

Vow Writing Prompts

to get your ideas flowing

This part is quick!

Read a prompt.

Jot down your first response.

Move to the next question.

Skip any that you want.

Use your notes to inform your vows.

Where did you first meet?

What is something your partner did for you
that made you feel special?

Is there something about your partner that you
never want to live without?

Do you have any inside jokes?

What is something you both love doing together?

What hard times did you both get through?

How has your life changed since you met each other?

Think back to the first time you said, 'I love you.'
Why was that the moment you had to say it?

The goal is to express the JOY
you anticipate feeling in choosing
to marry this person you adore.



Vows should sound like you,
especially when you're making
promises to your partner.
Write vows that matter to you &
feel authentic. Pick the most
important promises & make
them well.

www.BespokeCeremoniesMontana.com

I love the simplified offering by author
Anne Lamott, whose brilliant book:
Help, Thanks, Wow: The Three Essential Prayers
provides a perfect template for vow writing.

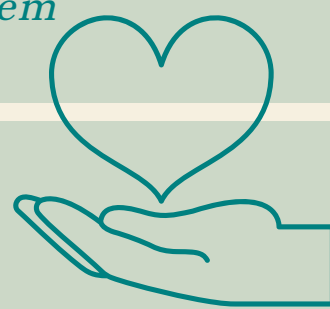
Consider touching on each of these areas in a sentence or two,
edit down to a minute or less, & you're good to go!

Support (help)

*name the things that your sweetie does that support you to be
your best self, help you in the world,
promise to do similar things for them*



OPEN
HEART



GENEROSITY



HOPE



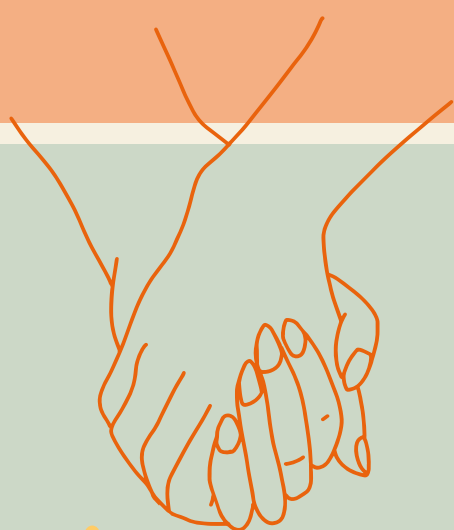
OPEN
MIND



KINDNESS

Gratitude (thanks)

*show appreciation for the way
your sweetie treats you*



HOLDING
HANDS



SHARING
CHORES



GIFTS ON
SPECIAL
DAYS

SHARED
LAUGHTER

Love (wow)

*say "I love you" and name what you are excited
about for your future together*



GROWING CONNECTIONS



NEW
CAREERS



EXPANDING
YOUR CIRCLE
OF FAMILY
AND FRIENDS



TRAVEL