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**Things You Must
Know Before Planning
Your Wedding**



#1 WEDDING STRESSORS

NEVER PLAN YOUR WEDDING ALONE!

Wedding Planning can cause overwhelming amounts of stress, even to the point that most couples report that their wedding planning journey is more **PAINFUL** than job hunting or being unemployed.

The top wedding stressors when planning your big day are you instantly become a **Project Manager, Travel Agent, Mediator, Interviewer, Attorney (when signing so many contracts), and MUCH MUCH more!!!**

Our best advice when planning your special day would be to **NEVER** plan alone! You will be making at least 40+ calls to confirm at least 13 different vendors for the date and time that you want to be married on. Ask for support and call on a friend, loved one, or hire a professional wedding planner.



HOW TO AVOID YOUR BRIDEZILLA

Throughout the wedding planning experience you may feel worried, unprepared, anxious, frustrated, and the symptoms of being a BRIDEZILLA, may arise.

The term Bridezilla refers to one whose behavior in planning her wedding is regarded as obsessive or demanding.

We have found that the best way to avoid or combat turning into a Bridezilla is to have absolute clarity of the vision you have for your special day. Often times we find that when a bride is fully transparent, super specific, and shares what she desires to create for her special day, it allows for us wedding planners, venues, photographers, ministers, etc. to be able to meet the couples desires--leaving less room for error. Clarity is POWER!

HOW TO HANDLE A DIFFERENCE OF OPINION

There are some people in your life that have been waiting longer than you, to see you get married! They love you, and this day is the realization of all the hopes they've had for you.

How can you approach them in way that they feel loved, important, and included, all while making sure you too, have the opportunity to express how you feel in a healthy way--that won't damage the relationship?

Our best advice is to consider for a moment, what ideas they might have when it comes to celebrating you and your love story, it's important to be willing to give them that space to share or express what is on their heart. All anyone wants is to be seen and heard. Listen to understand, and even if what they say doesn't quite align with what you had envisioned, from there, you can share what you see for your big day, be open and honest.

#4 YOUR LOVE STORY



CELEBRATING YOUR LOVE TOGETHER

When planning your special day, the most important person's feelings to consider are your fiancé's. What are their hopes and dreams for how they would like to celebrate your love story.

It's vital for a healthy relationship to ask, or allow yourself to be curious about their needs and wants too. After all this is the day you will be committing to each other--until death do you part.

Compromises in a relationship are important, but make sure neither of you are compromising on special wedding dreams that you may regret later. Each of you could have different ideas about what you have always envisioned. It's still important to have clarity before you move forward with any wedding planning.

#5 CREATE BALANCE



REMEMBER EACH OTHER THROUGH THE PLANNING PROCESS

During the wedding planning process it can be easy to get lost in ALL OF IT! It can be difficult to remember what's most important--your relationship with your fiancé. So many couples allow the needs/opinions of others to come in between their love. The truth is planning a wedding can actually lead to couples calling off their big day, due to high stress levels.

One key ingredient to effective wedding planning would be to continue to grow as a couple, go on dates, do little getaways, or even enjoy a blissful staycation. Make sure to balance the conversation--spend equal amounts of time talking about the wedding and things other than the wedding.