

The  
**FOCUSED IN•TEN•TION**  
Podcast

with Sarah Parker Wolf

Theme: **Exhale**



Motivation Monday:

To move forward, I exhale.



Truthful Tuesday:

In times of frustration, I exhale.



Wellbeing Wednesday:

To release what no longer serves me,  
I exhale.



Thankful Thursday:

With gratitude I exhale.



Freestyle Friday:

To find my courage, I exhale.



Smart Saturday:

Spending time with loved ones, I exhale.



Serenity Sunday:

To rejuvenate, I exhale.