Wedding Journal Prompts: The Day Itself and After

1. When you think about waking up on your wedding morning, what do you imagine noticing first, and what feeling do you hope greets you?

2. Which sound, scent, texture, or small detail from the wedding morning would you want to remember years from now?

3. What was going through your mind in the quiet moment just before the ceremony began?

4. When you saw your partner during the ceremony, what did you notice about their expression, your own feelings, or the world around you?

5. Which words, promises, or gestures from the ceremony have stayed with you most clearly, and why?

6. Who was there in a way that made you feel especially loved, supported, or understood?

7. What unexpected or imperfect moment made the day feel unmistakably yours?

8. Which small detail might seem ordinary to someone else but feels precious to you now—a song, a glance, a note, a flower, or a shared joke?

9. When you think back on the celebration, which moment do you wish you could step into for just one more minute?

10. What has felt different in the first days of being married, even if it is something very small?

11. What have you learned about your partner or yourself by moving from the wedding day into married life?

12. If you could leave a note for the two of you to read on your first anniversary, what would you want those words to help you remember?