the little book of

mindful wedding planning

get to know and love yourself more

FROM THE CREATOR OF WEDDING-PLANNING-RESOURCES.COM

written by Maria Chi

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are you familiar with these lines?

"Just calm down!" - yeah, like that actually works...

"It will be ok.." - How the eff did you know that?

*"Just enjoy the journey..." - Yeah no sh*t...*

"Speak to a therapist or counselor.." - With what money?

"Pay someone, instead of DIY-ing things.." - Where is that money coming from?

"Pamper yourself and take a break.." - Again, with what freaking money?

"Stand your ground... Don't let anyone push you around.." - Uhm, excuse me, have you met my mother-in-law?

"Have you tried meditation or yoga?" - Uhm yeah. Sure bud.

How rhetorical right?

*Well, you need a real strategy and action plan - not some rhetorical sh*t. You need real insights.*

But what is mindful planning anyways?

Mindful wedding planning is an approach that encourages you and your partner to bring conscious awareness, intention, and authenticity into every aspect of the wedding journey.

At its core, mindful wedding planning is about fostering a sense of presence and mindfulness throughout the entire planning process.

It's an invitation to cultivate an open-hearted and non-judgmental awareness, that allows space to make choices aligned with personal values rather than succumbing to societal expectations or trends.

Uhm. Okay, we get it. Big words. But stay with us for a second.

By embracing mindfulness, it will help create a wedding experience that is not only meaningful and fulfilling, but also reduces stress and promotes well-being.

IT ESSENTIALLY MEANS NOT FORGETTING SELF-CARE, COMMUNICATING OPENLY AND HONESTLY, AND APPROACHING CHALLENGES WITH PATIENCE AND GRACE.

why this approach?

Approaching the planning process mindfully will produce a wedding that not only celebrates your love but also nourishes souls, fosters connection, and lays the foundation for a beautiful and conscious lifetime together.

But what does calm and stress-free even look and sound like? Well, I know my anxiety sounds like a bulldozer and looks like the Hulk- for sure, that I can confirm.

So what does stress-free and calm sound and look like TO YOU and your partner? Only the two of you can define this.

Is it having control of the majority of the decisions?
Is it about not maxing out your budget?
Is it not having people breathing down your neck and asking too many questions?

Define what that looks and feels like with your partner and move along this process aligned with that.

THIS NOT ONLY WORKS DURING WEDDING PLANNING BUT IS ESSENTIALLY SELF-CARE AND SELF-LOVE RITUALS THROUGHOUT YOUR MARRIAGE.

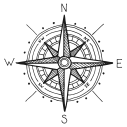
how to use this little book

There are intentional white spaces everywhere to give you the chance to doodle and scribble your thoughts.

There are also extra worksheets at the end of the book.

Get your pens (yes, grab different colored ones!) ready and let's start this journey of discovery.

what's your north star?



Approach each wedding-related decision mindfully. How does that work, you ask?

Take the time to reflect on your values, priorities, and desires as a couple.
Write this down and ensure you reference them before moving forward.

It can sound something like "romantic, family-oriented, fun, and intimate." Write this throughout your wedding planning binder to help you be reminded of what really matters.

Before making any choices, pause, and ask yourself...
"Does this decision align with the vision and experience we want to create?"

Listen to your intuition and be selective in what you take on,
focusing mainly on what truly matters to you both.

Remember that the wedding's purpose is to celebrate and unite lives and love. Not who's wrong or who's right. That's a good gauge to use when moving along your wedding planning journey.

mindful budgeting

This goes without saying that it will help to set realistic financial goals and be conscious of your spending.

BUT this is also the time, to be honest about who's really paying for the wedding. If you are accepting contributions and payment portions from family, understand what you're giving up when you receive this money.

More often than not, this is a generous gift and that's great.

But if there are some ties to it - like maybe they can decide on some aspects of the wedding, you will have to accept that and be at peace with that and be able to let go.

I know easy to say, hard to do, because what do they mean you can't have a 10-tiered cake for your 200-people wedding? Why not?

Well. It's not that you can't. But it's a good practice to investigate a little further why you want this.

Is this truly a happy moment for you?
Or it is because your other friend did 9 tiers and you just want yours to be 10?

Or maybe you just want to send a piece of cake home as a wedding favor for your guests? That's cool too.

What I'm saying here is to focus on what brings true joy and consider allocating funds for those experiences.

How much money do you REALLY want to spend on things without feeling resentful about that decision?

How much TIME do you have to come up with the wedding money or pay it off?

Define what it is about the priorities you have set that serve you and your partner's wedding vision better and focus your money on that.

Also, yes, we love 10-tiered cakes. Please send us leftovers.

