



# Focus My Intention

Write down your intention for the Total Balancing System below.  
Do not use 'negatives' such as: not, no, don't, can't, without, etc.  
Try to include how you want things to be instead of just what you want fixed.

**Bad sentence:** I don't want to suffer from arthritis anymore.  
**Ok sentence:** I am grateful to be pain free!  
**Great sentence:** I love being pain free and living life vibrantly!

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