



As my spirit rises, my body follows. I am healthy and strong, and able to do my work upon the Earth. My legs move me forward with confidence, peace and prosperity.

Adept at both locomotion and labor, I praise the form and structure of my legs. They are faultless in their design, true gifts with purpose and meaning.

The bones of my legs are sturdy, and can bear any burden I place upon them. The joints are fluid and tractable, they move freely and function properly. The muscles and tendons are strong, and work together in perfect harmony.

My legs are capable and energetic, to work well in every becoming service.

I gratefully acclaim the health and strength of my legs.

AFFIRMATION NOTES:

Let us appreciate and celebrate the wonderful perfection that is our body's design!

These affirmations are intended to joyfully and gratefully acclaim the design and functioning of the different parts of our body.

As you strive to encourage health and strength, repeat these affirmations as you use and exercise your body. Truly, our body is a treasure and a gift.

We all have wants and needs. To bring those things into our lives, we can use daily affirmations, which encourage our minds and souls to look toward the blessings of existence, and the opportunities of life. It is our hope that you will use the positive and energetic statements of truth on this website, including these affirmations, to unlock the power that is within your soul.