

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 | But First Let Me Clean My Desk

Overwhelmed. Stuff to be done. Lots of moving parts. Gotta get started. But... my desk.

Ever have that instinct to straighten up your space before diving into a big decision or starting that next initiative? Trust it. David Allen, author of [Getting Things Done](#), argues that mental clarity starts with physical clarity. And when you're surrounded by distractions, it's hard to focus on what really matters.

Cleaning your desk isn't procrastination — it's preparation. It resets your environment (and your brain) to think clearly, move intentionally, and act decisively.

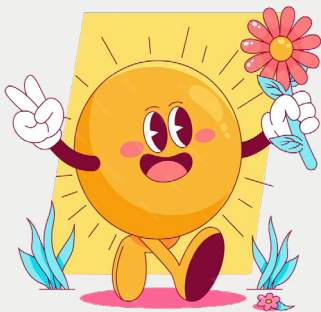
Here are three ways to start:

- **Pick a corner and work clockwise.** Momentum beats perfection.
- **Set a 10-minute timer.** Race the clock, not your attention span.
- **Ask: "Do I actually need this?"** Be ruthless. Clarity loves simplicity.

It might not change your life, but it could give you the clarity to start. Think this is eye-rollingly dumb? Great minds — from [Marie Kondo](#) (*less clutter = mental clarity*) to [Thich Nhat Hanh](#) (*simple tasks calm the mind*) — would disagree.



2 | Remember: Good Vibes



Here's the deal: responsiveness, trust, technical expertise... these things matter when it comes to retaining clients. But there's another, harder-to-pin-down element: *likeability*.

The simple fact is that clients stick with people they enjoy working with. [Patrick Lencioni](#) and just about every management consultant and business strategist know it. And chances are so do you. But we all have bad days — or weeks — and we all need reminders. So here are a few:

- **Smile more than you think you need to.** Yes, you can control this.
- **Be genuinely interested.** Yes, this is a choice.
- **Let your energy show.** It's OK to be excited about your work.

Remember: clients don't just remember what you *did*. They remember how you made them *feel*.

3 | Screens vs. Summer

In a beautiful reflection on summer road trips and parenting, *Star Tribune* columnist [Myron Medcalf](#) explores the quiet challenge of helping kids trade screen time for real-world wonder. It's not about rules — it's about modeling attention, asking questions, and being present. The pull of the screen is strong, but so is the pull of a curious parent. [Note: you'll need an account to read this. It's free, it only takes about 10 seconds, and it's worth it.]



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