"not dealing with this" list

We've all heard about the priority list and your non-negotiables, but how about we also create a NOT DEALING WITH THIS (at least not right now!) LIST.

This is a list where you just know that if you take it on, your mental load will literally go off.
So, no thank you. Not today satan. I meant, not today my friends. This can wait.

*Or you can assign it to someone else if it's totally not *that* important to you, but still needs to get done.*

Practice effective time management to avoid feeling overwhelmed.
Break down your wedding planning tasks into manageable chunks and create a realistic timeline.

*Prioritize and delegate tasks as needed, allowing yourself space for rest, relaxation, and quality time with your partner. When you are done with the *most* important things, then you can tackle this list.*

*Or schedule them when you know you know your mental load is not overwhelming - as you've already done the heavy-weight stuff, so you can chill and have a look at this list when *extra* time comes up.*

Manage your energy. If you feel something is draining you so much,
fill your cup first by doing something that energizes you.
*So when you get to these "energy sucker" tasks, you have *enough* energy to deal with them.*

do not cross this line

Where's your red tape at?

Establish healthy boundaries to protect your well-being during the wedding planning process.

This is not to say don't get anyone involved and be rude,
*but just give them *enough* involvement to keep you sane.*

Clearly communicate your limits to your loved ones, vendors, and anyone involved in the planning.
This can be done respectively and also creatively.

I remember one of our previous brides was really firm on walking down the aisle by herself,
but her mom and dad wanted to walk with her.

Eventually, we all agreed with my suggestion that the bride will walk up to the middle of the aisle alone, and the parents will then be waiting there to meet her so they will walk altogether towards the altar.

Both got the photo and moment that they wanted.

Remember, it's okay to say no or offer creative alternatives to others to show how they are also important to you, without giving up your wishes.

You will most likely disappoint some people. People will not agree with some of your decisions. It might not feel ok at the time, but it will be ok because there is no way you can control everyone around you.

But you can control yourself. You can control the story you tell yourself.

You can set up your own safe and loving environment.

be ok with things on your list that are unchecked

*So you know when you look at your to-do list and you're like "Oh sh*t... I haven't done a lot yet."*

Yeah well. IT IS WHAT IT IS. It might not feel ok at the time, but it will be ok.
Don't add MORE pressure to your already pressuring wedding planning journey.

Who's expecting you to do all this? I mean, sure there are other people that will tell you
"YOU HAVE TO get this done BEFORE IT'S TOO LATE." But too late for what?

How about don't do it yet... Because if and when you do them, it will be too late for all of you
because you've already LASHED out and lost it.

Essentially what we're saying here is to pace it out. Don't do 3-4 meetings in a day if you have not done one yet. Start with one a day, then build from there. And if you feel overwhelmed, dial it down.

You are allowed to change your schedule. Remember, we are the ones scheduling ourselves.
We are essentially our own bosses and managers.

Imagine if your manager put so much work on your plate and you're like "Oh heck no... this is a 3 people job and I'm just by myself..." Right? Exactly. Be that kind manager you've always dreamed of.

schedule wedding planning days

Time chunk it baby. Set the vibe.

Light up your fave scented candle or diffuser, put on your fave music, make your fave drink using your best drinkware, set on mood lighting, and put on your fave fashion outfit.

Place that crystal on your desk to repel bad energy. Don't believe in crystals? Easy. Put up a DO NOT DISTURB sign.

It's a "productive" day when you sit down with yourself, your partner, friends, or family (or whoever is helping you plan your wedding!) and just go through your list of tasks.

That means that when you need to contact vendors and ask for quotes or book appointments, you can try and call them, and if they are busy, leave a message and write an email.

Side note: Avoid scheduling big wedding planning decisions and topics when your plate is full from work, or other personal matters you're dealing with. If applicable, don't book wedding appointments when you're experiencing PMS. Trust. This will save you tons of "fixing", headache, and apologies.

schedule wedding planning days

In your messages and emails, make sure you share with them which days you have scheduled for wedding planning. It can sound like this:

"Please email me with details and quote/s in order for us to have a more detailed phone conversation. I am available on Tuesday or Thursday at 6 pm. You won't reach me any other days, although you can always still send me an email and wait for my response on the days I've mentioned. Thank you."

*Sounds b*tchy? No. You sound like a professional and you mean business. If anything, vendors will appreciate how you value your time, because it will eventually reflect on the value of the conversations you'll have - not just small talk of "how are you..." but real business done.*

Now if you end up being friends with the vendor, great.
But know that this is better AFTER the business side is done and out of the way.

Once you book the vendor, you can then slowly adjust the communication frequency since at this time, most things have already been done.

Create a wedding email so you can ensure things are separate.
For appointments, invite your personal email so you can get notified.

