

RESTORED

Replacing bad Habits
with Good Habits

ECE WELLNESS CENTER

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Page 1 – Introduction:

Restored Through Renewal

Habits shape the rhythm of our lives. Some lift us higher, others weigh us down. But through God's restoration, we are given the grace to replace what harms us with what heals us. This journey is not about perfection but transformation—choosing every day to live in alignment with peace, purpose, and wellness.

Affirmation: I am restored. My habits honor my healing and my purpose.

Page 2 – Recognizing and Correcting Bad Habits

Restoration begins with awareness. Bad habits often come from pain, fear, or survival. Overeating, procrastination, negative self-talk—these are signals, not identities. To heal, we must see the patterns clearly without shame, knowing that every bad habit is an invitation to grow.

Affirmation: I release shame and recognize the patterns I am ready to change.

Page 3 – Faith and Focus in Habit Change

Breaking a habit is not enough; it must be replaced. When we stop feeding the bad, we must nourish the good. Instead of self-criticism, we practice affirmation. Instead of avoidance, we practice discipline. God does not just strip away—He restores by filling the empty spaces with abundance.

Affirmation: I do not just remove what is broken; I replace it with what restores me.

Page 4 – Restored in Mind

Our thoughts create our reality. Replacing mental clutter with clarity means speaking life into ourselves. Meditation, journaling, and affirmations help rewire the mind. A restored mind silences lies and chooses truth.

Affirmation: My mind is renewed. I think thoughts of peace, power, and purpose.

Page 5 – Restored in Body

The body is the temple where healing dwells. Every bite, every stretch, every breath is a choice toward wholeness. Replacing exhaustion with rest, junk food with nourishment, stillness with movement—these habits restore energy and life.

Affirmation: My body is sacred. I honor it with habits that bring health and vitality.

Page 6 – Restored in Spirit

Restoration is incomplete without the Spirit. Prayer, worship, and gratitude re-align us with God. Replacing despair with hope and fear with trust reminds us that restoration is not self-made—it is Spirit-led.

Affirmation: My spirit is at rest. I trust God's process of restoration.

Page 7 – Restored in Soul

The soul carries our emotions, memories, and identity. When rejection, trauma, or negative experiences wound the soul, they shape how we see ourselves and how we respond to life. Restoration of the soul means healing the inner child, renewing our sense of worth, and finding peace within. Replacing bad habits of self-doubt and unforgiveness with love, compassion, and acceptance brings balance to our lives.

Affirmation: My soul is healed. I release past wounds and embrace peace, joy, and wholeness.

Page 8 – Accountability and Community

We heal best in connection. Having accountability partners, mentors, or communities reminds us that we are not alone. Bad habits thrive in isolation; good habits grow in accountability. Together, we are strengthened and encouraged.

Affirmation: I walk with others who uplift me. My accountability is a gift, not a burden.

Page 9 – Restored Living

Restoration is a journey, not a destination. Every day is a new chance to choose life, peace, and wholeness. The old has passed away; the new is here. By replacing bad habits with good ones, we live fully in the fact that we are restored.

Affirmation: I am restored. My life is a reflection of healing, growth, and divine purpose.