

## Focused In-ten-(tion) Podcast

Day: Monday                      Date:

Season 1, Episode 29

<b>INTRO</b>	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!
<b>WEEKLY THEME</b>	This week's theme is...RESPECT
<b>DAILY TITLE</b>	Today is Motivation Monday and that means we focus on getting ourselves ready for a great week ahead!
<b>REFLECTION</b>	<p>R.E.S.P.E.C.T -- I can't play that one here but pull that one up on Spotify or Apple music or something this week. We are talking about respect and that means so many different things. So, let's dive right in and focus today on Time. Moving into a week ahead, I don't know about you, but so often my time gets swallowed up. You know what I mean. Here it is Monday and like three hours from now, it's Friday and I am wondering where the time went? Or, you want to check your email and suddenly internet surfing has stolen an hour of your time instead of five minutes. But time is a non-renewable resource and some day, let's face it, it's going to run out. (geez, maybe I should have put this on a Truthful Tuesday but since it's Monday, let's turn that truth into motivation and take control of our days and nights. So, how can we do that, how do we respect our own time? Well, I can tell you what I'm trying to do. I say trying because I don't have this figured out either. So, I am trying to designate time first for the activities that have to be done, then the things I want to do. So, I have to work. That's a non-negotiable. However, I can actually take my 60 minute lunch time instead of eating at my desk. I can take 30 minutes to eat with my kids and because I am currently working from home, I can take the other 30 minutes to get</p>

	<p>household chores done. In the evening from 7:00-8:00, I write --podcast scripts, books, whatever. One hour to work at my goal. Now, depending on what my kids are up to, I sometimes get more than 1 hour but that is my writing time. No TV, no playing games on my phone. My time and during that time, I'm not available for other things. Because, my goals require time and one hour is not too much to ask. Now, in the same breath, we need to respect the time of others as well. Let's lift each other up and help each other by respecting time. If you're meeting someone. Be on time. If you have an appointment, be on time. I know what you're thinking -- my doctor or dentist or whoever is never on time. Doesn't matter. We can only control ourselves and we have the opportunity to model the behavior we expect from others.</p>
<p><b>TODAY'S INTENTION</b></p>	<p>So, our intention today is: I respect my time and the time of others.</p>
<p><b>REFLECTION (reprise)</b></p>	<p>Let's view the time we have as a gift. Not to be squandered, yet not to be rushed.</p>
<p><b>INTENTION/MEDITATION</b></p>	<p>Take a nice deep breath in and as you exhale, say to yourself:          I respect my time and the time of others.          I respect my time and the time of others.          I respect my time and the time of others.</p>
<p><b>OUTRO</b></p>	<p>Thanks for sharing ten minutes of your time today. If you haven't already, sign up for my weekly newsletter at <a href="http://sarahparkerwolf.com">sarahparkerwolf.com</a> You'll get a free printable download of the week's intentions. Now, Let's go out and live with intention, love like crazy and have a great day!</p>

## Focused In-ten-(tion) Podcast

Day: Tuesday                      Date:

Season 1, Episode 30

<b>INTRO</b>	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!
<b>WEEKLY THEME</b>	This week's theme is...RESPECT
<b>DAILY TITLE</b>	Today is Truthful Tuesday which means today, we tell it like it is!
<b>REFLECTION</b>	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

	and when we recognize this connection, respecting the Earth is really synonymous with respecting ourselves, and all the other souls on this planet.
<b>TODAY'S INTENTION</b>	So, here is our intention then: I respect the Earth.
<b>REFLECTION (reprise)</b>	Take a minute to think about it and decide on one small or big way you can show this kind of respect today.
<b>INTENTION/MEDITATION</b>	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.
<b>OUTRO</b>	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!