

The 22x2 Method

One sentence, written twenty-two times a day, for two days in a row. Forty-four lines in total.

What it is

The 22x2 method is the shortest of the written repetition practices. You choose one present-tense sentence that describes your wish as already done, write it by hand twenty-two times in one sitting, do the same the next day, and then put the page away. It is a weekend-sized practice: long enough to move the sentence from something you are arguing for to something you are stating, short enough to finish before doubt gets a vote.

Why such a short run works

Longer runs like 369 (33 days) and 55x5 (five days) build through endurance. 22x2 builds through intensity: two concentrated sittings, then silence. Neville Goddard taught that an assumption is settled by feeling it as true, not by checking on it. Two days gives you enough repetition to settle the feeling and removes the temptation to keep testing it for weeks.

How to do it

1. Write your sentence once on page 2 and test it against the five checks.
2. Day 1: write the sentence on all 22 numbered lines in a single sitting. Ten to fifteen minutes is normal.
3. Day 2: repeat on the next day's sheet. Same sentence, word for word.
4. Read the last line slowly. Feel what it is like to be the person for whom it is true.
5. Close the page. Use the reflection sheet on day 3, then leave the assumption alone.

Write your sentence

Present tense, first person, one outcome, eight to fifteen words. Write it here once and copy it exactly on both days.

Five checks before day one

1. Is it in the present tense? "I am", "I have", "I feel" — never "I will".
2. Does it name what you want, not what you want gone? Leave out "no more" and "stop".
3. Could you say it out loud without wincing? Soften any word that snags.
4. Does it include one concrete detail you can picture?
5. Is it short enough to write twenty-two times without resentment?

Examples you can adapt

"I am settled in a home that feels like mine."

"I am paid well for work I am proud of."

"I am loved, chosen and at ease in my relationship."

"I wake rested and my body feels strong."

"Abundance reaches me easily and I welcome it."

"I am calm, clear and certain of myself."

Day 1

DATE _____ START _____ FINISH _____

1

2

3

4

5

6

7

8

9

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17

18

19

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21

22

One line on how the sentence felt by the end:

Day 2

DATE _____ START _____ FINISH _____

1

2

3

4

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22

One line on how the sentence felt by the end:

After the two days

Answer these once, then stop writing about this wish. Returning to the page to check whether it is still true puts you back in the state of not having it.

Which line felt most natural, and why?

What changed in how you thought about this between day 1 and day 2?

What would you do differently today if it were already done? Do one of those things.

What will you say to yourself when doubt shows up this week?

Where to go next

A worksheet is right for a two-day run. When you want the practice to carry past a weekend — a place to write your assumption each morning, picture the scene before sleep and look back over months of entries — the next step is a journal made for exactly that.

The Manifestation Journal

A guided bound journal built around assumption, nightly scene work and revision, so your practice lives in one book instead of a folder of loose pages.

Click here to view The Manifestation Journal: realitymanuscript.com/manifestation-journal

More free printables

The 55x5 Method Worksheet — realitymanuscript.com/library/55x5-method-printable

The 33-Day 369 Method Workbook — realitymanuscript.com/library/369-method-printable

Affirmation Generator — realitymanuscript.com/tools/affirmation-generator

How to write manifestation affirmations —
realitymanuscript.com/article/how-to-write-manifestation-affirmations

A note on sources

The 22x2 arrangement is a modern practice with no documented historical source. The principle beneath it — a stated assumption felt as already true — runs through Neville Goddard's lectures and Florence Scovel Shinn's *The Game of Life and How to Play It* (1925), readable free in our source archive.