



## Every wife has room for improvement

In Pam Farrel's book, [Red Hot Romance Tips for Women](#), she leads wives on a journey through the 26 traits, A to Z, that make women a more loving wife. Rate yourself, 1 to 10, on each trait. (10 means you are rocking awesome and 1 means you have a way to go!)

Put a check in the box of an area you need to improve on.

- Appreciative - You express gratitude \_\_\_\_\_
- Beautiful- You try to stay healthy and fit \_\_\_\_\_
- Classy- You seek to make your husband feel at home \_\_\_\_\_
- Direct- You speak the truth in love \_\_\_\_\_
- Expressive- You reach out in small affections \_\_\_\_\_
- Fun- You enjoy flirting and playfulness with your mate \_\_\_\_\_
- Good- You cherish high moral values \_\_\_\_\_
- Humble- You are modest and down to earth \_\_\_\_\_
- Interesting- You enjoy keeping your husband's attention \_\_\_\_\_
- Joyful- You choose to be positive and upbeat \_\_\_\_\_
- Kind- You are considerate and gentle \_\_\_\_\_
- Loving- You are adoring, forgiving, amorous \_\_\_\_\_
- Moral- You take the high road and have live the Golden Rule \_\_\_\_\_
- Nurturing- You seek to be understanding and supportive \_\_\_\_\_
- Optimistic- You are hopeful and uplifting \_\_\_\_\_
- Passionate- You pursue intimacy with your husband \_\_\_\_\_

- Quiet Spirit- You maintain an inner peace and serenity \_\_\_\_\_
- Respectful- You choose to honor your mate \_\_\_\_\_
- Sensual- You are self aware of your sexual feelings \_\_\_\_\_
- Thoughtful- You are tender, courteous, and gracious \_\_\_\_\_
- Unselfish- You are benevolent and sympathetic \_\_\_\_\_
- Virtueous- You are honest and trustworthy \_\_\_\_\_
- Wise- You are a discerning Woman of the Word \_\_\_\_\_
- Xenophilic- You embrace people of all cultures and backgrounds \_\_\_\_\_
- Yummy- You enjoy cooking with and for your husband \_\_\_\_\_
- Zestful- You have the ability to be fully present and enthusiastic \_\_\_\_\_

Mark the three to five that need the most improvement, and write a goal for each one and begin praying God will help you grow in those areas:

1 \_\_\_\_\_  
 \_\_\_\_\_

2 \_\_\_\_\_  
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3 \_\_\_\_\_  
 \_\_\_\_\_

4 \_\_\_\_\_  
 \_\_\_\_\_

5 \_\_\_\_\_  
 \_\_\_\_\_

[Red Hot Romance Tips for Women](#) by Pam Farrel (Harvest House)  
 Join the [Red Hot Wife Challenge](#) and download many freebies on the book page.