


Proverbs 31: Mental Health and Self-Care Worksheet


Use this worksheet to reflect on each verse, explore the mental health principles it reveals, and apply them through personal insight and honest reflection. Take your time and let the Word guide your wellness journey.

Proverbs 31:15

 Scripture: She rises while it is yet night and provides food for her household and portions for her maidens.

-  Mental Health Principle:

Resilient Nourishment


-  Insight / Application:

She rises in the dark—when life is heavy—to serve with purpose, offering soul food born from struggle and measured with discernment.

-  Reflection Prompt:


What does it look like for you to rise and nourish others even when you're still in a dark place?

Proverbs 31:16

 Scripture: She considers a field and buys it; from her earnings she plants a vineyard.

-  Mental Health Principle:

Therapeutic Planning

-  Insight / Application:


She doesn't act impulsively. She plans with wisdom and invests with care, planting new life where pain once ruled.

-  Reflection Prompt:

Stewarding Through Difficult Times


Where is God asking you to plan with care instead of reacting in fear?

Proverbs 31:17

 Scripture: She girds herself with strength and strengthens her arms.

-  Mental Health Principle:

Self-Empowerment


-  Insight / Application:

She wraps herself in strength and builds emotional, spiritual, and mental resilience even when no one applauds.

-  Reflection Prompt:


What does strengthening yourself look like in this season—emotionally, spiritually, or physically?

Proverbs 31:18

 Scripture: She perceives that her merchandise is good; her lamp does not go out at night.

-  Mental Health Principle:

Resilient Discernment

-  Insight / Application:


She knows her value and keeps shining through darkness—her resilience is a light that refuses to be snuffed out.

-  Reflection Prompt:

What truth about your value do you need to believe, even in dark seasons?


Stewarding Through Difficult Times

Proverbs 31:19

 Scripture: She stretches out her hands to the distaff, and her hands grasp the spindle.

-  Mental Health Principle:

Creative Processing


-  Insight / Application:

She reaches with purpose, turning tangled threads of pain into beauty through action—healing through her hands.

-  Reflection Prompt:


How can you use your hands or creativity to process something that feels tangled right now?

Proverbs 31:20

 Scripture: She extends her hand to the poor, and she stretches out her hands to the needy.

-  Mental Health Principle:

Compassionate Connection

-  Insight / Application:


She reaches out with both hands—presence and provision—healed enough to help others without losing herself.

-  Reflection Prompt:

Who needs your compassion right now—and how can you show up without burning out?


Stewarding Through Difficult Times

Proverbs 31:21


 Scripture: *She is not afraid of the snow for her household, for all her household is clothed with scarlet.*

-  Mental Health Principle:

Anxiety-Free Preparedness


-  Insight / Application:

She prepares before the storm, clothing her people with peace that's planned—not panicked.

-  Reflection Prompt:


What would preparing ahead of the storm look like in your life?

Proverbs 31:22

 Scripture: *She makes coverings for herself; her clothing is fine linen and purple.*

-  Mental Health Principle:

Reclaiming Beauty

-  Insight / Application:


She adorns herself with dignity, reclaiming beauty not as vanity, but as sacred restoration.

-  Reflection Prompt:

What beautiful things are you allowed to reclaim in this healing season?


Proverbs 31:23

Stewarding Through Difficult Times

 Scripture: Her husband is known in the gates, when he sits among the elders of the land.

-  Mental Health Principle:

Honor Through Wholeness


-  Insight / Application:

Her private resilience builds public honor; the emotional safety she creates shapes generational stability.

-  Reflection Prompt:


How has your private healing created strength in those around you?

Proverbs 31:24

 Scripture: She makes linen garments and sells them, and supplies sashes for the merchants.

-  Mental Health Principle:

Revenue That Doesn't Rob You


-  Insight / Application:

She creates from overflow, not survival—earning in alignment with her dignity, not at its expense.

-  Reflection Prompt:

Is the way you're earning right now aligned with your values—or is it draining your peace?

Proverbs 31:25

 Scripture: Strength and dignity are her clothing, and she smiles at the future.

-  Mental Health Principle:

Stewarding Through Difficult Times

Rooted Joy

- 💡 *Insight / Application:*

She wears strength and dignity, smiling at the future—not because it's certain, but because she's already overcome.

- 👉 *Reflection Prompt:*

What future would you smile at if you believed your past didn't disqualify you?

Proverbs 31:26

📖 *Scripture: She opens her mouth with wisdom, and the teaching of kindness is on her tongue.*

- 🧠 *Mental Health Principle:*

Remain Faithful with Your Words

- 💡 *Insight / Application:*

She speaks with wisdom and kindness—language that restores instead of wounds, truth wrapped in compassion.

- 👉 *Reflection Prompt:*

What words have you spoken lately—are they healing or harming?

Proverbs 31:27

📖 *Scripture: She looks well to the ways of her household, and does not eat the bread of idleness.*

- 🧠 *Mental Health Principle:*

Stewarding Through Difficult Times

Watchfulness Without Weariness

- 💡 *Insight / Application:*

She watches over her home with presence, not perfection—staying present without numbing out or burning out.

- 👉 *Reflection Prompt:*

How can you remain present without falling into exhaustion or over-functioning?

Proverbs 31:28–29

📖 *Scripture: Her children rise up and call her blessed; her husband also, and he praises her: 'Many women have done excellently, but you surpass them all.'*

- 🧠 *Mental Health Principle:*

Legacy Through Love

- 💡 *Insight / Application:*

Her love becomes legacy—those she poured into rise and honor her, carrying her strength in their voices.

- 👉 *Reflection Prompt:*

Who in your life is rising because of your investment in them?

Proverbs 31:30

📖 *Scripture: Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised.*

- 🧠 *Mental Health Principle:*

Stewarding Through Difficult Times

Identity Rooted in Reverence

- 💡 *Insight / Application:*

She's not defined by charm or beauty but by her reverence—an identity built on truth, not trends.

- ✍️ *Reflection Prompt:*

What identity have you built on appearance or approval that needs to be rooted in reverence instead?

Proverbs 31:31

📖 *Scripture: Give her of the fruit of her hands, and let her works praise her in the gates.*

- 🧠 *Mental Health Principle:*

Harvest of Integrity

- 💡 *Insight / Application:*

Her fruit speaks—what she did in the dark becomes light at the gates. Her legacy is publicly honored.

- ✍️ *Reflection Prompt:*

What fruit from your labor deserves to be acknowledged and celebrated right now?
