



Affirmations

to Attract a Capricorn Man

Monday's Affirmation



**I am independent.
I am self-reliant and strong.
The Capricorn man sees
that he will never have to carry me.**

Tuesday's Affirmation



I am reliable.

**The Capricorn man sees that
I am steadfast and dependable.
He is drawn to this quality.**

Wednesday's Affirmation



I am calm.

I am a cloudless sky.

The **Capricorn man** sees in me
a life free from drama and storms.

Thursday's Affirmation



I am proud.

The **Capricorn man** looks at me
and sees someone who, like him,
revels in their achievements.

Friday's Affirmation



**I am industrious.
Like the Capricorn man,
I appreciate the value of hard work
and know that nothing in life is free.**

Saturday's Affirmation



**I have high standards.
I do not settle for second best.
Like the Capricorn man,
I am drawn to things of quality.**

Sunday's Affirmation



I am elegant.
**The Capricorn man looks at me
and sees a graceful figure,
a simple, classic beauty.**

Capricorn affirmation instructions

- You should stand up straight but relaxed.
- Dispel any negative thoughts as best you can.
- Say your affirmation aloud in a clear confident voice.
- Repeat your affirmation 10 times.
- Perform your affirmations as soon as you get up.
- Perform your affirmations just before going to bed.
- You must perform your affirmations every day.
- If you are performing affirmations in addition to those here, allow at least five minutes between affirmations.



The very best of luck
in Love and Life
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