

# THE WIFE REVIEW

THE PROVERBS 31 WIFELIFE

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# SHE BRINGS HIM GOOD NOT HARM

## WORDS

Your choice of words can have a significant impact on your husband.

### Words

Do you use words to build him up? Or tear him down?

Is your word usage positive or negative?

### Tone

Do you have a calm tone during heated moments?

How often do you choose positive tones over negative tones

Do you use sarcastic tones to excuse word usage?

### Voice

Do you raise our voice or maybe refuse to speak?

How often do you sigh while giving a response?

# NON-VERBAL

## Body Language

What is your approachability?

Are you using harsh hand movements while talking?

What about your facial expressions?

## Distractions

Does he have your attention? (Looking at phone)

Are you mentally present? (Thinking of your to-do list or what to say next?)

# PHYSICAL

## Health

If you do the meal planning, grocery shopping, and cooking, are you serving healthy meals/snacks to ensure a healthy body?

## Exercise

Are you supportive of your husband working out?

Or if it is opposite and he does not exercise, do you try and find weekly dates or hobbies that keep him active?

## Sex

How often do you initiate intimacy?

How often do you avoid sex?

# MENTAL

## Emotion

How do you make him feel?

Are you intentional to turn his mood around when he is feeling down?

## Support

How are you supporting him in his daily needs and future goals?

How are you showing him that you are his #1 fan?

## Love

What is his love language?

Are you using it to communicate to him?

# A SERVING HEART

## Selflessness

How often do you put his needs before your own (and not complain about it, but enjoy it out of love)?

## Willingness

Are you willing to do your role?

Do you choose to do mundane responsibilities with a willing/positive attitude?

# BUILDING MARITAL TRUST

## Honesty

How honest are you with your husband?

## Transparency

How often do you omit details/information?

How often do you expect your husband to read your mind instead of telling him what's on it?

## Avoiding Tempting Situations

How often do you put yourself in a situation that tempts you to break trust? (Think Retail Therapy and smaller things, it does not have to be big)

# FINANCES

## Robbing Your Marriage?

Do you need what you are buying?

If not, are you and your husband on the same page about purchasing it?

How often do you invest towards dates or vacations?

If not often, are there things you stop spending money on to prioritize money for your marriage?

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## SUCCESS

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## GROWTH GOALS

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