3on13

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 | Curiosity and Wonder Win

If you don't know Mark Rober, you need to know Mark Rober. [*Note*: your kids probably already do.] Rober is a modern-day Bill Nye the Science Guy for the YouTube generation. Think childlike energy, curiosity and enthusiasm meet real-world engineering and science… with a significant dose of Dude Perfect shouting and explosions. (Oh, and he's also a former NASA engineer who spent seven years on the Curiosity rover and was named a TIME100 Creator. So, yeah… he's legit.)



Yeah, yeah. Cool dude. (Watch his TED talk, you should.) But who cares? Well, he's figured out a few things the rest of us could do well to remember:

- **Make It Fun and People Will Care:** Rober gets millions of people interested in engineering problems they ordinarily wouldn't care about. How? Because he makes It fun.(Lava vs. Lasers, anyone?)
- **Curiosity Is a Skill:** Kids naturally ask *why?* Adults get very good at accepting *that's just how we do it.* We all should strive to stay curious.
- **The Value of Delight:** His projects are technically impressive, but humor and spectacle are what make people share them. Do excellent work… and give people a reason to notice it.

2 | Bigger Than the Situation



People tend to think mental toughness means pushing harder, enduring more or refusing to quit. But *Atomic Habits* author James Clear recently offered a different definition:

> *"One sign of mental toughness is being larger than the situation. Do the circumstances dictate your mood and emotions? Or do you choose your mood and emotions, and the situation is simply something you respond to? The less your mood depends on your circumstances, the more mentally tough you are."*

That's good. And we all need a reminder to focus on the things we *can* control, versus what we *can't*.

3 | Come to Work to Create Excellence

At age 14, Horst Schulze began working as a busboy at a hotel in Germany. On his first day, the maître d' gave him advice that would shape his career: *"Don't ever come to work just to work. Come to work to create excellence."*

Schulze went on to co-found The Ritz-Carlton Hotel Company and write *Excellence Wins*, built around the idea that excellence isn't about grand gestures. It's about deliberately creating something better for the people you serve.



[*Side note:* Come see if we can take Schulze's advice at **The Great EP County Fair Open House** this Thursday, September 17. RSVP here]

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