Check this wedding inbox only on your assigned days and don't cross your own boundaries.

declutter your wedding binder and pinterest board

Kay. Once you've booked your trusted "people" (like the vendors who "get" you) - you can slowly take stuff off your binder and board.

This sends your brain a message that your "pile" is getting thinner and things are getting done.

If you keep all of them there in your binder, it can still feel like they are pending.

This is not to say that you should not be organized, because as you know, we are ALL ABOUT organization here.

But file them away in a separate folder that you barely go back to unless absolutely necessary for checking final details etc.

the wedding details

It's so easy to say "Don't get caught up in the details.." but we understand that a wedding is mostly ALL ABOUT THE DETAILS.

So yes, I get that you want the right shade of pink and the correct length for those menus on the tables. Do you want more dressing on the salad you're serving? Who doesn't? We get it. We hear you. We see you.

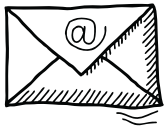
Now, how do we manage that without getting overwhelmed and stressed? We can narrow down choices to the top 5, then the top 3, then choose the right one.

Think about beauty pageants, they have to put together the top 5, then the question and answer, then the top 3, then the Miss Universe is announced, crowned and off the winner goes fulfilling duties.

Put a decision process in place with your partner. Remember when we mentioned earlier in Chapter One: "What's your North Star?" - use those to help you make decisions more efficiently.

Know when that detail is already done and file it away. When you keep circling back it will leave you with a feeling of "unfinished business" - when really you've already checked it off your list.

time to unsubscribe



If you already got a deal, booked some vendors that you love
and narrowed down your ideas, clear them off your binder.

Already bought your wedding shoes?
You can now unsubscribe to those "wedding shoe deals" email subscriptions.

Getting these emails constantly will lead you to just reevaluate all your decisions.

Another mental load you want to get rid of -
*because really, you actually already *finished* it and already decided on them.*

enter the present moment

*Even when the moment is beyond sh*tty, we have to enter it.*
The resistance that we have towards accepting what is happening now is where the stress is.

If the moment is your in-laws are having an argument and it's becoming heated,
enter that moment and be with it.

It's hard and tricky, but the more you deny and resist what's happening, the longer the stress is,
and the less likely you'll come up with conflict resolution ideas.

This is not to say that you should just accept it when people mistreat you.
But accept that this is happening and detach from the emotions you are feeling.

Tricky right? It's essentially facing difficult emotions and staying still while in the storm.

What we're saying here is the argument and possibly the yelling is not even about you.
It just presented during a topic about your wedding.

It's other people's reaction to their OWN dysregulation and communication styles -
which sometimes are not helpful, but, that's on them.

Try and take that moment to a brighter and lighter place by staying calm and just taking it all in.

This means that you might need to cease for that moment, respectfully opt out of the conversation,
create space and distance, and come back to that with better understanding and headspace.

Now after the "heated" moment has passed and you are cooled down,
send a text or email with regards to the situation- this will show you're still
in control of the narrative and remind them that this is after all, still your wedding.
You can present options on how to resolve the problem and set that limit.

"Here are the options that will help us move forward positively and gives us all a chance
to enjoy and be part of the wedding.."

And stick to those options, don't let them keep asking you to add more.
Stand up for yourself without being passive-aggressive.

pamper and nourish yourself

Sure this can easily cost you a lot of money, or this can also cost you just some effort.

After a day (or two!) of wedding planning, wash your sheets and pillows. Light up your fave candle, put on some relaxing music (or true crime - whichever relaxes you, we don't judge!), slide into your most luxurious nightgown (or pajamas, again, we don't judge!) - and lie down and go to sleep in that warm bed.

And if your partner slips underneath the sheets as well, then I guess you are getting A LOT MORE pampering than you planned.

CHAPTER ELEVEN

pamper and nourish yourself

This can also be as simple as doing your own nails
while watching your fave series (Selling Sunset perhaps?)

While watching your fave series, add some healthy snacks to your plate.
Not to say you shouldn't enjoy your fries, because those are really good too.

But nourishing your body with some fruits, vegetables, whole grains,
and lean proteins will help your body feel better and lighter.

Drink lots of water. Have coffee days off.
I know it's hard. But giving your body a break will help with your sleep patterns
and lessen stress levels, putting you in a better mood and headspace.

fix that thing that you said you'll fix but haven't

Not directly wedding related, but adjacent. But you know that one thing you said you'll fix?

That keychain, earring, door knob, cleaning your fave makeup brush, changing curtains, or whatever it is that has been bothering you for a while but never got a chance to get around?

Do it.

Now.

Go for a car wash. Clean your car. Fix that broken drawer.

Get that haircut you've been putting off.
Fix that purse that you've been wanting to use again for so long.

