

55x5 RESET — Quickstart + Worksheet

Fuerza Femenina • Nervous-System Safe Identity Reprogramming

Why it works: your nervous system and subconscious respond to **consistent repetition + embodied anchors**. This ritual pairs a single sentence with breath/voice to create a felt sense of truth.

Steps:

- 1) Choose one affirmation that feels like a stretch but still true.
- 2) Write it **55 times** while listening to **963 Hz** or **528 Hz** (Fuerza Playlist).
- 3) Anchor it in the body—breath, voice, or a small object (keychain).
- 4) Repeat for **5 days**.
- 5) Notice energy shifts first; life follows.

Today's Affirmation

"I am unshakeable; my voice directs my day and money follows my alignment."

#	Write Your Line
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
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14	_____
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37	_____
38	_____
39	_____
40	_____
41	_____
42	_____
43	_____
44	_____
45	_____
46	_____
47	_____
48	_____
49	_____
50	_____
51	_____
52	_____
53	_____
54	_____
55	_____

Anchors (check one): ☐ Breath ☐ Voice ☐ Keychain ☐ Other: _____

Notes / Sensations: _____