

A Creative Place for...



Relationships  
& Personal  
Growth

By Gretchen Maurer

**Decision should not rob your peace or planning fun!**

**What feelings do you want your wedding guests to experience?**

**Circle your top 3**

Joy?      Happy?      Impressed?      Proud of you both?  
Supportive?      Surprised?      Curious?      Relaxed?  
Laid back?      Wild fun?      Entertained?      Drunk and stuffed?

**What is important to you both?**

**Circle your top 3**

Great Food?      Flowers/Décor?      Pretty Music?      Great Band?  
Get everyone dancing?      Atmosphere?      To have Fun?  
Memorable Photos?      Personal Vows?      other? \_\_\_\_\_

**Is your anxiety rooted in your own worry about decisions or does it feel like outside pressures from others?**

Discuss this with your partner, make sure to qualify each others feelings and not to dismiss or discount them. They are real to you and you BOTH are allowed to have your own.....this is just the beginning of understanding and accepting each other at a deeper committed level.

**Are there some areas or stages of the planning that you can let go of or delegate? What might they be....? Again, deep breath...let emotions go and engage your thinking mind. Stress triggers fight or flight reactions. The brain chemicals released by the stress blocks the frontal lobe from thinking rationally and creatively.**

**Creative thinking unleashes new options, open communication, and more choices. Getting hooked into “the way it is” thinking is limiting not expansive.**

Here are some suggestions of things you might consider letting go of:

The guest list (who comes who doesn't) \ The transportation

Specific flowers \ Seating arrangement \ The weather

The band \ Bridesmaid perfectionism \ Honeymoon planning \ All the food choices \

Favors \ What people will think \ Who does not come \ Who might drink too much \

Will my parents fight \ Will my sisters fight \ etc....

Delegate if decisions are stressful and robing your peace.

If you must have your pulse on everything keep your expectations *flexible*.

Be super organized and YOU CAN do it!

**My book [The Morning of Your Wedding](#) is information NOT found anywhere else!**

