

Savannah

• CUSTOM WEDDINGS & ELOPEMENTS •

SAVANNAH, GA

5 Coaching Exercises for Writing Your Own Wedding Vows

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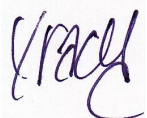
Dear Reader-

Congratulations on deciding to say I do... and ensuring that your ceremony and vows are special, meaningful and authentic to you! It's easy to get caught up in the excitement of planning a wedding and reception, but what really matters about your day will be the parts of your ceremony that celebrate what brought you to this moment, and the words you and your partner use to declare your intentions for the future of your marriage.

I help couples develop wedding ceremonies that reflect what is meaningful to them, but it's also important to work on your ceremony together as a couple. I've been a coach for over four years, primarily helping clients make successful career changes and organize their professional lives. Some of the most effective coaching tools I use are questions that trigger new ideas and can also be used to organize new ideas into action. In that spirit, I've created these five exercises to help you find inspiration and decide which ceremony elements and words to use to honor your love and commitment.

My suggestion is to make a time to sit together, uninterrupted, to work on these together, whether it's over a meal, coffee, or the libation of your choice. You'll find that these exercises will also make you realize how strong your relationship is and how lucky you are to have each other, an extra bonus!

Best,



EXERCISE ONE: COMPARE AND CONTRAST

The weekend before our wedding, my husband and I accidentally caught a marathon of *Four Weddings*, a reality show where four brides attend each other's weddings and judge them. The bride who gets the highest score wins a free honeymoon.

As you can imagine, the judging can get catty and awful at times... and that drama was probably a reason why we could not stop watching the show! I don't want you to be mean-spirited, but I'd like you to honestly think back on the weddings you've attended recently, and specifically the ceremonies and vows. No one has to know what you really thought about your friends' weddings except each other.

What were your favorite weddings that you've attended over the last three years? Which ones were your least favorite?

Ceremonies We Liked	Why?	Ceremonies We Didn't Like	Why Not?

Are there any elements I would incorporate from the ceremonies I liked?

Bonus Reflection: Who are your favorite pop-culture couples, fictional or real? Why? Are there any great quotes attributed to them?

EXERCISE TWO: OVERARCHING THEMES

Getting married is about your future, but also your past as a couple. You should honor what brought you together to this moment in time. It is meaningful and personal and reiterates the strength of your commitment to each other.

Write the story of how you met and the first few months of your relationship using three different approaches: funny, romantic, and spiritual.

Funny
Romantic
Spiritual (can include how your love is bigger than the two of you)

Bonus Reflection: Repeat this reflection for the first time you said "I love you."

EXERCISE THREE: SPECIFICS

Your wedding or elopement will be an emotional day. Prepare to weep and laugh harder than you ever have in your life. Words can express feelings in specific and unique ways- use them to your advantage.

What are your three favorite qualities about your partner?

My Favorite Quality...	Another Word to Describe It	Yet Another Word to Describe It	A Last Word to Describe It

What words describe how you feel about marrying him or her?

Bonus Reflection: What are words that your friends and family would use to describe you as a couple? Go ahead and ask.

Additional Bonus Reflection: Find one to three of your favorite pictures together. Use five words to describe each.

EXERCISE FOUR: THE HERO'S JOURNEY

In traditional wedding vows, we commit to taking our spouse for better or worse. You have likely already had a better or worse moment that you pulled each other through. Your partner's support and love in a trying time was one of the reasons you knew you were ready to spend the rest of your life with this person.

What is a challenge or obstacle that you faced with the support of your future spouse? What did he or she do that helped you? How did you overcome it?

Obstacle or Challenge
Support
Success

Bonus Reflection: Your partner will now officially be your family. What does that mean to you? Does it change anything?

EXERCISE FIVE: DREAMING

Your future marriage is an open slate. You will each have ambitions and dreams that are distinct to you, and intersect. Many of them are unknown to the present version of yourself. Knowing that you'll always respect the other's desires will help make your marriage successful.

What are your current dreams for the next ten years of your life around your career, finances, health, and family?

What are your partner's?

(Write your interpretation of your partner's dreams first and then share.)

My Dreams	My Partner's Dreams

How will you make your partner's dreams come true?

Bonus Reflection: Phrase what you'll do to support your partner in sentences that start with "I promise."

NEXT STEPS

Congratulations! You now have a substantial amount of specific information that you can use in combination with any existing ceremony elements that you found through research and liked. Before you write your ceremony and vows- or consult with someone who can help- write up your notes. Let's start with your vows.

Based on the work you've done, list some vows and promises you'd like to make to your partner.

1. I will/I promise to...
2. I will/I promise to...
3. I will/I promise to...
4. I will/I promise to...
5. I will/I promise to...
6. I will/I promise to...
7. I will/I promise to...
8. I will/I promise to...
9. I will/I promise to...
10. I will/I promise to...

(I have 10 listed, but you'll whittle those down as you finalize your ceremony.)

Your ceremony will consist of a combination of stories, reflections on marriage and unique elements.

Use the space below to outline what you think you want to include from the previous exercises or other research you have completed.

Stories	Reflections	Elements

Your final step is to use these insights and decision to write and edit your meaningful, personalized, authentic and joyful ceremony and vows. Great job!

ABOUT SAVANNAH CUSTOM WEDDINGS & ELOPEMENTS

Savannah Custom Weddings & Elopements is owned by Tracy Brisson, a non-denominational and civil wedding officiant in Savannah, GA who performs and customizes wedding ceremonies.

Savannah Custom Weddings & Elopements aims to meet the needs of diverse brides and grooms by helping them feel relaxed about their wedding or elopement, focusing on what's important about their commitment to each other, and meeting their financial goals for the ceremony.

Your special day should be stress-free and full of personal joy, love and memories for you, your partner, and everyone you want to share it with!

If you enjoyed this guide, **5 Quick Reflections for Creating Your Own Wedding Vows**, please tell your friends about it on social media!

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