

3 on 13

3 things from EP
to make life
better.

JUNE 13 · 2026

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 | I Suck at Celebrating

Yeah, yeah. I know I'm supposed to celebrate our wins, our progress, those big moments. Problem is ... I kinda suck at it. Sound familiar? Many of us struggle to celebrate progress or acknowledge a win. Maybe we're busy. Maybe it feels awkward. (Or maybe it's something deeper. Anyone else hesitate to celebrate good news because you're already bracing for the next piece of bad news?) If you're looking for tips, here are a few things to try:



- **Find someone who's good at it.** These people are out there. Ask for advice. Involve them. They'll cheer you on. Kids are great at it.
- **Take the pressure off.** It doesn't have to be perfect. A ham-handed effort is still better than no effort. (Unrelated side note: "[ham handed](#)" is a great expression. Look up the origin.)
- **Start small.** Give every member of the project team a piece of [Original Bazooka Joe](#) bubble gum (comic included, of course). Perfect.

And don't forget yourself in all this. Complete a task on your quarterly [OKR](#)? Hit Starby's for a Venti mocha tomorrow morning. Take a moment to acknowledge — and celebrate — your progress!

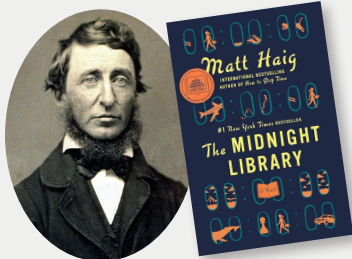
2 | When Are You at Your Best?

Most families have some sort of loosely articulated but generally understood rules. Here's one of ours: avoid any "big talk" after 8 p.m. That means, if possible, we should postpone important conversations and major decisions until the next day. Why? Because by that point in the day, challenging conversations tend to end in aggravation rather than clarity. Now take that concept to work. Researchers tell us we're each a "[chronotype](#)" — meaning there are predictable times when we're sharper, more creative, and better equipped to make decisions. So:



- **Identify your peak.** When do you do your best thinking, planning, writing, or decision-making?
- **Protect those hours.** Reserve them for important conversations, strategic work, and complex problems.
- **Move everything else.** Email, routine meetings, and administrative tasks can often happen when your energy is lower.

Most leaders manage their calendars. The best ones also protect their best hours.



3 | And One More Thing...

"The question is not what you look at, but what you see." — from the private journals of [Henry David Thoreau](#), August 5, 1851. This timeless quote appeared much more recently in Matt Haig's 2020 novel, [The Midnight Library](#).



emanuelson-podas
consulting engineers

952.930.0050 | epinc.com