

3 on 13

3 things from EP
to make life
better.

MARCH 13 · 2022

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 | Check Your Attitude

Ever get grumpy? A little cranky? Not us. Nope. Doesn't happen. Well... whatever.

It happens to all of us. Oftentimes landing in grumpyland is the result of something unexpected coming our way. In a recent blog post titled "[One Sigh Per Yes](#)," author and business executive [Seth Godin](#) reminds us that it's hard to do good work when we're busy grumbling.



When a client, a boss, or an employee (or a colleague) makes a special request, it's okay to get a little bent out of shape. It might cost you extra time or money. It might be a hassle; it might not be deserved. And then you can say no.

But if you do say yes, then it pays to be in it. 100%. If you're not, your yes was worthless. It ceases to be a favor if it comes with grumbling. Holding a grudge means that our hands are too full to do our best work.

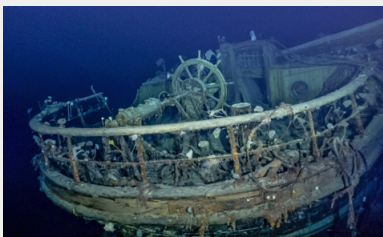
2 | The Doodle Inspires

We've long been fans of the [Google Doodle](#). You know, those graphically interesting changes to the Google logo that periodically appear on their [search page](#). They originated in 2000 and have gained popularity — and have become increasingly artistic — ever since. Often highlighting a historically significant date in history, they can be funny, inspiring, or heart-wrenching. (Be sure to check out [one of our favorites from Luther Vandross's 70th birthday](#) last year.)

Recently, this [doodle for International Women's Day](#) caught our eye. Created by the amazing illustrator [Thoka Maer](#), it beautifully conveys her message: "*We all wake up in the morning and we all have a purpose, big or small. It all matters.*"



3 | Odds and Ends



- We've covered [Ernest Shackleton and his resilient leadership skills](#) here before. [Last week, his ship — the Endurance — was discovered](#), 106 years after it was crushed in pack ice off the coast of Antarctica. The video is stunning.
- It's a good time to read some Emily Dickinson: "[A Light exists in Spring](#) / Not present on the year / At any other period — / When March is scarcely here..."
- Writer [Austin Kleon](#) has [a fun little post about saying no to work](#).



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