

The
FOCUSED IN•TEN•TION
Podcast

with Sarah Parker Wolf

Theme: **How It Is**



Motivation Monday:

I focus on the NOW —this moment.



Truthful Tuesday:

I recognize my discomfort and choose to work through it with positive action.



Wellbeing Wednesday:

I take comfort in nature.



Thankful Thursday:

I am grateful for those people who "keep it real."



Freestyle Friday:

I choose to focus on joy.



Smart Saturday:

I smile with my eyes.



Serenity Sunday:

I rest my mind and rejuvenate my soul.