

# AFFIRMATIONS for hair growth

I am at ease  
in every area  
of my life

I am strong  
and smart

I trust  
the process  
of life

I am loved,  
and I am  
at peace

The past  
is over

Only good  
can come  
to me

I release  
all criticism

I am willing  
to let go

My healing is  
already  
in process