



How to Plan a Day You'll Remember

The amount of work and stress that goes in to planning a beautiful wedding day can be enormous. Not only do you have to pay special attention to your own relationship during this time but many other relationships in your life can become strained with the desires and demands that will be expressed to you.

It is so easy to get caught up in the details of the day and having everything be perfect. We want to encourage you to plan your day in a way that allows you to be very conscious and fully present with each other and within your self. The joining that is marriage is very spiritual and yet can be lost in the busyness of the day.

Here are some things to consider:

- * What is a morning practice that you could include in your day to set the tone for the rest of the day?
- * Will it be important for you to have some time either alone or some time just as a couple in the morning to reflect, meditate, pray, practice gratefulness or share hopes and dreams? What do you want that to look like?
- * Would you like to write each other a letter to be read as you begin to get dressed for your wedding?
- * Consider bringing in someone to lead just you, your wedding party, or you as a couple, in a yoga class or meditation the morning of your wedding.
- * Take time to journal before the hectic pace of the day kicks in.
- * Celebrating by drinking alcohol is fun but can take away from how fully present you may feel with each other and with your special guests. Find ways to limit your alcohol so that you can really enjoy every moment fully.
- * Let people help you and plan for their help in as many ways as you can possibly think of ahead of time. Some of us find it hard to let others help - this is the day to go ahead and do that.
- * There will likely be people at your wedding that you do not get along with well. What strategies do you need to have in place so that your contact is either minimal or so that someone can run interference for you?