

Dream Wedding Worksheet

- Now that you have done a 'brain dump' of your dream wedding, go back through everything you wrote and identify any emotions or feeling words that may have come up. Underline or highlight them. This is just for your own awareness; it's okay if no emotions came out in your 'thought download'.
- Now let's start to get a little more specific and organized with your thoughts. On the following page, jot some notes about your vision for each of the prompts.
- Next you're going to get in touch with what feelings you most desire to feel on your wedding day. The easiest way to do this is with imagery. For each prompt, close your eyes and envision it! **While you're envisioning, try to become aware of what feelings come up for you.**
- When you identify emotions that are generated for each of the prompts, write them in the pink boxes to the right. *These emotions are the **REASON** you desire the things you're envisioning, and they are the emotions that you most want to feel on your wedding day - they are your 'emotion goals'!*

Let's look at an

Example:

The first prompt on page 3 is "Florals". Let's say Penny writes, "White and pink rose and peony bouquet, and large floral arch". Then she closes her eyes and envisions it. She imagines walking slowly down the aisle, gorgeous bouquet in hand. At the front of the aisle, with her groom standing beneath it, is an arch covered in hundreds of stunning white and pink roses and peonies. She envisions all of this in her mind, and then pays close attention to how it makes her feel. She realizes that in this vision, she feels romantic and elegant. She writes "romantic" and "elegant" in the pink box to the right. *The **reason** Penny wants hundreds of white and pink roses and peonies is because she imagines they will make her feel romantic and elegant on her wedding day. "Romantic" and "Elegant" are two of her 'emotion goals'!*



Dream Wedding Worksheet

Florals:

Emotions

Venue/Decor:

Emotions

Dress/Shoes:

Emotions

Music:

Emotions

Bridal Party:

Emotions



Dream Emotions

Happy

Joyful
Cheerful
Delighted
glad
joyous
merry
lively
jubilant
ecstatic
elated
thrilled
upbeat
blessed
exultant
festive
jovial
intoxicated
blissful
overjoyed
lighthearted
effervescent
gleeful
optimistic
energetic
good-natured
carefree

Confident

unruffled
sociable
untroubled
composed
assured
positive
hopeful
sure
fascinating
breezy
laid back
rested

content

peaceful
pleasant
satisfied
pleased
gratified
tranquil

Beautiful

stylish
opulent
polished
simple
luxurious
fancy
grand
dignified
chic
elegant
classic
exquisite
classy
fashionable
graceful
dainty
rich
majestic
alluring
sexy
ravishing
enticing
stunning
angelic
radiant
lovely
dazzling
cute
refined
sparkling

In love

enraptured
playful
glowing
harmonious
playful
captivated
tender
infatuated
impassioned
affectionate
passionate
emotional
flirtatious
mischievous

Write your Emotion Goals on the card below (the emotions identified in the pink boxes), then cut it out and keep it in your wallet or phone.

When difficult decisions come up (from "How do I know which dress to choose?", to "Do I invite my estranged father, or not?") take out your card and remind yourself of the emotions that are important to you. **Then consider which of your options aligns with your Emotion Goals.**

Let's be real, this simple exercise probably won't solve all of your wedding planning drama! But it will provide a lot of much needed **clarity** on all of the decisions that you have to make. It is a wonderful and solid foundation to start from as you work through difficult decisions.



my wedding emotion goals are:

Now come visit me at herbridalcoach.com and schedule your free virtual one-on-one 'Dream Session', so that we can talk about your discoveries and I can teach you how to use them to gain the clarity you're craving!

Amanda Clare