

SHE IS CLOTHED IN DIGNITY



A PROVERBS 31 *Journal*

SHE IS CLOTHED WITH STRENGTH AND DIGNITY; SHE CAN LAUGH AT THE DAYS TO COME.



— Day One —

An excellent wife, who can find? For her worth is far above jewels.

DO YOU EVER DEAL WITH IMPOSTER SYNDROME? HOW DO YOU OVERCOME IT? HOW CAN YOU SHARE THIS WITH YOUR AUDIENCE? IF YOU DON'T KNOW HOW TO DEAL WITH IT, LOOK UP AND JOT DOWN SOME IDEAS BELOW

[illegible]

— Day Two —

The Heart of her husband Trusts in her and
he will have no lack of gain

WHY DO YOU THINK THAT HER HUSBAND TRUSTS HER,
WHAT DO YOU BELIEVE THAT SHE DID TO ENSURE HER
FAMILY CAME BEFORE HER BUSINESS?

[illegible]

—Day Three—

She does him good and not evil all the days
of her life

HOW CAN YOU SET OUT TO DO YOUR HUSBAND,
HUSBAND TO BE OR EVEN YOUR HUSBAND YET TO MEE
GOOD ALL OF YOUR LIFE? WRITE A SHORT PRAYER FOR
YOUR RELATIONSHIP BELOW

[illegible]

—Day Four—

She looks for wool and flax and works with
her hands in delight

IS YOUR 'WORK' JOYFUL? DO YOU FIND DELIGHT IN THE THINGS YOU CHOOSE TO DO IN YOUR BUSINESS? IF NOT HOW CAN YOU DELEGATE THE TASKS YOU DON'T LIKE AND DO MORE OF WHAT BRINGS YOU JOY?

[illegible]

— Day Five —

She is like merchant ships; She brings her
food from afar

DO YOU FEEL THAT YOU DO ALL YOU CAN TO TAKE YOUR BUSINESS TO THE NEXT LEVEL? IF NOT WHAT THINGS CAN YOU DO TO IMPROVE YOUR WORK ETHIC, DEDICATION, AND CONSISTENCY IN BUSINESS? WRITE AT LEAST THREE THINGS & INCORPORATE THEM FOR THE NEXT WEEK IN YOUR DAILY SCHEDULE

[illegible]

— Day Six —

She rises also while it is still night and gives
food to her household and portions to her
maidens

DO YOU HAVE AN AM RITUTAL? CREATE ONE BELOW THAT YOU WILL STICK TO FOR THE NEXT WEEK (AT LEAST). WHILE IT MAY NOT INVOLVE WAKING BEFORE THE SUN, INCLUDE WHAT TIME YOU WILL WAKE UP

[illegible]

— Day Seven —

She considers a field and buys it

IS THERE SOMETHING YOU ARE PUTTING OFF
PURCHASING FOR YOUR BUSINESS? WHY? IS IT OUT OF
FEAR OR DO YOU NOT HAVE THE MONEY? WRITE OUT A
PLAN BELOW THAT INCLUDES THE DATE YOU WILL
WANT TO MAKE THE PURCHASE AND THE STEPS NEEDED
TO GET THERE

[illegible]

— Day Eight —

From her earnings she plants a vineyard

DO YOU PUT YOUR MONEY BACK INTO YOUR BUSINESS?
WHAT PERCENTAGE? DO SOME RESEARCHES TO HOW
OTHER SUCCESSFUL ENTREPRENEURS RUN THEIR
BUSINESSES AND WHAT YOU CAN TAKE AWAY FROM
THAT TO IMPROVE YOUR OWN

[illegible]

—Day Nine—

She girds herself with strength and makes her
arms strong

WHERE DO YOU DRAW YOUR STRENGTH FROM? ON DAYS WHEN YOU JUST DON'T FEEL LIKE 'ADULTING' OR DOING MUCH OF ANYTHING WHAT KEEPS YOU GOING? HOW CAN YOU RELY MORE ON GOD IN YOUR DAY-TO-DAY BUSINESS ENDEAVORS?