Once you've done this, watch how that lifts some weight off your shoulders -
making you more open and available to your wedding planning plans.

*Also, this is a *vote* that you are giving to that creative problem-solver part of you. If you keep voting for part of yourself, eventually that part will keep winning and giving you more confidence and peace.*

sage that

Whether you believe in this or not - which again, we don't judge,
just the mere action of "sage-ing" will put you in such a "decent" place.

See how we said "decent" not "jolly" place? Because everything is a process.

Creating your own ritual that has something to do with awakening your senses will help your body open up and for your nervous system to calm down - allowing more creativity, calm, and peace to flow.

Repeat mantras like
*"I can figure this SH*T out. I AM THAT B*TCH. I am brave no matter what I choose to do."*

If you're not into sage-ing, you can take a warm bath with a eucalyptus spray.

Or if cold baths are your thing, then do that.

Find a ritual that you vibe with to help you cleanse.

have a good cry, nap, and sleep

What's that movie that just makes you bawl?
Like the one where you know all the good scenes and when to cry.

DO THAT. Cry it all out. Whatever that this.
It doesn't have to be specific, but it clears out the body of the negative vibes.

We're not talking about over-crying, but just enough to release that tightness in our body.

Better yet, watch this movie while eating chicken soup
(because chicken soup just makes everything better!) tucked in your coziest blanket.

Take a long nap after.

Or you can also go straight to sleep. Sleep like a log that night and wake up refreshed.

doll up

Take a long shower. Condition your hair with extra products. Use that luxurious soap to rinse your body.

Put makeup on. Well if you're like me, I always have makeup on.

But, I'm not talking about "everyday" makeup here.
It's all about that RUNWAY makeup. You know what I mean? High fashion vibes.

Extra long lashes, red lipstick, and extreme contour.
Yes. I can hear some of you saying "I'm just not into those things."

No. You don't have to be into those things to do them.

You do them to give yourself a different experience and have a good laugh if it doesn't work out.

If it works out, then take a thousand selfies.

tip yourself

So in your wedding binder add an "envelope" or a "sheet protector" where you can insert cash.
Every time you finish a task, make sure you tip yourself with cash.

However much the amount that will make sense to you.
It can be a dollar or 5 bucks or even 10 bucks. As long as it's cash and it's visible.

Here's why.

It will "show" yourself that you have done something good and that you are rewarding yourself.

Essentially, not all money spent on the wedding is going out, because you can also see something "going in" and being "deposited" into your "wedding binder"

*Mind tricks? Psychological bullsh*t? Maybe? Will this cause harm? Foul? NOPE. Then worth the try.*

I've tipped Starbucks baristas way too many times than I should've.
So maybe this time I'll embrace tipping myself.

change your scenery

This can be a "you" only activity But it will also be great if you and your partner can go together.

Give yourself an environment break. Head out to a different space.

Go to the beach (there are lots of free ones!) or to parks where there are tables and great lighting.

Check out and hang out at an art museum. Surround yourself with beauty and abundance.

*Go for a run or a hike. I mean going for a run or a hike sounds more of a *task* for me,*
but I can simply go for a walk in nature and take it all in.

Drive out to a safe rural area and grab a drink at a restaurant that has a patio
so you can breathe in fresh air and sip your fave drink.

Bring a good book (rent from your local library!)
or listen to a podcast to help you soak in the new scenery.

People-watching is also a good pastime. You'll see different people.
Overhear stories. Heck. You might even make new friends too.

know who has the key to the wedding planning door

Who are the people that you gave key copies to the wedding planning door?

Meaning, who can go in and just all of a sudden give opinions and influence your decisions?

Sure it can get tricky and complicated. But get your partner on board and create scripts on what to say and how to approach people that would want to get involved in your wedding planning process and decisions.

Saying something like "Thanks for sharing that idea... We'll see if that fits into our vision and budget..."

Or if you really want to shut it down nicely, you can say something along the lines of... "As much as I wanted to consider that great idea, we already finalized that part of the wedding..."

If you are letting some people into your wedding planning journey, set proper boundaries.

"Hey Mom, I know you really want to help decide on the menu and we'd really love for you to decide on the appetizers since Connor and I already decided on the main course..."

Get people involved in SPECIFIC things so they know what they can influence and (hopefully!) not go overboard.

*the scared sh*t list*

Let's be honest. There are fears that we carry around that make our daily life (especially during wedding planning) much harder than it should be.

What are your fears? Make a list of them.

Here's how.

THE FEAR	WHAT'S THE WORST THAT CAN HAPPEN?	IF IT DOES, THEN WHAT?	WHAT IF IT *ACTUALLY* WORKS OUT?	THEN WHAT?

*scared sh*t list*

Obviously, don't show this to everyone. But it is good to see and articulate what you are really afraid of. Essentially going deeper and understanding what it is that is really bothering you.

