

*"Her children rise up
and call her blessed;
her husband also,
and he praises her."*

Proverbs 31:28

PROVERBS 31

Goal-Setting Workbook for Christian Mothers

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welcome!

Hi, I'm Melissa. I'm glad
you're here.

Dear Mom,

As a mother, you have been
entrusted with one of the
most significant
responsibilities in the world.

This workbook is intended to be a valuable tool to guide you in identifying your priorities as a mother and setting actionable goals that align with the principles of Proverbs 31. By reflecting on these principles and striving to embody them in your daily life, you can become a Proverbs 31 woman who honors God and leaves a legacy of faith for future generations.

Remember, motherhood is a journey filled with ups and downs, but by seeking God's guidance and striving to live out the principles of Proverbs 31, you can find encouragement and strength in your role as a mother. I hope this workbook will be a valuable resource to you as you navigate the joys and challenges of motherhood.

XOXO, *Melissa*

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PROVERBS 31 PRINCIPLES:

Proverbs 31 describes a virtuous woman who embodies several characteristics that are relevant to motherhood. The principles outlined in Proverbs 31 include:

Trustworthy

A virtuous woman is trustworthy and faithful to her family.

Industrious

A virtuous woman is diligent and hardworking.

Wisdom

A virtuous woman seeks God's guidance as a mother.

By reflecting on these principles and striving to embody them in our daily lives, we can become Proverbs 31 women who honor God and leave a legacy of faith for future generations.

Generous

A virtuous woman is kind and generous to those around her.

My Proverbs 31 Mom Priority List

As mothers, we have many responsibilities and obligations that can sometimes feel overwhelming.

It's essential to identify our top priorities and focus our efforts on those areas that are most important to us.

Use the space below to list your top three priorities as a mother:

Some examples of top priorities could include teaching your children about God, providing home cooked meals, spending quality time with them, creating a warm and nurturing environment at home, or being a positive role model for them. Take some time to reflect on what matters most to you as a mother and write down your top priorities.

Are there any areas where you feel like you're currently falling short? If so, what steps can you take to improve in those areas and align your actions with your priorities?

Remember, it's never too late to make changes and strive to be the best mother you can be.



TRUSTWORTHY

What are some ways you can show your children they can trust you?

Proverbs 31:11-12: "The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life."



HARD WORKING

What are some areas of your household management that you would like to improve on?


Proverbs 31:13-15: "She seeks wool and flax, and works with willing hands. She is like the ships of the merchant; she brings her food from afar. She rises while it is yet night and provides food for her household and portions for her maidens."



WISDOM

What are some ways you can intentionally seek God's guidance in your decision-making as a mother and then demonstrate that to your children?

Proverbs 31:26: She opens her mouth with wisdom, and the teaching of kindness is on her tongue.



Generosity

What are some ways you can practice generosity as a family? How can you instill a heart of serving in your children?

Proverbs 31:20: She opens her hand to the poor and reaches out her hands to the needy.

Proverbs 31 Mom Mindset Questions

Here are some additional questions you can ask yourself.

1. How can I cultivate a Proverbs 31 mindset in my daily life as a mother?
2. What are some areas of my motherhood journey where I need to seek God's guidance and wisdom?
3. How can I prioritize my responsibilities as a mother in a way that honors God and aligns with the principles of Proverbs 31?
4. Am I extending grace to myself and others as I navigate the challenges of motherhood?
5. What are some practical steps I can take to surround myself with a supportive community of Christian mothers?
6. How can I model trustworthiness, hard work, wisdom, and generosity to my children?
7. In what ways can I practice generosity with my children and in my community?
8. Am I setting realistic and achievable goals for myself as a mother? How can I hold myself accountable to these goals?
9. What steps can I take to prioritize self-care and nurture my own spiritual growth as a mother?
10. How can I trust in God's grace and strength to guide me through the joys and challenges of motherhood?

THOUGHTS + NOTES

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