

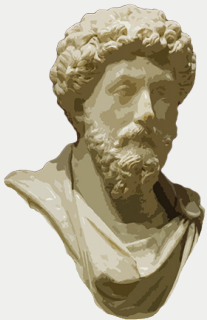
# 3 on 13

3 things from EP  
to make life  
**better.**

MARCH 13 · 2020

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 | Ancient Roman Wisdom



From Matt Groves, EP's Performance Coach: Last year when my wife and I traveled to Vietnam, I read *Meditations* by Marcus Aurelius (Roman Emperor from AD 161-180). It was like a punch to the face. Some themes that emerged:

**On What We Have/Humility:** Remember matter: we have but a tiny share of it. Remember time: we have but a brief and fleeting allotment of it. Remember fate: we play such a small role in it.

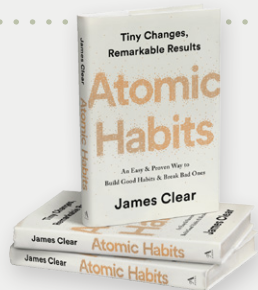
**On Purpose/Attitude:** Our own worth is measured by what we devote our energy to. Far and away the best prize that life has to offer is the chance to work hard at work worth doing. Our life is what our thoughts make it.

## 2 | Remember the Bus

It's not clear who said it first (possibly former NBA star Isaiah Thomas), but the idea that **"championships are won on the bus"** remains as true today as it has ever been.

**What does it mean?** It means that when it comes to achieving your team's goals, all the preparation, all the repetition, all the practice and the grinding... they're not enough. There has to be a relationship with the others involved in the effort. An honest, real, vulnerable relationship. The kind of relationship that develops over time, when people are in close proximity to each other.

When was the last time you got "on the bus" with your team? Your clients? Your partners? Your family?



## 3 | Time and True Wealth

*You are richer than 93% of people. Not in money, but in time.*

*108 billion people have lived throughout history. 93% of them are dead.*

*You have what every king and queen, every pharaoh and ruler, every CEO and celebrity of the past would give all their wealth for: **Today.***

— James Clear, author of *Atomic Habits*



**emanuelson-podas**  
consulting engineers

952.930.0050 | [epinc.com](http://epinc.com)