



Uniquely Personal Ceremonies

Created with Care and Led from the Heart

Making Vows Easy

Writing your own wedding vows can be a wonderful thing to do...
and sometimes a little daunting!

If you are feeling a bit overwhelmed at the prospect of writing
the promises that you want to make to your partner – in front of your
family and friends - this resource is for you...
let's make it all a bit easier.

- First of all, don't aim for 'perfection'. Aim for what feels meaningful, natural and true to you. The more personal your vows are to you and your partner - the more moving they will feel when you say them.
- Know that there is no ideal way to do this. This is your ceremony – so do it your way. This means your vows can be short and succinct or long and lush. They can be traditional, or throw tradition out of the window. You can include funny and humorous elements. You can keep to pure romance...or anything in between.
- Imagine how you want to **feel** on the day as you say them.
- Imagine how you want your partner to **feel** on the day as you say them.
- Start with a few notes. Doodle with ideas and themes. Give yourself time to build on your ideas over a few days. You don't need to do it all at once.
- You can use the questions in the questionnaire that you fill in when we first start to work together as inspiration to get you started. You can also look at your answers too! Don't worry that your vows will be repeated in the script that I write. If you send me your vows, I will make sure I don't double up on that in the script.

- Other ways to get inspiration flowing are –
 - ♥ Listen to music you have enjoyed together
 - ♥ Look at photos from times together
 - ♥ Look at poetry or readings that inspire you
 - ♥ Daydream about how you want your future to be
 - ♥ Ask your best friends what they love about you as a couple
 - ♥ Think about challenges that you have overcome and how
 - ♥ Remember how you felt when you first saw your partner
 - ♥ Remember your first dates
 - ♥ Think about what makes you laugh together
 - ♥ Notice the little things your partner does to care for you
 - ♥ What things niggle you but you love your partner anyway
 - ♥ Remember how you first knew you were falling in love
 - ♥ Remember what your life was like before you met
 - ♥ Think about shared interests that you love to do together
 - ♥ Let yourself be inspired by what your future holds



Relax, take your time and enjoy it!

- Read your vows aloud to get a sense of how it feels saying them. And here are a few more tips that will make it easier to say them on the day...
 - ♥ Write in the way that you would usually speak.
 - ♥ Use short sentences which are easy to read.
 - ♥ Avoid any tongue twisters or words that might trip you up

- ♥ Build in time...allow pauses. This means your partner can take in what you say, your guests can really hear you, and you don't feel rushed.
 - ♥ Practice saying them a few times. Get a sense of where you want to pause, or emphasise a word. This is especially helpful if you feel that you might be nervous on the day. You can practice in front of a mirror or with a good friend.
 - ♥ If you are particularly nervous about saying your vows, or maybe you purely want to keep them private, you can *whisper* them to each other. It becomes your private, intimate moment!
- If you want to keep it *really* simple and easy with your vows you can choose to say 'I Do' vows. This helps you express everything you want to say without speaking much. Check out this document that explains it all more fully...[Types of Vows](#).
 - If you want further examples of vows of all kinds – take a look at this resource where I've collected a few to give you some ideas...[Examples of Vows and Promises](#).

Also, if you want more support with either delivering or writing your vows - I offer these two sessions

They are included in Package 2
or available as standalone sessions.

Click the links for more information.

[Coaching for Calm Confidence](#)

[Write Your Vows Session](#)