

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 | Helpful Healthy Travel Tips

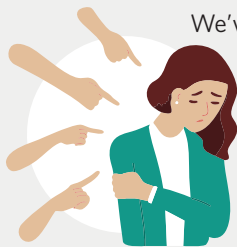
Traveling for work is kinda awesome and kinda horrible all at the same time. Even short trips have a way of jacking up the routines that keep us feeling our best, and longer ones can throw a real monkey wrench at us. EP Performance Coach Matt Groves recently shared a few feel-better travel tips:

- **Drink water.** Airports and airplanes are incredibly dry. Make it a habit to sip all day.
- **Move (even if you really don't feel like it).** Walk the terminal. Take the stairs. And if possible, fit in a quick workout after you arrive.
- **Protect your sleep.** Put the phone away, keep the room cool, and pack a couple of clothespins for those impossible-to-fully-close hotel curtains. For real.
- **Snack wisely.** Healthy food options while traveling? Yeah, right. Mixed nuts, jerky, or a protein bar won't win any culinary awards, but they're a whole lot better than whatever's under the heat lamp. Pro tip: pack your own snack.
- **Don't aim for perfect. Aim for better.** Travel is hard enough without setting up unreasonable expectations for yourself. Try to get a couple small wins and go from there.



And check this out: because he's awesome, he made a [fancy travel wellness checklist](#).

2 | Circumstance vs. Character



We've been ruminating (oh yes, we ruminate over here) a bit lately about the Fundamental Attribution Error. That's our tendency to explain our *own* mistakes by our *circumstances* while explaining *other people's* mistakes by their *character*. It's a sneaky bias, and leaders aren't immune. Consider these:

- **Lead with curiosity first.** Before assuming someone's motives, ask what else might be going on.
- **Remember that everyone has a story.** Context often explains behavior better than character does.

The next time someone disappoints you or misses the mark, first ask yourself one simple question: What circumstances might I be missing?

3 | Vulnerability Isn't Oversharing. It's Honesty.

Let's get clear on something we believe in: **vulnerability in the workplace**. Some people hear *vulnerability* and picture the mindless oversharing of every detail of our personal lives. That's not vulnerability, that's just... talking. Real workplace vulnerability is both simpler and much harder.

Among other things, it involves **admitting you don't know**, **owning your mistakes**, and **asking for help**. Those are not signs of weakness. They're often the fastest way to build trust.

"Admitting
ignorance is
the first step
in acquiring
knowledge."
- SOCRATES



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