



1. Make sure to say "I love you." This seems like a no-brainer, but it's amazing how many people forget. ❤️
2. Tell your partner you'll be there through thick and thin. Most wedding vows—whether traditional or personal—touch on sticking around through sickness and health, through good times and bad times, and for richer or for poorer. No relationship is wonderful all the time. Communicate your intent to get through those peaks and valleys together.
3. Share personal stories. It's so much more interesting for your friends or family to hear about your odd quirks and personal moments—and don't be afraid to talk about the highs and the lows. Make your vows "real." If you've been through bumpy spots, don't be afraid to express that.
4. Actually make promises. Vows aren't just cute anecdotes—they are a promise, a serious commitment that you're making in front of a whole lot of witnesses. They do not have to be "heavy." Instead you can add something light hearted ie. "I promise to kill any spiders that enter our home for you." Or "I promise to watch football with you on Monday nights."
5. Acknowledge the support you'll need from others. This is often overlooked. You've gathered your friends and family to celebrate your wedding, but the truth is, you'll need them just as much during your marriage. Acknowledge the role of religion or God in making your marriage work, or the role of family and friends who will help support you when times get tough. In fact acknowledge the role of both if you think they apply.

The following are usable starters and things in which you can include in your wedding vows. Use as many as you'd like or create your own.

When we met at _____, I thought/knew _____.

I knew I was in love when _____.

Before I met you, I _____. Now I _____. (How have you changed for the better since you met?)

Because of you, I see the world _____. (Has your world view changed since you met?)
when we are apart, I miss _____.

I can't wait to _____, laughing and _____ as we _____. (Where do you see yourself in the future.)

Whenever I see you _____, I think, "God only knows what I'd be without you." (A line from a movie or a song)

I promise to cherish and honor you _____.

When you _____, I saw you for the _____ person you are. (Something funny or touching)

We share _____, so together we can _____. (Goals or values you both have.)

Your ability/willingness to _____ has shown me how to be _____. (What inspires you about the other person?)

I promise to always _____. (Solidify your devotion)

I look forward to _____ as we _____. (How will you change together?)

Our love is like a _____ because it _____. (A wedding metaphor that applies to the two of you.)

To me, marriage is _____. With you, it's _____. (Why get married?)

I know that even when life gets hard, you and I will _____, because _____. (What will keep you strong in marriage?)

I look forward to _____ as we embark on _____.