

RESTORED

SELF LOVE AFFIRMATIONS

ECE WELLNESS CENTER

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1. Introduction: Why Self-Love Matters

Self-love is not selfish—it is survival. When we honor who we are, we create space for healing, wholeness, and peace. Loving yourself is choosing to see your value through God’s eyes, not through the world’s judgment. This journey reminds you: you are enough, right here, right now.

Affirmation: I honor myself with love and compassion.

2. I Am Chosen

You were never an accident. You were chosen with purpose, intention, and love. Being chosen means you carry unique gifts that no one else can bring to this world. Embrace your chosen-ness—it is your reminder that you belong, you matter, and you are loved.

Affirmation: I am chosen, created with purpose and intention.

3. I Am Restored

Broken places do not define you. Restoration is your portion—God takes what was broken and makes it whole again. Self-love includes accepting that you are not damaged but restored, renewed, and redeemed.

Affirmation: I am restored, whole, and healed.

4. I Am Evolving

You are not who you were yesterday. Every step forward, every lesson learned, every stumble and rise is proof that you are evolving. Self-love means celebrating progress, not perfection.

Affirmation: I am evolving into the best version of myself.

5. Loving Myself Through the Process

Healing is not linear, and growth is not instant. To truly love yourself, you must also learn to love your process. Give yourself grace for the waiting seasons and compassion for the slow progress. The process is proof of your becoming.

Affirmation: I love myself in every stage of my process.

6. Breaking Negative Self-Talk

The words you speak to yourself shape your reality. Negative self-talk keeps you trapped in shame, but affirmations free you into truth. Replace lies with love, and fear with faith. Speak life until your soul believes it.

Affirmation: I silence lies and speak truth over myself.

7. Choosing Worth Over Comparison

Comparison steals joy and blinds you to your own value. You are worthy, not because of how you measure against others, but because of who you are. Choose to stand in your worth daily it cannot be taken from you.

Affirmation: I am worthy, and I celebrate my own unique journey.

8. Affirmations for Self-Love

- I am chosen, loved, and purposed.
- I am restored and becoming whole daily.
- I am evolving with every step forward.
- I am worthy of joy, peace, and love.
- I choose compassion for myself.

9. Reflection

Self-love is a journey of choosing yourself again and again. It is in the small choices how you speak to yourself, how you care for your body, how you honor your heart that healing takes root.

Affirmation: I am chosen, I am restored, I am evolving.