

# The 55x5 Ritual Guide

This isn't just about affirmations. This is about identity reprogramming. The 55x5 method rewires your nervous system by anchoring your new truth into the subconscious mind through focused repetition and emotional intensity.

## How to Do the 55x5 Ritual:

1. Choose ONE affirmation that reflects the version of you you're stepping into.
2. Write it down 55 times in a row, once a day, for 5 days straight.
3. Do it with music, incense, or a grounding ritual to signal your body: this is sacred.
4. Anchor your affirmation using your Identity Anchor™ keychain. Hold it. Say it. Breathe with it.
5. Lock it in by projecting the vision. Visualize yourself already living it.

## Tips for Success:

- Use a dedicated journal or download the CEO 1–1–1–5™ Daily Page to track your ritual.
- Play the 528 Hz or 963 Hz track from the Fuerza Femenina Playlist while writing.
- Light palo santo or incense before starting.
- Pair it with a daily walk, movement, or mirror affirmation if possible.

Say it. Play it. Live it.™

■ Start today. Let your identity rise.