[illegible]

— Day Ten —

She senses that her gain is good

DO YOU FEEL GOOD ABOUT YOUR BUSINESS? IF NOT
WHAT THINGS DO YOU HAVE TO CHANGE TO FEEL THAT
YOUR GAIN IS GOOD, NOT A CHORE OR UNGODLY

[illegible]

— Day Eleven —

Her lamp does not go out at night

AS ENTREPRENEURS WE TEND TO WORK, WORK, WORK TO GET OUR BUSINESS WHERE WE ULTIMATELY ENVISION IT GOING. APPARENTLY, SO DID THE PROVERBS 31 WOMAN, BUT I'M SURE SHE ALSO KNEW THE VALUE OF REST. HOW CAN YOU MAKE SURE YOU ARE TAKING CARE OF YOURSELF AND YOUR NEEDS LIKE A GOOD NIGHTS REST WHILE KEEPING YOUR BUSINESS AFLOAT?

[illegible]

— Day Twelve —

She stretches out her hands to the distaff &
her hands grasp the spindle

THE PROVERBS 31 SEEMS ENDLESS IN HER SKILLS AND
AS ENTREPRENEURS, WE ALSO WEAR SEVERAL HATS.
WHAT ARE SOME HATS THAT YOU ENJOY AND SOME
THAT YOU DON'T, WHICH ARE HATS THAT ONLY YOU
CAN DO AND SOME THAT YOU CAN DELEGATE TO
OTHERS?

THINGS I ENJOY DOING

1.
2.
3.

THINGS I DON'T ENJOY

1.
2.
3.

THINGS I CAN DELEGATE

1.
2.
3.

— Day Thirteen —

She extends her hand to the poor and she
stretches out her hands to the needy

HOW CAN YOU BLESS SOMEONE ELSE TODAY THAT NEEDS THE SERVICES YOU OFFER IN YOUR BUSINESS?

[illegible]

— Day Fourteen —

She is not afraid of the snow for her household

WHAT ARE SOME THINGS THAT YOU ARE AFRAID OF IN YOUR BUSINESS? FAILURE? RUNNING OUT OF MONEY? NOT HAVING ENOUGH FUNDS? WRITE THEM OUT BELOW AND GIVE THEM TO GOD AND HAVE FAITH THAT EVEN IF THOSE THINGS OCCUR, YOU AND YOUR BUSINESS WILL BE OKAY!

[illegible]

— Day Fifteen —

For all her household are clothed with scarlet

HOW DO YOU ENSURE THAT YOUR FAMILY IS AWARE OF
BIBLICAL PRINCIPLES? DO YOU HAVE A FAMILY PRAYER
TIME OR BIBLE READING SCHEDULE? INCORPORATE
SOME THINGS IN YOUR FAMILIES DAILY SCHEDULE TO
MAKE SURE THEY ARE COVERED AND CLOTHED WITH
SCARLET

[illegible]

—Day Sixteen—

She makes coverings for herself; Her clothing
is fine linen and purple

DO YOU BUILD YOURSELF UP AND PRESENT YOUR BEST SELF DAILY? WHILE I'M NOT JUST FOCUSED ON CLOTHING, HOW CAN YOU ENSURE YOU ARE ALWAYS PUTTING YOUR BEST FOOT FORWARD INSIDE AND OUT?

[illegible]

— Day Seventeen —

Her husband is known in the gates when he
sits among the elders of the land

WHOM DO YOU ASSOCIATE WITH? DO YOU SURROUND YOURSELF WITH OTHERS THAT ARE CHRISTIAN-MINDED ENTREPRENEURS? THOSE THAT BUILD UP INSTEAD OF TEAR DOWN, THOSE WHO ARE KNOWN TO BE SUCCESSFUL LEADERS LIKE THE PROVERBS 31 HUSBAND?

[illegible]

— Day Eighteen —

She makes linen garments and sells them and supplies belts to the tradesmen

WHAT IS ONE OF YOUR FAVORITE HOBBIES? HOW CAN YOU INCORPORATE THIS INTO YOUR BUSINESS TO MAKE IT MORE FUN

[illegible]

— Day Nineteen —

Strength and dignity are her clothing

DO YOU ALWAYS FEEL THAT YOU ARE CLOTHED IN STRENGTH AND DIGNITY? DO YOU ALWAYS ACT AS IF YOU ARE? WHY OR WHY NOT?

[illegible]

— Day Twenty —

And she smiles at the future

CAN YOU SMILE AT YOUR FUTURE OR IS YOUR PRESENT
BRINGING YOU DOWN? HOW CAN YOU SMILE AT WHAT
THE FUTURE WILL BRING EVEN WHEN THINGS AROUND
YOU DON'T LOOK ANYTHING LIKE WHAT YOU ENVISION?
HOW CAN YOU NOT COMPLAIN ABOUT WHAT IS GOING
ON NOW AND CHOOSE TO SEE THE BLESSINGS IN NOW?

