

# 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](mailto:3on13@epinc.com)**

## 1 | A Rose by any other Name...

Most of us stink at remembering names. (*Well, not YOU — YOU'RE probably really good at it.*) Most of us are even convinced of its value. We understand [the impact](#). We get the science (the [SCIENCE!](#)). We agree with [Dale Carnegie](#). Like, we get it — but we still stink at it, so let's fix that. Here's [how](#):

- **Choose to Care:** Quit making excuses. It's important. Make a decision to do better. The rest can't happen until you take this step seriously.
- **Meet and Repeat:** No more nodding and moving on. Say the name back. ("Great to meet you, Hana.")
- **Spell it Out:** Be bold. Ask how it's spelled. ("Is that H-A-N-N-A-H? No? How do you spell it?")
- **Associate:** Create a verbal cue or image to connect to the name. ("I met HANA at HALLOWEEN.") Just be careful you don't get lost in thought while the conversation is still going.
- **Make Connections:** Connect the person you just met to someone else (maybe even someone famous) who has the same name. ("Hana! Like journalist, producer and philanthropist [Hannah Storm!](#)") But it's probably best to do this in the quiet of your own head.



## 2 | Practice Gratitude

Thanksgiving is on the horizon and it's a great time of the year to remind ourselves about the importance of being grateful. But how do we build a habit of gratitude? (Yes, [being grateful IS a habit.](#)) Start here:

- **Morning Reflection:** When doing your daily game planning, carve out a moment for reflection. Write down what you're grateful for. Seriously. Even the little things. Write them down. Start your day by being grateful.

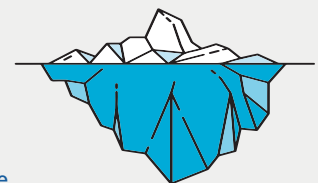


- **Evening Wins:** End the day with a similar exercise. Be specific. Big and small.
- **Show appreciation:** Acknowledge those who helped or inspired you. Say thanks. Write a note. At work, use employee recognition and engagement software. ([Like this one.](#) It's good. Even engineers like it.) Block out a time slot to do this two or three times each week.

One last thing: read the "[Who Packs Your Parachute](#)" story. It's a great reminder that nobody does anything alone.

## 3 | Odds and Ends:

- It's autumn. The weather is changing. [You can change, too.](#)
- Today's rabbit hole: Six-word stories. Writing them refreshes the mind and invites creativity. [This one is popularly attributed to Ernest Hemingway.](#)
- Digging deeper will ultimately lead you to [flash fiction](#), [iceberg theory](#), and this [interesting little site](#).



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