

Writing Your Vows- Writing Prompts

These writing prompts are your next level of exercise. Practicing the one-sentence limbering exercises prepared you to let your responses to these prompts flow onto the page. Nevertheless, it might be a bit of a challenge at first, since you are now writing in paragraphs. Bear in mind that the idea is to throw words at the paper rather than writing perfect prose. As you continue working, you discover that filling the page becomes effortless as your unconscious mind gets used to the idea of pouring words onto a page without worrying about how they look.

Each worksheet includes prompts designed to think about the past, present, and future. Choose a writing prompt from each section and answer each with three to five sentences. You have 10 minutes for each prompt or about 30-minutes for each sheet.

Come back and do another worksheet later in the day. You may notice that the writing is a little easier each time. That's because your subconscious is focusing on the challenge. The more of the worksheets you do, the easier it becomes. And, more finished sheets means more material to work with when you finally write your vows.

Extra Credit

These are more challenging prompts. Allow yourself 20-minutes and answer with up to three paragraphs. I suggest tackling these when you've finished the prompt exercise a couple of times.

- How will you show your love, devotion, and faithfulness to your partner throughout your marriage?
- What movie quote, song lyric, or book excerpt sums up how you feel about your partner?
- What moments have most impressed you with their character, outlook, or response?
- Have any painful or harrowing experiences strengthened your bond?
- What aims or principles does your partner have that you admire or respect?
- What are some specific tasks or commitments you will make in this marriage beyond vowing to love, honor, and cherish?

Vows Writing Prompts

Past

How did you meet your partner?

Present

What new experiences have you gone through thanks to your mate?

Future

What are you looking forward to in your married life?

Vows Writing Prompts

Past

What did you first think when you met your partner for the very first time?

Present

How have they changed your worldview?

Future

How will they help you become a better person?

Vows Writing Prompts

Past

What did you think the first time you saw or talked to them?

Present

What moment in your relationship caused you to see your mate in a new and surprising way?

Future

What unique promises can you make to them?

Vows Writing Prompts

Past

When did you first realize you had fallen in love?

Present

What made you realize they are The One?

Future

What will be better about you two together as a married couple?

Vows Writing Prompts

Past

Did a specific event trigger the revelation that you wanted to spend the rest of your life with this person?

Present

What parts of your partner's personality bring you the most comfort, joy, encouragement, or security?

Future

What will you do to make your marriage more robust in the future?

Vows Writing Prompts

Past

How did you react to discovering that this is the love of your life?

Present

How have you changed because of your relationship?

Future

What is your vision for your future together?

Vows Writing Prompts

Past

What made you know you wanted to spend the rest of your life with this person?

Present

In what ways do they inspire or encourage you to be a better person?

Future

- What are your expectations of marriage?

Vows Writing Prompts

Past

Present

Future