

THE Unveiled BRIDE

Lesson One Worksheet: Figuring Out What You ACTUALLY Want

STEP 1

We gotta start the planning process somewhere, and getting lost in the millions of little details is not the place. *The very first step of planning your dream day is getting your mind in the right place.* If you associate stress and "freaking out" with wedding planning, that is exactly how you will feel throughout the entire process. That's right, how you feel during this process is completely UP TO YOU, it is a choice! So let's establish right now who you want to be during this process. You may consider yourself disorganized or indecisive in your real life, but it is your choice who you are bringing to this planning party. Leave Disorganized Debbie & Indecisive Isabelle at home, you can deal with them later. Write down a couple words below to describe exactly who you want to be during this wedding planning process. I would suggest using words like "organized", "decisive", "strong", "happy", "playful", "flexible", etc.

During my planning process I am going to be...

Then read them out loud, starting with "During my planning process, I am going to be..." Read them to yourself as often as possible, you'll want to put them somewhere you will see them every single time you sit down to plan. (An old-school sticky note works great for this!)

While we're at it, let's talk about getting in that planning state-of-mind! I cannot stress enough how important it is that you are in the ideal state-of-mind each time you sit down to work on your planning, whatever that may be for you. If you are stressed out or pissed off, planning is going to feel anything but fun. Weddings tend to amplify any feelings you have going on, so let's make sure you deal with any negative feelings before you get to work. Also, if you are in a crappy state every time you sit down to plan, you will start to resent it. (This happens to SO many brides!) This might also mean having a tough conversation & getting real with someone who is bothering you. The sooner you clean up these little messes that tend to pop up, the easier this process gets.

So do what you need to do, whether you go for a run outside or meditate or enjoy a glass of champagne, it's really up to you. Just get happy. You might even want to do 5 minutes of journaling before you start each session & write down 5 things you are grateful for or excited about for your big day.

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Quick side note before we get into the rest of this - I would suggest having your fiance complete this part of the worksheet with you, just you can both get on the same page about your expectations for your big day, even if you think you already know what he wants (he may surprise you). Quick Tip: You may want to print out two copies of this worksheet and you fill one out and your fiance fill one out, then talk through them combine them into one worksheet. This will be a good time to get a feel for what is important to him & how involved he wants to be. Any moment you can take during this process to make him feel loved & involved, take it! Too many brides leave their fiances in the dust, which can put a total strain on the relationship right before you walk down the aisle, no bueno.

STEP 2

What is your WHY?

This is the most important question of your big picture, so let the feels come up: What is your why? Some questions to ask yourself: Why are you marrying your fiancé? Why do you want to celebrate it with your family and friends? Why are you having a wedding? Really reflect on your answers here and get the feels all written out on the page.

Review your why as much as possible throughout your planning process, like every single time you sit down to plan or start feeling a little stress creeping up on you! This will help if you start getting too lost in the unimportant details and will get you back in that lovey awesome state of mind. It will help you remember what's important and all of the amazingness that you already have in your life.

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STEP 3

OK, now we are going to set the scheme: Close your eyes, take a deep breath. Now picture yourself standing in the middle of your dream wedding. It is exactly the way YOU want it - no worries about how you are going to make it happen or the opinions of anyone else, this is just what YOU want. Notice the feelings going through your head, the people around you, the mood.

How would you describe the size of the celebration?

Let's talk about this one for a sec - I think there are two major things to think about when you are deciding how many people you want to invite - one is that you are going to get up and share some very personal words with your lover in front of them, so you need to think about how comfortable you are with that. And two is the size of the guest list totally affects the vibe of the party. Anything under 50 guests is going to be very intimate. So if you are imagining getting to spend quality time with all of your guests, this is definitely where you are going to want to be. 50-150 is going to still be intimate in that you will probably still get a moment with each of your guests, but it will be a little bit more of a party. 150-200 is considered "average" in the wedding industry, but I hate that word. Weddings are like snowflakes, no two are exactly alike. If you run in a large social circle, having a party with 150 to 200 people at it probably will feel quite natural. But if you don't, this may feel like total overwhelm for you. So listen to your heart & do what feels good to you. Anything over 200 is going to be an all-out bash. So if you run in a large social circle & you are imagining kind of a wild party, this is probably where you will be.

- Intimate (up to 50 guests)
- Smallish Soiree (50-150 guests)
- Quite the celebration (150-250)
- All-Out Bash (200+ guests)

What is the season?

Don't stress about getting this one exactly right - just think about the setting - is it hot & sunny? Cold & cozy?

- Spring (Mar-May)
- Summer (Jun-Aug)
- Fall (Sep-Nov)
- Winter (Dec-Feb)

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How formal is it?

You can figure out the formality of your party by what you want your guests to be wearing as well as the setting you are picturing. Do you imagine your guests wearing floor-length gowns, tuxedos & dancing the night away in a grand ballroom? Then you are probably thinking ultra-formal or formal. Are you picturing cowboy boots & summer dresses, you are probably thinking more informal. *This is one where worrying about other people's opinions can get you caught up & stressed out, but it is super important that you choose a level of formality that is comfortable to you!* If you know the type of venue you want to get married in, this might help you to decide formality. For instance, if you are getting married in a barn (which is very popular right now, they are nice barns, but still they are barns) you probably aren't going to have an ultra-formal wedding. Or if you are getting married at a fancy venue, you probably won't want people wearing jeans. But it's your wedding, these are just suggestions, do what you want!

