

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 | Be Driven By Truth, Not Patterns

If you're from the Twin Cities, you may have crossed paths with George Ellis once upon a time. He was a fixture in the local basketball coaching scene, ultimately becoming Basketball Academy Director for the Timberwolves. But beyond buckets, Ellis was — and is — an inspirational business leader.



Recently, he penned "*Breaking Patterns That Hold Us Back*," a quick gut-check on the habits and mindsets that quietly limit our growth. His reminder? You can't change what you don't notice.

Spot the Loop. Awareness is the first move — whether it's a behavior, a routine, or a belief that's outlived its purpose. Pause long enough to see what's actually driving your decisions.

Shift, Don't Shove. Change doesn't happen by brute force. It happens through intention — replacing what no longer works with small, sustainable moves that do.

Small Beats Big. Tiny course corrections compound over time. What feels like an inch today can become a mile tomorrow if you stay consistent.

Sometimes the biggest breakthroughs come from simply noticing what's on repeat. [Read the whole article here.](#)

2 | Make Your List

A few days ago, MLB outfielder Brett Phillips — whose walk-off hit and [airplane-arms-out dash around the field](#) in the 2020 World Series epitomized baseball joy — [announced his retirement](#).

What made it noteworthy was how he did it: Phillips stood in front of a dry-erase board filled with nearly 100 handwritten names — everyone who helped him along the way — and thanked them.

What if we ALL did this? That whiteboard full of names is powerful. Nobody succeeds alone.



3 | Don't Put it Off

It's fall, y'all. Go take a walk!



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