BONUS PAGES

# Capricorn Affirmations Journal

*Bonus printable pages for Capricorn*

Print as many copies as you like for your own use. Thank you for reading.

# Capricorn Affirmation Cards

*Cut them out. Keep one on your mirror each month.*

♑

**Starting Where I Am**

*I don't need a perfect plan to begin. I start where I am, with what I have.*

♑

**Slow Climb Love**

*Capricorn, I deserve love that's steady, kind, and doesn't make me guess where I stand.*

♑

**Easing My Inner Foreman**

*I forgive myself for the times I was hard on me. I did my best with what I knew.*

♑

**Dropping Heavy Rocks**

*I release what I've outgrown without needing a dramatic ending. Some doors just close quietly.*

♑

**A Firm Closed Gate**

*No is a full sentence, and I'm done apologizing for it.*

♑

**Misunderstood And Okay**

*I follow my own steady map up the slope, and not everyone has to read it.*

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♑

**Pebbles Build Peaks**

*I celebrate the little finish lines. A checked box deserves a happy dance.*

♑

**Early Bedtime Pride**

*A 9pm bedtime is self care, and I'll stop apologizing for it.*

♑

**Apologies Without Buts**

*I can apologize without adding a but. Owning my part makes me stronger.*

♑

**Trusting Again Slowly**

*Capricorn, I can trust slowly and still trust. Honest people exist, and I'm allowed to meet them.*

♑

**Built To Last**

*I'm like a mountain, built slowly and meant to last.*

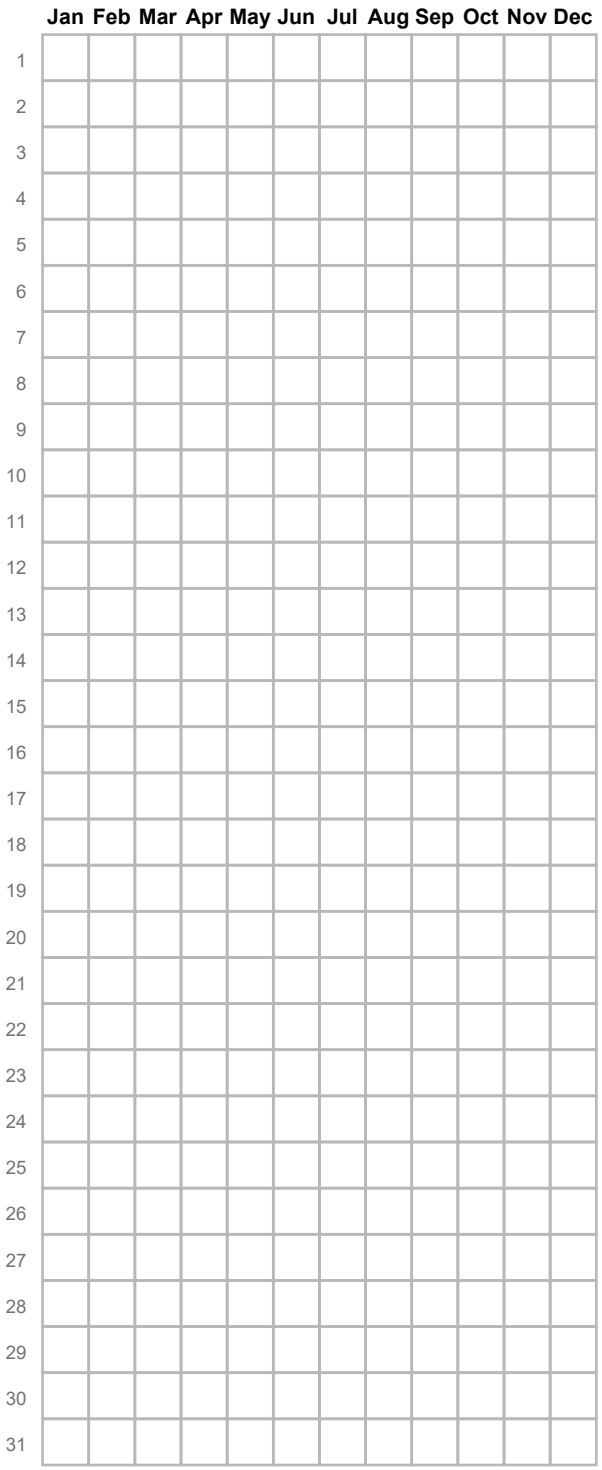
♑

**Solo Summit Hours**

*Time alone refuels me. I stop calling it antisocial.*

# My Year in Moods

*Color one square a day: a color for great, one for ok, one for low.*




☐ great ☐ ok ☐ low

# 10 Capricorn Traits

## 1. Disciplined

You show up when you said you would, even on days nobody's clapping.

## 2. Ambitious

You're always building something, and you'd rather be tired than stuck.

## 3. Guarded

Your trust arrives slowly, and anyone who gets it knows it's real.

## 4. Loyal

Once you love someone, you show up with soup, spreadsheets, and a plan.

## 5. Private

You keep your feelings close and your circle small, and you like it that way.

## 6. Stubborn

Your grudges last so long you forget the cause, but your loyalty lasts longer.

## 7. Dry

Your humor is bone dry and lands best on people who've earned it.

## 8. Sleepy

You fall asleep mid conversation and act offended when someone notices, and honestly, fair.

## 9. Honest

You'd rather be the villain for the truth than the hero for a lie.

## 10. Patient

You play the long game, even when the long game tests your last nerve.

# Monthly Check In

## Three things that went right this month

## Something I said no to, and how it felt

## The affirmation I needed most

## One small thing for next month