Here's a great example:

THE FEAR	WHAT'S THE WORST THAT CAN HAPPEN?	IF IT DOES, THEN WHAT?	WHAT IF IT *ACTUALLY* WORKS OUT?	THEN WHAT?
My mother-in-law might think I'm wasting money.	*She WILL actually think I'm wasting money and resent me.*	*Even after I share with her some budget comparisons so she can understand industry pricing, she WILL still think I'm wasting money and will still resent me for the rest of my life.*	*We didn't waste money, she's ok with things, and I'll have the best wedding (which you will have regardless!)*	*We didn't waste money, we enjoyed our wedding, and my mother-in-law is still my mother-in-law (and she might actually still resent me even when things worked out.)*

CHAPTER NINETEEN

*scared sh*t list*

Look at the things you can't control.
You can give everything your mother-in-law wants, but if she CHOOSES to resent you, she will.

You can, of course, from the goodness of your own heart, try your best to understand her concerns and help her through it. But whatever best you've given is all you can give.

We're going to have to live with those things that we cannot control.
Let's avoid using words like "never ever..", "for the rest of my life..", "I'm the worst.." and the like.

*Blanket negative statements like those will hinder us from looking at solutions since we *already* decided on our fate.*

There are also a lot of free journalling templates online that can help you let your fears and feelings out. Talking about your fears will help you manage them.

insecurities and triggers

This is real talk and probably one of the most important parts of helping you in your mindful wedding planning journey.

What makes you defensive?

It's mostly our insecurities that trigger us.

You know, like all other conversations, you have an answer, but then there's this one thing (or three things!) that when brought up just brings up a whole new different vibe in your body.

This is not to say that you should absolutely prepare for every single meeting or scenario because then you'll miss actually living a life because we will always be triggered, one way or another

But having at least, some type of understanding of what it is that we are truly INSECURE (and annoyed!) about will help us slowly love and accept that part of us.

*For example, I didn't like that I have to *explain* or share details on what I did to lose weight.*

So before when someone asks me "Oh how much weight have you lost?"
I would always overshare or get defensive (depending on who asks!)

"Oh, I did this... But then... I had to try this... I'm not at my goal weight yet... BUT...."
And then I just ramble on.

WHY? Because I feel like I STILL have not lost ENOUGH weight. I'm STILL NOT enough.
So essentially, I feel like all my efforts are just never enough. I'm still insecure about how I look.

I had to take a moment with myself and realize that I have already done so much work and there is no reason for me to be insecure. My efforts were massive and I should be proud of myself.

*Only when I was *aware* that this question makes me so defensive,*
did I start putting together multiple "quick responses" and one of my favorites is...

"I don't look at the number anymore, but I do feel great when I eat healthy.."

Half the time, sometimes people will end it there and say "Oh ok cool.."- half the time, they'll ask "But what's your diet like?" etc. And I will usually answer it with "I'm still learning.. It's an ongoing process."

CHAPTER TWENTY

insecurities and triggers

In your case, someone might ask you "What's your wedding budget.."

And you know some people start their questions with "I don't mean to pry... but..."

AND THEN, THEY ACTUALLY GO AHEAD AND PRY.

And if you have some insecurities about the amount you set, or there are some financial situation triggers there, this question might put you in a defensive mode - especially if the person that asked you have some "previous" history of being judgy or is just someone who has no business knowing it.

insecurities and triggers

We know how hard it is to fake it till you make it.

But you can carry "quick responses" with you around like
"It's a learning process. We're pretty creative so we're just taking in information as we go..."

Some people will stop at that.
But you know there are other people who will be like "Yeah, but how much?"

You can then go "Just enough..."

And then change the topic. Ask them about something else.
Ask something about that person - usually, something that interests them
(that's not about your wedding!) - they'll most likely love to talk about themselves anyway.

Don't stay in that awkward and prying "moment" with them.

If you're not ready to answer, then that's exactly what you should say.
"Oh dear... I'm not quite in a place to answer this yet... We're still in the process.."

Also, think about if you projecting your anxiety onto the people you're talking to.

*Sometimes people ask (annoying) questions just because they're *truly* intrigued and curious and not because they want to deliberately hurt your feelings.*

*The *hurt feelings* sometimes are our own insecurities and anxieties that are coming up inside our bodies. No judgment here. We all have those.*

Not every group, crowd, or meeting is positive.
People can only show up for you and meet you where they have already met themselves.

*So if you've already gone so creative with coming up with a great plan and ways to save money and design your wedding beautifully and they don't get it, it's because they are not *there* yet or it's just not something that has even crossed their mind yet.*

It's your vision and strategy. Not theirs.

