

The  
**FOCUSED IN•TEN•TION**  
Podcast

with Sarah Parker Wolf

Theme: **The Comfort Zone**



Motivation Monday:

I commit to trying something new everyday.



Truthful Tuesday:

My ability to grow depends on my willingness to stretch the boundaries of my comfort zone.



Wellbeing Wednesday:

I respond to my own discomfort with encouragement and love.



Thankful Thursday:

I am thankful for those who challenge me.



Freestyle Friday:

I say yes to ideas just outside my comfort zone.



Smart Saturday:

I push past my perceived limitations.



Serenity Sunday:

I rest in a cocoon of comfort.