

3 on 13

3 things from EP
to make life
better.

AUGUST 13 · 2025

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 Competitive. Not Comparative.

We've all heard ol' Teddy Roosevelt's quote, "Comparison is the thief of joy." Guess what? That's real talk. Constant willy nilly comparison will 100% bring you down — and it's a lousy motivator, too.

What if we instead leaned into a *competitive* mindset? Comparison says, "I don't measure up." Competition says, "I'm improving." One drains you. The other drives you. This is essentially the concept Simon Sinek explains in [The Infinite Game](#): In business (or life), the goal isn't to "beat" everyone else; it's to keep getting better over the long haul. Here's how to make the switch:

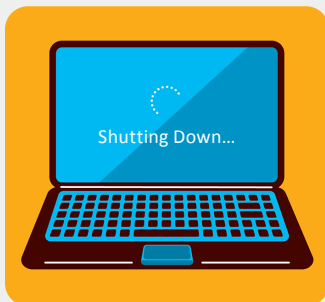
- **Measure backward.** Track progress, not position.
- **Focus on reps.** Consistency wins. Do the work and the scoreboard will take care of itself.
- **Applaud others.** Cheering someone else on doesn't slow your own pace—it frees it.

Oh, and here's a related trap to avoid: Comparing one person to another. Whether it's teammates, colleagues, or even your kids, measuring people against each other is bad news. People thrive when they're measured against their own growth — not someone else's highlight reel.



2 | Shutdown Mode

Anyone else have a hard time shutting off their brain? Work stress has a sneaky way of hitching a ride home with you. Deadlines, dropped balls, a brain that won't quit — it's exhausting. Cal Newport has (an admittedly unusual) potential fix: a "shutdown ritual" that inserts a hard stop to the workday. Here's his end-of-the-day in a nutshell:



- **Peek at tomorrow.** Review your calendar so nothing surprises you.
- **Tie up absolutely-can't-wait loose ends.** Handle anything truly urgent.
- **Park the rest.** Jot every lingering task into your master list or task manager — then forget about it.
- **Call it.** Say "Shutdown complete" (Yes, out loud. Go ahead, make it weird.) to make it official.

Starting point: The concept works best when you have solid, trusted systems — your calendar, your task list, your notes — already in place to catch the things you're offloading. Without them, the ritual can still help, but when your brain trusts those systems, it's much easier to let go.

3 | Life Instructions from a Poem

The 2008 [Mary Oliver](#) poem [Sometimes](#) contains these lines, and they're brilliant:

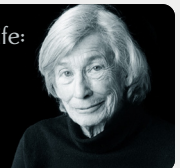
Instructions for living a life: *Pay attention. Be astonished. Tell about it.*

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