

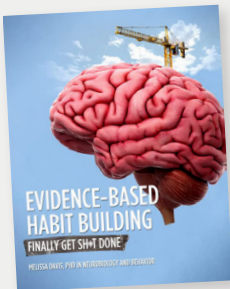
3 on 13

3 things from EP
to make life
better.

MARCH 13 · 2023

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 | Um... I Lost My Good Habit



We've spent a lot of time in this space talking about habit building, frequently citing some of our favorite habit-building gurus (like [James Clear](#), who we regularly feature). But what happens when you've worked hard to build a desired habit, nurtured it, let it take hold... and then somehow lost it?

We "relapse" from a desired habit for a variety of reasons. Dr. Melissa Davis — author of [Evidence-Based Habit Building: Finally Getting Sh*t Done](#) — notes that temptation is often the culprit. Other times it's a small setback — a schedule change, for instance — that might disrupt things. Or the introduction of a new stressor, like a new employee starting, or an unwieldy project. If we identify these disruptors early, fixing the habit is relatively easy. (After all, the longer you've conditioned a habit, the more resilient it is.) But if a small lapse persists, a restart may be necessary.

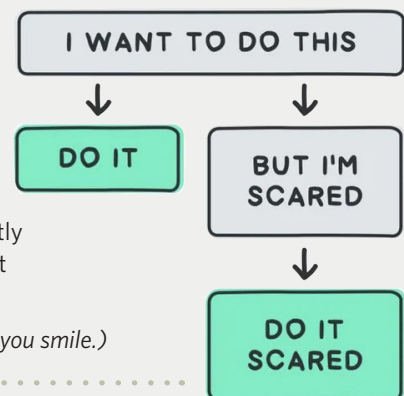
But how? It's important to know why the habit broke before you try to fix it. Identify what contributed to the break. Write these things down. Decide how to address them. Next, reduce the friction; make the desired habit as easy as possible by shedding any little obstacle that might get in the way. And revisit what has worked in the past. You built a good habit once doing it a certain way; many elements of that initial setup may still be valuable. Finally, simplify for the long haul. Davis reminds us that, "A sustainable foundation of behavior should be at the core of any of your new (or renewed) habits. You can reach a goal many ways, but if the path there requires unsustainable behaviors, maintaining your achievements is less likely."

2 | Do It Scared

This little graphic has made the rounds on most social media platforms in the past few weeks. While the graphic seems to have originated with a design agency based in Florida, the "Do It Scared" concept most likely belongs to entrepreneur and author [Ruth Soukup](#).

It's not a new idea, but the simplicity of the flowchart has resonated with many. It succinctly conveys several important messages, among them that fearing new things is real, and that overcoming the fear is possible. It's a nifty balance of empathy and motivation.

(More flowchart fun: these [data visuals of "Total Eclipse of the Heart"](#) and ["Hey Jude"](#) will make you smile.)



3 | Odds and Ends:



- Think you're tough? You're not soccer-and-astronaut tough. [Laughter Permitted's Julie Foudy](#) interviews former soccer player, American test pilot, and NASA astronaut [Nicole Aunapu Mann](#).
- Baseball is back. Along with some new rules. [Here's everything you need to know](#).
- Get back to it. [Rediscover the joy](#) of returning to an activity you once loved.



emanuelson-podas
consulting engineers

952.930.0050 | epinc.com