No, they're not stupid or trying to hurt you, absolutely not. It's just there's no way for them to get it coz you've already gone so far deep into your wedding planning research and strategy that they just are not able to keep up.

*For example, if you just started a job, it will take time for you to *learn* and understand what your manager does and how she does it, and even so, you'll still have to somehow do it your own way eventually.*

So what does that mean? It doesn't mean you're not smart. It just means the manager's experience and knowledge of the job is just so entrenched that at that moment, you won't be able to get it yet until maybe months or years after you've done it yourself.

People also have good intentions that sometimes come up in the wrong way. Again, not because they want to hurt you but because that's just the way their communication style is. We're not here to change them.

Try and focus on the message they are sending instead of the way they are trying to communicate it - we know, it's hard. You can say something like..

"I'm sure that didn't mean to come off as hurtful as it did because I know you're truly concerned and interested in helping me... I want to understand you, so why don't we restart the conversation with less hurtful words and a find a more positive approach? I'll start..."

CHAPTER TWENTY

insecurities and triggers

Now this is where you also set your boundaries.
You can try and work it out especially if they are your loved ones.
But at the same time, if you're not getting through to them, it's probably time to say something like...

"I understand this is something you've already decided on, and it's tricky because we have already finalized it too on our end, so why don't we look into something else that we can work on since we can't do anything more with XYZ thing.."

Know your limits and boundaries and find civil and respectful ways to communicate them. Not too nice that you're being pushed over, but respectful enough to get your firm point across.

*List out your insecurities. This can obviously be self-talk but *knowing* what makes you triggered and insecure, will help you in preparing responses for them. This will help you feel more empowered and less stressed.*

You can also limit communication and exposure with the people that tend to somehow "always" says something triggering to you until such time when you're fully ready.

hold yourself accountable

Let's also evaluate ourselves, shall we?

What are those topics that get you extra heated and make you use words you don't really mean?
Are there things that somehow make you just overreact?

Are there things that just push you to ask for unreasonable demands
and spit out demeaning comments you don't even mean at all?

Are we really annoyed at the topic on hand, or are we basing our emotions and assumptions
about the other person's past actions that have upset us?

Were you not able to leave a meeting early when you know you should've because you know the
*conversation will eventually *get* to the point where you will be upset?*

This does not mean that you have to beat yourself up and blame yourself.
Actually, this just means that you are discovering more about yourself.

hold yourself accountable

So you discovered that spending 3 hours hanging out with a certain group of people (or just one friend or family), causes you to stress and the pressure of keeping the conversation going and keeping up your positive-ness is backfiring because the more words are exchanged, the deeper the disagreement and disconnection get.

How do you manage that?

*You can hang out for only 2 hours instead of 3. Or if you have no out for that 3 hours, you can plan ahead other topics that you can discuss that are lighter in nature and do not need to be *argued* on based on who is "right" or "wrong"*

Ask your partner to text you after 2 hours to check in with you so you wouldn't feel like you are alone. Or better yet, you can come up with a "plan."

"Hey honey, I totally forgot that tonight, our neighbor is dropping by for dinner.."

Or somewhere along those lines.
You can then decide if you want to leave right away or say something like...

"We totally forgot about that.. I'll stay for another 30 minutes and then drop by the supermarket to help prep for dinner."

CHAPTER TWENTY-ONE

hold yourself accountable

Don't leave all the action plan to the other party/person.
Make your own action plan and feel more confident.

You can ask people to honor your boundaries and limits,
but remember that they don't have the obligation to do so.

Other people are also just being themselves, however annoying that is for you.
They're also going through their own issues.

Be accountable for your own regulation and manage how you want to expose yourself to these people,
no matter how you love them. You will love them less and less the more you
expose yourself to them when you know they are always getting on your nerve.

We can limit our exposure and manage our expectations when it comes to dealing with people that
somehow annoy us or the people who don't GET us- especially during this important season in our lives.

no substitute to speaking to a professional

This goes both for wedding planning professionals and mental health professionals - including counselors and therapists.

*Therapy can get pricey depending on where you are but there are a lot of options you can research on. Remember that it can also take a toll on you if you speak to the *wrong* people. Hence, you have to work with a professional.*

Check out non-profit organizations in your area that might be able to provide you with some tools or insights on how to manage what you are going through on a deeper level.

Wedding planners can usually offer consultation at a cost
But it will be significantly lower than hiring them as a full-on planner.

Great input from a wedding professional can help your planning journey start on the right track which will help lessen stress and anxiety.

Surround yourself with a supportive community (team) that uplifts and encourages you.

set intentions

Say yes and no accordingly and respectfully.
Know that what you say yes to means you're saying no to something else.
The same goes for what you say no to because that means you're saying yes to something else.

