

The 55x5 Method Worksheet

One sentence. Fifty-five times a day. Five days.

The 55x5 method asks you to write a single chosen sentence fifty-five times a day for five consecutive days. It is short enough to finish and long enough that, somewhere around line thirty, the sentence stops being something you are arguing for and becomes something you are simply stating. That shift is the whole point of the practice.

This worksheet gives you five days of numbered lines, already ruled, so the only decision left each day is whether you sit down.

Five things that decide whether the run finishes

Fix the sentence before day one.

Present tense, first person, one outcome, and short enough to write fifty-five times without resentment. Roughly eight to twelve words. Write it once on the next page and copy it exactly from then on.

Write all fifty-five in one sitting.

Splitting the set across the day breaks the run of attention that makes the repetition work. Twenty to thirty minutes is normal.

Let the feeling carry, not the hand.

Speed is not a virtue here. If the lines become mechanical, slow down and read one back to yourself before continuing.

Keep the five days consecutive.

If you miss a day, restart at day one rather than stretching the run over a fortnight. The compression is part of the method.

Do not audit for results mid-run.

Checking whether it has worked returns you to the state of not having it. Use the evening note if something genuinely shifts, then keep writing.

The 55x5 arrangement is a modern one. The principle underneath it — a fixed statement repeated until it is accepted as true rather than wished for — belongs to the older New Thought and assumption literature, notably Florence Scovel Shinn's written decrees and Neville Goddard's work on assumption.

Your Sentence

Write it once. Copy it exactly for five days.

Read it aloud before you commit to it. If any part of it makes you flinch, soften the claim until it is something you could accept as already true, then write that instead.

Checks

- ☐ Is it present tense, as though it is already so?
- ☐ Is it first person and about me, not about someone else's choices?
- ☐ Is it one outcome rather than three?
- ☐ Is it short enough to write fifty-five times without dreading it?
- ☐ Can I read it without flinching?

Start date _____

Day five falls on _____

Day 1 · Lines 1 to 28

Date	Started	Finished
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day 1 • Lines 29 to 55

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

Tonight, in one line: what changed while you were writing?

Day 2 · Lines 1 to 28

Date	Started	Finished
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day 2 • Lines 29 to 55

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

Tonight, in one line: what changed while you were writing?

Day 3 · Lines 1 to 28

Date	Started	Finished
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day 3 • Lines 29 to 55

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

Tonight, in one line: what changed while you were writing?

Day 4 • Lines 1 to 28

Date	Started	Finished
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day 4 • Lines 29 to 55

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

Tonight, in one line: what changed while you were writing?

Day 5 · Lines 1 to 28

Date	Started	Finished
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		

Day 5 • Lines 29 to 55

29

30

31

32

33

34

35

36

37

38

39

40

41

42

43

44

45

46

47

48

49

50

51

52

53

54

55

Tonight, in one line: what changed while you were writing?

Day Six And The Review

The day you stop writing is part of the method.

On day six you write nothing. That is deliberate. The five days were for establishing the statement; the sixth is for living from it without returning to the page to check that it is still there. Carrying the assumption is the work now, not the repetition.

Use the boxes below once, at the end of day five, and then close the worksheet.

Which line number did the sentence stop feeling like an argument?

What did I catch myself saying or thinking that contradicted it?

What would I write differently if I ran this again?

When loose sheets stop being enough

A five-day sprint is what a printed worksheet is for. If the practice carries past it — nightly scene work before sleep, revising the day, and a record you can still read back next year — The Manifestation Journal holds the whole thing in one ring-bound book instead of a folder of loose paper.

realitymanuscript.com/manifestation-journal