[illegible]

— Day Twenty-One —

She opens her mouth in wisdom

WRITE A PRAYER TO GOD TO GIVE YOU MORE WISDOM
FROM ABOVE, SAY IT DAILY

[illegible]

— Day Twenty-Two —

And the teachings of kindness is on her
tongue

ARE YOU KIND WHEN DEALING WITH OTHERS? EVEN WHEN DEALING WITH DIFFICULT CLIENTS OR WHEN YOU ARE STRESSED? HOW CAN YOU ENSURE THAT YOU ARE ALWAYS TEACHING KINDNESS THROUGH YOUR ACTIONS AND WORDS

[illegible]

— Day Twenty-Three —

She looks well to the ways of her household

WHAT DOES IT LOOK LIKE TO TO 'LOOK WELL TO THE
WAYS OF YOUR HOUSEHOLD? LOOKUP OTHER BIBLE
PROVERBS 31:27 VERSES AND SEE HOW THEY
COMPARE? HOW DO YOU THINK THE PROVERBS 31
LOOKED WELL TO THE WAYS OF HER HOUSEHOLD

[illegible]

— Day Twenty-Four —

And does not eat the bread of idleness

DO YOU FIND YOURSELF SCROLLING AIMLESSLY ON SOCIAL MEDIA OR PUTTING OFF THINGS TO THE LAST MINUTE? HOW CAN YOU SET LIMITS FOR YOURSELF SO THAT YOU AREN'T EATING THE BREAD OF IDLENESS?

[illegible]

— Day Twenty-Five —

Her children rise-up and bless her

HOW CAN YOU LET YOUR CHILDREN SEE WHAT IT
MEANS TO LIVE A BLESSED LIFE AND HOW CAN YOU
ENSURE THEY KNOW WHAT A BLESSING IT IS TO
FOLLOW CHRIST?

[illegible]

— Day Twenty-Six —

Her husband also, and he praises her saying
"Many daughters have done nobly but you
excel them all"

IF YOU HAVE A HUSBAND OR LIVE WITH SOMEONE HOW
CAN YOU HAVE THEM SINGING YOUR PRAISES INSTEAD
OF NOT WANTING TO SEE YOU WALK INTO THE ROOM?
CAN YOU LEARN TO NAG LESS? LEARN THEIR LOVE
LANGUAGE?

[illegible]

— Day Twenty-Seven —

Charm is deceitful and beauty is vain

HOW ARE YOU ENSURING THAT YOU ARE BUILDING YOURSELF UP ON THE INSIDE? HOW OFTEN ARE YOU PRAYING, READING YOUR BIBLE, AND SPEAKING TO GOD? WHAT CAN YOU DO TO IMPROVE YOUR RELATIONSHIP WITH GOD?

[illegible]

— Day Twenty-Eighth —

But a woman who fears the Lord, she shall be praised

DO YOU HAVE THE FEAR OF THE LORD? READ SEVERAL BIBLE PASSAGES THAT SPEAK OF HAVING THE FEAR OF THE LORD, WHAT IT IS, HOW TO OBTAIN IT, AND THE BLESSINGS THAT COME ALONG WITH IT.

[illegible]

—Day Twenty-Nine—

Give her the products of her hands

WHAT DO YOU THINK THE PRODUCTS OF THE PROVERBS
31 WOMAN'S HANDS WERE IN BUSINESS? WHAT DO
YOU THINK THE PRODUCT OF YOUR HANDS ARE?

[illegible]

— Day Thirty —

And let her works praise her in the gates

DO YOU THINK THAT YOUR WORK SPEAKS FOR ITSELF
OR DO YOU FEEL AS IF IT'S AN UPHILL BATTLE EVERY
STEP OF THE WAY? TAKE SOME TIME TO THINK ABOUT
IF WHAT YOU ARE DOING AND IF THE DIRECTION YOUR
BUSINESS IS HEADING IS ONE THAT GOD WOULD
APPROVE OF

[illegible]

WRITE A DAILY PRAYER THAT YOU THINK SHE WOULD
HAVE SAID TO GOD BELOW

[illegible]



she writes
by faith

She is clothed with
strength and dignity;
she can laugh at the
days to come

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