

55 x 5 Manifestation Method



The 55x5 Method consists of 3 steps:

1. State your intention, desire or affirmation in the present tense.
2. Write it 55 times for 5 days.
3. Believe that you have already received what you want.

For more on manifesting:

<https://gratefulmanifesting.com>



HOW TO USE THESE WORKSHEETS:

1. Use the first sheet to prepare and raise your vibrations.
2. Use the second sheet if you're unsure about your intention. This sheet will allow you to explore what you want to manifest and write about your desired situation.
3. Use the lined, numbered sheets to write your intention 55 times for 5 days in a row



I'm grateful for:

Affirmations:

I'm worthy of my intention because:

*How do I feel knowing that my
intention is already mine:*



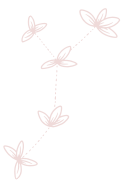


INTENTION (use this page if you need to write more)

Date _____

Lined writing area with 25 horizontal lines.



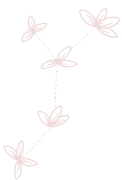


55x5 Manifestation Method

Date _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
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- 12 _____
- 13 _____
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- 28 _____





55x5 Manifestation Method

Date _____

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