

The
FOCUSED IN•TEN•TION
Podcast

with Sarah Parker Wolf

Theme: **Respect**



Motivation Monday:

I respect my time and the time of others.



Truthful Tuesday:

I respect the Earth.



Wellbeing Wednesday:

I respect my body.



Thankful Thursday:

I respect my colleagues.



Freestyle Friday:

I respect those who help me.



Smart Saturday:

I respect my mind.



Serenity Sunday:

I respect my loved ones.