

3 on 13

3 things from EP
to make life
better.

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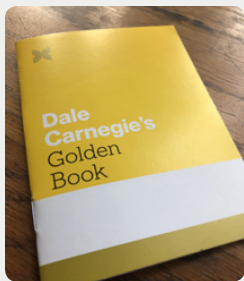
Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think,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

1 | Plan for Chaos

We're all feeling it: the chaos of a COVID world is getting even more chaotic as kids go back to school, some offices re-open, and we enter the autumn of the year.

Many of us are struggling to stick to a routine and stay on track with our habits and goals. During times of chaos, author [James Clear suggests](#) that we "reduce the scope, but stick to the schedule." He recommends using the "[If-Then](#)" technique where you create a strategy *before* you actually need to adjust. (Example: "If I can't work out tomorrow morning, then at least I'll jog for 10 minutes after work.")

Others, such as authors and habit gurus [Tim Ferriss](#) and [Ryan Holiday](#), preach the value of using a daily planner. There are many versions out there; find one that's right for you. (If you'd like to see the simple one that we use here at EP, send us an [email](#).)



2 | Become a Friendlier Person

Sometimes, during times of anxiety, stress or upheaval, simple good behavior can go out the window. Here's some classic and always-relevant advice from [Dale Carnegie's Golden Book](#) on how to become (and remain) a friendlier person:

- Don't criticize, condemn or complain.
- Give honest, sincere appreciation.
- Arouse in the other person an eager want.
- Become genuinely interested in other people.
- Smile.

3 | Rock Stars Have Kidnapped My Son!

Almost Famous celebrates its 20-year anniversary this month. "It's a love story about music," says writer-director Cameron Crowe about the hilarious, heart-warming and much-beloved film about a young *Rolling Stone* writer touring (despite his mother's objections) with a fictitious rock band.

Need a pick-me-up? Relive [this legendary scene](#)... and try not to sing out loud.

And speaking of movies... because *Star Trek Day* just happened — on Sept. 8, celebrating 54 years of the iconic sci-fi classic — here's a great article from [Space.com](#) on "[7 Lessons Star Trek Taught Us About Life, Leadership and Diversity](#)."



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