



# CONTENTS

*Proverbs 31:10–31 xi*

*Introduction xiii*

<i>Step 1</i>	BE AN EXCELLENT WIFE (Prov. 31:10–12, 23) . . . . .	1
<i>Step 2</i>	PLAN YOUR SHOPPING, COOKING, AND TRAVELING (Prov. 31:14) . . . . .	13
<i>Step 3</i>	SCHEDULE YOUR DAY (Prov. 31:15) . . . . .	29
<i>Step 4</i>	BALANCE HOME AND CAREER (Prov. 31:16, 24) . . . . .	45
<i>Step 5</i>	GET IN SHAPE (Prov. 31:17–18) . . . . .	57
<i>Step 6</i>	WORK HARD AND BE CREATIVE (Prov. 31:13, 19) . . . . .	69
<i>Step 7</i>	REACH OUT TO THE NEEDY (Prov. 31:20) . . . . .	77
<i>Step 8</i>	MANAGE YOUR CLOTHES AND CLOSETS (Prov. 31:21–22, 25) . . . . .	87
<i>Step 9</i>	NURTURE YOUR CHILDREN (Prov. 31:26) . . . . .	97
<i>Step 10</i>	CHANGE YOUR HOUSE INTO A HOME (Prov. 31:27) . . . . .	115
<i>Step 11</i>	BE RESTORED (Prov. 31:28–29) . . . . .	123
<i>Step 12</i>	FIND STRENGTH TO DO IT ALL (Prov. 31:30–31) . . . . .	129