday movies](#) of all time. Which is better, [Elf](#) or [Love Actually](#)? Say it with me: [Die Hard](#). [Yippie-ki-yay!](#)
- And to cap off a memorable year, check out the BBC's [most striking images of 2020](#).



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