

Focused In-ten-(tion) Podcast

Day: Tuesday Date:

Season 1, Episode 30

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| INTRO | Each week -- a new theme. Each day -- ten minutes to focus our mindset on what matters. I'm Sarah Parker Wolf and you are listening to the FOCUSED IN-TEN-TION Podcast. Thanks for joining me! |
| WEEKLY THEME | This week's theme is...RESPECT |
| DAILY TITLE | Today is Truthful Tuesday which means today, we tell it like it is! |
| REFLECTION | So, today's topic is one that I have been thinking about lately and that is respect for the Earth. It's a pretty simple concept but day to day, I personally take the easy way out. I mean, I don't litter. I love trees and plants and animals. I'm even prone to have bugs that have gotten into the house, scoot on to a piece of paper so I can re-deposit them outside. I recycle and all of that. Last year, because of some pretty awesome lunch rules at my kids's schools, we stopped using baggies in their lunches and used those little divider containers instead. And yet, I know there is more I could do. I could clean up my recycling -- literally and figuratively -- being careful to buy items in containers that can be recycled AND rinsing out all of said containers before throwing them in the bin. I could easily purchase bamboo toothbrushes instead of plastic and stop using so much of -- can I say beloved -- paper towel. Cloth napkins and all that. Maybe even as the heat of summer subsides, combine my walk with a trip to the grocery store. Look, I know my bamboo toothbrushes won't stop carbon emissions from a coal-fired power plant but doing so does teach my children that I believe our Earth is sacred. My actions can encourage others to do the same. We are made of the same stuff -- we people and this Earth |

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| | and when we recognize this connection, respecting the Earth is really synonymous with respecting ourselves, and all the other souls on this planet. |
| TODAY'S INTENTION | So, here is our intention then: I respect the Earth. |
| REFLECTION (reprise) | Take a minute to think about it and decide on one small or big way you can show this kind of respect today. |
| INTENTION/MEDITATION | Take a nice deep breath in and as you exhale, say to yourself: I respect the Earth. I respect the Earth. I respect the Earth. |
| OUTRO | Thanks for sharing ten minutes of your time today and please, if you like the podcast, take a sec to give us a review. It will help others find us too so we can grow our community. Now, Let's go out and live with intention, love like crazy and have a great day! |