

The
FOCUSED IN•TEN•TION
Podcast

with Sarah Parker Wolf

Theme: **Good Intentions**



Motivation Monday:

My week is filled with good people and positive events.



Truthful Tuesday:

I listen and consider issues from all sides.



Wellbeing Wednesday:

I assume good intentions.



Thankful Thursday:

I am grateful for those who care enough to offer advice.



Freestyle Friday:

I see the good first.



Smart Saturday:

I mindfully respond to those with less-than-good intentions.



Serenity Sunday:

I take time to rest.