This has nothing to do with the fear of missing out. But it's actually being aware of what you are feeling and needing in that moment and season of your life. Listen to your heart and intuition.

Setting intentions will help you tackle your day and enter any meeting or conversation with the right headspace.

What's really motivating you when you enter into a conversation?
You're meeting with a vendor? What's your intention?

Set up an agenda on what you want to know, and send it to your vendor prior to the meeting so they can also prepare. Clearly state the time you want to meet with them.

"Hi Vendor, I have attached an agenda with the things
I wanted to discuss, we can meet from 1 pm - 2 pm on Tuesday. Please confirm."

CHAPTER TWENTY-THREE

set intentions

You're having a wedding talk with your future in-laws?
What's your intention? Have you set an agenda with talking points?

Confirm with yourself your intention before going into the meeting:

"I am here to learn and discover their concerns. This is not the time to make rash and final decisions.
Their thoughts are their opinions and it doesn't have to make sense to me.
I am here to listen and respect. I'm not here to judge. I'm here to listen and let the thoughts pass by.
I'll only note ideas that resonate with me.
I'm ok with other people disagreeing and not understanding my point of view."

Kindness, generosity, and respect. Not just for the other party, but more importantly, for yourself.

Their opinions and thoughts doesn't necessarily mean that they are or will be my reality.

CHAPTER TWENTY-THREE

set intentions

Now before going into that wedding talk with your future in-laws,
make sure you and your partner set and communicate a limit before it starts.

"Hey guys! We're so excited to discuss this with you. Just a head's up,
Joseph has a meeting early tomorrow morning, so, at 9 pm, we'll have to head home."

Communicating the time limits and the agenda will help you keep focus. If you feel like the meeting is somewhat going somewhere where it shouldn't,
reference back to your agenda with the talking points and say something like...

"These are great ideas... The list I have does not cover that...
Let's go over the list first and come back to that if we have extra time later.."

Respectfully leading and moderating the conversation will help everyone
be on the same page the whole meeting.

dance partaaay

If you can go out to dance, by all means, please do so.

But if you can't, create a playlist of your fave club and dance songs and find those over-ear headphones with heavy bass (the ones that go BOOM BOOM! - the ones that will leave your ear ringing!) and then lock yourself up in the bathroom and dance shaking your WHOLE body.

Literally shaking it off (yes Tae Tae was right all along!) And if no one is home, sing out loud too!

You are the PARTY. You are MAGIC. Feel it.

If you're not into dancing, exercising is a great thing too.

accessing joy

Daily gratitude sounds cliché but it's really one way to access joy and abundance. We tend to look out for what we don't have and compare based on how other people live their lives.

Count your blessings not in comparison to others- but count your blessings as they are.

Look back on how the universe always got your back and how things worked out when you actually didn't even think it will.

How many times did we think about something being the "worst thing ever" only for that to catapult us to growth and evolved us into a better version of ourselves?

Remember what you've always loved doing or what you've always wanted to discover and do exactly that.

Do you feel like you want to perform? Do you vibe with Beyoncé, Taylor Swift, Black Pink, or whoever it is that makes you dance, then do exactly that. Karaoke the night away and give out your highest performance level.

If you've always wanted to paint. THEN PAINT.

Remember it's not the "results" that will help you, IT'S THE EXPRESSION.

CHAPTER TWENTY-FIVE

accessing joy

Sometimes our inner critic prevents us from accessing that part of us that wants to be joyful and truthful (and just carefree!) because we're afraid of the results and how we will be judged.

But it isn't about the result, it's the process of being able to do something that brings us joy.

Even enjoying simple things or even a day of rest (not doing anything at all!) is hard when our inner critic labels us as "lazy" or "unproductive" when we decide to choose rest and reset.

Talk to your inner critic and thank it for showing up
as you know it comes from a place of love and concern.

But still, go ahead and reasonably proceed in doing things that
spark your joy and promote health and wellness.

Volunteering at your local non-profit organization or events is also a great idea. Getting involved in some ways in your community can help expand your feeling of belongingness.

perspective matters

How your planning journey and wedding turns out is essentially how you interpret and internalize things.

Imagine this, you're looking through the window and it's pouring outside.
I'm not talking about regular rain, but I'm talking about torrential rain.

You have 2 choices on what to tell yourself and your partner:

(1) this is such bad weather, we can't even go out, the backyard will be a mess,
it's messing up our plans, and now we have to change plans...

(2) this is so romantic and I'm so thankful I get to spend this moment with you...
let's figure out how to manage canceled plans after dinner...

It's your choice. A lot of these situation are mental and really are just stories we tell ourselves.

See how we weren't blindly saying things will work out on their own?
We still have to figure it out, but right now, this is the moment that we're in. Let's soak this in positively.

