

# “Who can find a virtuous woman? For her price is far **above rubies.**” Proverbs 31:10

- 1. Faith** - A Virtuous Woman serves God with all of her heart, mind, and soul. She seeks His will for her life and follows His ways. (Proverbs 31: 26, Proverbs 31: 29 – 31, Matthew 22: 37, John 14: 15, Psalm 119: 15)
- 2. Marriage** – A Virtuous Woman respects her husband. She does him good all the days of her life. She is trustworthy and a helpmeet. (Proverbs 31: 11- 12, Proverbs 31: 23, Proverbs 31: 28, 1 Peter 3, Ephesians 5, Genesis 2: 18)
- 3. Mothering** - A Virtuous Woman teaches her children the ways of her Father in heaven. She nurtures her children with the love of Christ, disciplines them with care and wisdom, and trains them in the way they should go. (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)
- 4. Health** – A Virtuous Woman cares for her body. She prepares healthy food for her family. (Proverbs 31: 14 – 15, Proverbs 31: 17, 1 Corinthians 6: 19, Genesis 1: 29, Daniel 1, Leviticus 11)
- 5. Service** - A Virtuous Woman serves her husband, her family, her friends, and her neighbors with a gentle and loving spirit. She is charitable. (Proverbs 31: 12, Proverbs 31: 15, Proverbs 31: 20, 1 Corinthians 13: 13)
- 6. Finances** - A Virtuous Woman seeks her husband’s approval before making purchases and spends money wisely. She is careful to purchase quality items which her family needs. (Proverbs 31: 14, Proverbs 31: 16, Proverbs 31: 18, 1 Timothy 6: 10, Ephesians 5: 23, Deuteronomy 14: 22, Numbers 18: 26)
- 7. Industry** – A Virtuous Woman works willingly with her hands. She sings praises to God and does not grumble while completing her tasks. (Proverbs 31: 13, Proverbs 31: 16, Proverbs 31: 24, Proverbs 31: 31, Philippians 2: 14)
- 8. Homemaking** – A Virtuous Woman is a homemaker. She creates an inviting atmosphere of warmth and love for her family and guests. She uses hospitality to minister to those around her. (Proverbs 31: 15, Proverbs 31: 20 – 22, Proverbs 31: 27, Titus 2: 5, 1 Peter 4: 9, Hebrews 13: 2)
- 9. Time** - A Virtuous Woman uses her time wisely. She works diligently to complete her daily tasks. She does not spend time dwelling on those things that do not please the Lord. (Proverbs 31: 13, Proverbs 31: 19, Proverbs 31: 27, Ecclesiastes 3, Proverbs 16: 9, Philippians 4:8 )
- 10. Beauty** – A Virtuous Woman is a woman of worth and beauty. She has the inner beauty that only comes from Christ. She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. (Proverbs 31: 10 Proverbs 31: 21 – 22, Proverbs 31: 24 -25, Isaiah 61: 10, 1 Timothy 2: 9, 1 Peter 3: 1 – 6)

*more precious than rubies...*

## 10 Virtues of the Proverbs 31 Woman

AVirtuousWoman.org



# this is my life planner

I am so excited to tell you that the "This is My Life" Planners are now available! Several to choose from:

1. This is My Life 52 Week Planner
2. This is My Life 52 Week Planner + My Life Documented Planner
3. This is My Life Basic Planner
4. This is My Life Documented Planner
5. The Holiday Bundle Add-On
6. This is My Life Two Page Spread Monthly Calendar Add-On
7. This is My Life Budget Planner Add-On
8. This is My Life Kitchen Planner Add-On

The image shows a page from the 'this is my life' planner. It features a 'HOUSEHOLD CHORES' section with a grid for tracking tasks like 'make beds', 'start laundry', 'swap floors/vacuum', 'tidy kitchen', 'wipe down bathroom', 'straighten house', 'do laundry', and 'take out trash'. There is also a 'drink 8 glasses of water' tracker and a 'this week's chores' list with tasks like 'water plants', 'clean kitchen appliances', 'dust clean refrigerator', 'clean out the kitchen cupboard', 'inventory and clean pantry', and 'clean bathroom'. At the bottom, there are sections for 'morning routine', 'afternoon routine', and 'evening routine'.

The image shows a 'weekly menu plan' page. It has a grid with days of the week (S, M, T, W, T, F, S) on the left and columns for 'B' (Breakfast), 'L' (Lunch), 'S' (Supper), and 'Snacks'. There is a 'notes' section at the bottom.

When you print the planner and open up to the current week those two pages will face each other so you can easily plan your week, to dos, and menu for the week.

Isn't that sweet?

Okay, so I know what you're thinking. You're wondering if this planner will be like all the rest you've purchased over the years that... well, you thought you'd love them, but they didn't really work for your life.

I designed this planner with the mom/ and busy woman in mind. Believe me. I've been there. I'm STILL there.

How do you manage a household, feed your family, run around to music and ice skating lessons every week, juggle birthdays and holidays and make it all work?

That's why this 52 Week planner has a section for:

- Everyday Household Chores that you can check off each day
- Weekly Chores that rotate every five weeks
- A place for you to jot down reminders like dentist appointments
- And a reminder to drink 8 glasses of water each day

PLUS, there's a section for you to write down your morning, afternoon, and evening routines for each week so you can get organized and not have to worry about remembering what you need to do, what comes next in your routine, or what you're eating for Breakfast, Lunch, Supper, and Snacks.

**Menu Planning Tip:** I use a great 4 x 6 Post It Note that I stick on my planner to make my grocery list each week when I'm planning my menu. It stays there until shopping day. Fold it in half and it's ready to head to the store when I am. **Are you excited yet?**

So, as if all that weren't enough, you'll also find a Contact form, Schedule, Journal Pages, Notes Pages, Seasonal Bucket lists {to remind you to have some fun!}, Great Quotes and Bible Verses to encourage you, and Homemaking helps like my 7 Golden Rules for Housekeeping.

Oh and You know what? I made the back cover just as darling as the rest of the planner. I think you'll be pleased. So, the real question is... What do YOU think?

If you have any questions or suggestions, always feel free to shoot me an email. I love hearing from you!

Here's my email: [melissaringstaff@avirtuouswoman.org](mailto:melissaringstaff@avirtuouswoman.org)

Visit: <http://www.avirtuouswoman.org/printable-this-is-my-life-planners>