Wedding Journal Prompts: Before the Day

1. What do you remember most vividly about the first time you met your partner, and what did you feel afterward?

2. When did your relationship begin to feel like something you could build a life around, and what made that feeling grow?

3. What small moment from the early days of your relationship now feels like the beginning of your story, even if it seemed ordinary at the time?

4. What do you remember about the proposal—the setting, the words, and the feeling that stayed with you afterward?

5. What was your first private thought after saying yes, before you told anyone else?

6. Which part of the engagement season has surprised you most, and how has it changed the way you see this chapter?

7. When you picture married life, what ordinary day or small ritual are you most looking forward to sharing?

8. What does marriage mean to you at this point in your life, beyond the wedding celebration itself?

9. What hope are you carrying into marriage, and where do you think that hope comes from?

10. Is there a worry or uncertainty that has been quietly sitting with you, and what would you want to say to yourself about it?

11. Which people have helped shape your relationship or supported you through this season, and what do you hope to remember about their part in your story?

12. What part of your relationship do you most want to protect and keep nurturing as life changes after the wedding?