Choose to look at things positively. We're not talking about toxic positivity.
*We're talking about an honest positive take on what you might consider *messy* things.*

Yeah, the rain ruined your initial plan, but who's to say that you can't plan anything else indoors?
Who's to say that the new plans are not better than the previous ones?
*How can you even tell what's *better* without comparing?*
Who's to say that perhaps staying indoors is exactly what you and your partner need right now?

What's a healthier way to navigate around things? This might mean that we have to look at our loved ones with fresh eyes and see that they don't mean harm-
it's just the way that they deal with their own "things" which we cannot control at all.

Again, your perspective matters. Embrace imperfections. Cherish the process.
Be aware of how you manage expectations. More than finding your joy,
you can also create it- starting with the thoughts and stories you tell yourself.

Prioritize your well-being, and let your wedding planning process be a reflection of the love and care you have for yourself and each other. This is not toxic positivity but a kinder approach to reality.

final thoughts

*Wedding planning can get tricky. Life can get tricky. Sh*t will happen no matter how hard we try.*

Mindfulness is not a solution to your problems.
Because problems will keep coming up, no matter how we try to avoid them - it's called living a life.

But mindfulness is a way to approach your problems without adding extra layers of stress.
It's an approach where you consider your
mental, emotional, and spiritual health as you deal with things that come up.

It's positioning yourself wisely so you can take on challenges gracefully (at least that's the goal!).

*You will still get angry and upset, and possibly lash out, but being *aware* of your emotions and managing them is what we're aiming for. Be kind and compassionate with yourself.*

CHAPTER TWENTY-SEVEN

final thoughts

Mindfulness and wellness invite you and your partner to prioritize well-being, connection, and personal values that allow a space to create a celebration that reflects the authentic self and sets the stage for a conscious and meaningful life.

Trust in the process and know that by approaching the planning process (and life in general!) with intention and awareness, you are laying the foundation for a wedding day (and marriage!) that is a true reflection of your love and values.

As always, myself and the team are here to inspire you to celebrate life and love!

Wishing you a beautiful and mindful wedding celebration and a lifetime of love and happiness.

You got this. We're rooting for you.

Xo - Maria

about maria chi

Having built Peppermint and Co. Ltd. Event consultants over a decade ago, with a vast experience in the wedding and event industry, her designs and planning services have been featured in notable blogs and publications in Canada and the United States.

Now creator, host, and author, Maria and her team's goal is to share inspirations and guides to help you plan your wedding and event mindfully, and in style while having fun and pocketing some savings along the way.

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daily journal

YOUR THOUGHTS

GOALS	TO DO
•	•
•	•
•	•
•	•

your daily self love check

WHAT YOU TELL YOURSELF

Say "I'm Beautiful" and "I'm enough." in front of the mirror	*Take a (long) bath*	*Listen and dance to your favorite music*
Use a cooling and soothing face mask while listening to your fave podcast	*Start up your diffuser and take a nap*	*Eat your favorite snack*
Switch up your daily outfit	*Doodle and draw your thoughts (or anything at all!)*	*Sit out in nature. Enjoy the breeze and admire the beautiful sky.*

handle your triggers

PLAN OF ACTION

My Triggers	My Strategies and Actions
	Strategies: Actions:
	Strategies: Actions:
	Strategies: Actions:
	Strategies: Actions:
	Strategies: Actions:

closer look at your process

WHAT'S REALLY HAPPENING

What % of your time doing wedding planning are you feeling:

Enjoyment ....% *In Between ....%* *Misery ....%*

What would you say most contribute to your enjoyment while wedding planning?

What would you say most contribute to your misery while wedding planning?

What will you do to empower yourself while wedding planning?

1st Action _____ *By when* _____

2nd Action _____ *By when* _____

3rd Action _____ *By when* _____

Notes

life goals

THE BIGGER PICTURE

category	*what I'm doing well*	*where I need improvement*	*my goals*
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			

understanding your goals

THE REASONS BEHIND YOUR MOTIVATIONS

Achieving our goals is dependent on whether we take action.
Use the table below to understand the "why" of your goals.

GOAL:

what will this give you?

and what will this give you?

and what will this give you?

and what will this give you?

so, why is this goal important?

monthly reflection

AUDIT YOUR MONTH

This month in one word

_____

Highlight

- _____
- _____
- _____
- _____
- _____
- _____

Challenges

_____
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What can I do to improve next month

_____
_____
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Personal Growth

Money

Health

Goals

notes

WRITE YOUR THOUGHTS DOWN

the little book of

mindful wedding planning

get to know and love yourself more

FROM THE CREATOR OF WEDDING-PLANNING-RESOURCES.COM AND PEPPERMINTANDCO.CA

written by Maria Chi