____ Ultra-Formal

Think tuxedos, floor length gowns, a ballroom-type setting, etc. (this look can be achieved on any budget, so don't let take you down if you know you really want the princess ultra-formal event)

____ Formal

This is going to be suits & dresses still, but not necessarily floor length gowns & tuxs (this is where you can do black tie-optional if you want your guests to choose how fancy they are comfortable getting

____ Semi-Formal

This is collared shirts for guys and short/cocktail dresses for ladies

____ Informal

This is casual like polos and summer dresses

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How traditional is it?

When you say "traditional" in this industry, it is basically asking how much you want to follow the "rules" of weddings. It's not saying that you want your wedding to be like everyone else's, you can definitely have a traditional wedding that is personalized & unique to your style.

____ Ultra-Traditional

This type of wedding is probably going to be a ceremony at a church followed by a reception at some sort of reception hall or a venue specifically designed for weddings. If you are religious and/or not really the creative-type, or just really into the whole tradition thing, this is a great style for you! It's nice because vendors have done this type of wedding several, several times, so they are really good at getting it right.

____ Modernized Traditional

This is the style most brides are opting for these days. Many brides still incorporate their religion into their ceremony, but they aren't getting married in a church. Personally, I prefer this style because you get to pick & choose which traditions you want to follow and which ones you want to cut out or mix up. I also prefer this style to traditional because if you aren't getting married in a church you can select a venue where you can have the ceremony & reception all at one venue. I am a HUGE fan of this from both a simplification perspective as well as a budget perspective.

____ Completely Nontraditional

This type of wedding is great if you aren't religious and you really want a unique event, but it probably take a little more work in the planning department since you are doing something that hasn't been done.

P.S. You don't have to select just one of these, you can be somewhere in between two of them!

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Describe the experience of your big day. What is the mood? (Choose 2-3)

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Playful | <input type="checkbox"/> Fulfilling |
| <input type="checkbox"/> Loving | <input type="checkbox"/> Lustful | <input type="checkbox"/> Inspiring |
| <input type="checkbox"/> Surprising | <input type="checkbox"/> Entertaining | <input type="checkbox"/> Vulnerable |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Intimate | <input type="checkbox"/> Bittersweet |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Involved | <input type="checkbox"/> Pleasant |
| <input type="checkbox"/> Light-hearted | <input type="checkbox"/> Safe | <input type="checkbox"/> Interesting |
| <input type="checkbox"/> Exciting | <input type="checkbox"/> Respectful | <input type="checkbox"/> Impressive |
| <input type="checkbox"/> Serious | <input type="checkbox"/> Free-spirited | <input type="checkbox"/> Touching |
| <input type="checkbox"/> Intense | <input type="checkbox"/> Energetic | <input type="checkbox"/> Loud & crazy |

Other:-----

Which words best describe the overall theme you want to create throughout your big day?

(Choose 2-3)

- | | | |
|-----------------------------------|---|-----------------------------------|
| <input type="checkbox"/> Rustic | <input type="checkbox"/> Whimsical | <input type="checkbox"/> Simple |
| <input type="checkbox"/> Vintage | <input type="checkbox"/> Glamorous | <input type="checkbox"/> Antique |
| <input type="checkbox"/> Romantic | <input type="checkbox"/> Earthy | <input type="checkbox"/> Crafty |
| <input type="checkbox"/> Beach-y | <input type="checkbox"/> Elegant | <input type="checkbox"/> Boho |
| <input type="checkbox"/> Chic | <input type="checkbox"/> Casual | <input type="checkbox"/> Eclectic |
| <input type="checkbox"/> Colorful | <input type="checkbox"/> High-Fashion | <input type="checkbox"/> Fancy |
| <input type="checkbox"/> Modern | <input type="checkbox"/> Regal | <input type="checkbox"/> Playful |
| <input type="checkbox"/> Cozy | <input type="checkbox"/> Recycled/Green | <input type="checkbox"/> Charming |
| <input type="checkbox"/> Classic | <input type="checkbox"/> Fairytale | <input type="checkbox"/> Homemade |

Other:-----

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Now put the words together so that they flow to create your theme:

(for example: Rustic Fairytale, Boho Chic, Crafty & Charming, a Simple & Whimsical adventure, a Regal affair, etc.)

This is the first exercise in being decisive - you may say "but I have no idea what I want, I can't decide that right now." Yes you can, make a decision and write it down. Your theme and scheme will evolve throughout the planning process, so don't worry about getting it exactly right. Just get something down on paper, a starting point. Decision-making is just a muscle, the more you work it out, the stronger it gets & if you keep at it, it will start coming to you very easily & make this process easy peasy. I am a huge believer in intuition - trust your heart throughout this process, it knows what you want even if your brain may not. This will benefit you way beyond just planning your wedding. So do what you gotta do & come up with a decision! If you really are clueless at this point, you may want to spend some time going through wedding photos on Pinterest or in a wedding magazine to get some inspiration. Or you may want to just count to three and put 2-3 check marks down and go with it.

Our wedding theme is:
