



VOW WRITING WORKBOOK

A guided workbook for finding the words that feel like you.

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Authorised Marriage Celebrant

BEGIN HERE

Your vows are about connection, not performance.

You are not being asked to write the greatest wedding speech ever written. You are simply telling one person what you know about them, what your relationship means to you, and what you are choosing from this point forward.

A simple way through the process

01	Remember	Collect moments, details, habits and feelings.
02	Choose	Keep the details that feel most personal.
03	Promise	Turn what matters into realistic promises.
04	Shape	Give the words a beginning, middle and ending.
05	Edit	Say it aloud and remove what does not sound like you.
06	Practise	Get comfortable enough to stay present with your partner.

Before you start

■ I will write in my own voice	■ I will let the first draft be messy
■ I will keep promises realistic	■ I will read the final version aloud

TALK FIRST

Agree on the broad shape — not the actual words.

You can keep the finished vows secret while still making sure neither person writes a five-minute epic while the other writes thirty seconds.

Discuss these together:

■ Approximate length

■ Overall tone

■ Topics to avoid

■ Whether to include humour

■ Whether to read from cards

■ Any cultural/religious requirements

Our target length:

The feeling we want:

Our no-go topics:

Anything we both want included:

YOUR VOICE

Choose the feeling before you choose the words.

There is no correct style. Your vows can be romantic, funny, simple, emotional or a combination. The important thing is that the tone feels natural coming from you.

☐ Warm

☐ Funny

☐ Romantic

☐ Simple

☐ Playful

☐ Deep

☐ Casual

☐ Poetic

☐ Straightforward

☐ Emotional

☐ Cheeky

☐ Traditional

What should my vows sound like?

What definitely does NOT sound like me?

LENGTH

Give yourself a target, then give yourself permission to edit.

A good vow is long enough to say something meaningful and short enough that the important lines can breathe.

Around 1 minute	Focused and easy to deliver.
Around 90 seconds	A comfortable amount of space for a memory and several promises.
Around 2 minutes	Useful when you have more to say and the ceremony allows it.
Longer	Only when every extra section earns its place.

My target: approximately _____ minutes / _____ words.

Write freely first. Cutting is much easier than trying to make the first draft perfect.

STRUCTURE

Pick a shape before you start drafting.

Memory-led

Open with one meaningful moment, say what it showed you, then move into your promises.

Heart-led

Begin with what you love about them, add what your relationship has taught you, then make your promises.

Letter-led

Write directly to your partner from start to finish. Imagine the rest of the room has disappeared.

The structure I am choosing:

My opening idea:

My final feeling:

MEMORIES

How we began

Write fragments. These notes are for you; they do not need to sound like vows yet.

1. Where were you when you first really noticed them?

Think about the setting and one physical detail.

2. What was your honest first impression?

It can be flattering, funny, awkward or all three.

3. What early moment changed your mind about them?

Look for a small turning point.

4. What detail from the early days do you still remember?

Choose something your partner might not expect you to remember.

ADMIRATION

What I love about you

Write fragments. These notes are for you; they do not need to sound like vows yet.

5. What do they do that makes you feel loved?

Describe the action rather than simply naming the quality.

6. What do you admire most about them?

What have you seen them do that proves it?

7. What little habit would you miss immediately?

The ordinary details can be surprisingly intimate.

8. How have they changed you?

Name something you genuinely do, think or feel differently now.

ORDINARY LIFE

The life we actually live

Write fragments. These notes are for you; they do not need to sound like vows yet.

9. Describe an ordinary evening together.

Include the tiny details.

10. What boring thing do you secretly love doing together?

Errands and routines absolutely count.

11. What do they do regularly that you appreciate?

Think of something they may not realise you notice.

12. What completely ordinary day would you happily repeat?

If nothing dramatic happened, that may be the point.

THE HARD PARTS

What we have learned

Write fragments. These notes are for you; they do not need to sound like vows yet.

13. What difficult season have you faced together?

You do not have to explain every detail.

14. How did your partner show up when things were hard?

Think practical support, patience or simply staying.

15. What have your disagreements taught you?

Write about what changed, not who was right.

16. What do you need from each other on a bad day?

This answer may become a powerful promise.

PROMISES

What I am choosing

Write fragments. These notes are for you; they do not need to sound like vows yet.

17. What will you do on an ordinary day to care for them?

Make it concrete and repeatable.

18. What will you do when they are struggling?

What does support look like from you?

19. What do you want to do differently from now on?

A meaningful promise can include something you are still learning.

20. What will you protect in your relationship?

Time, honesty, laughter, family, adventure, rest — whatever matters.

THE FUTURE

Where we are going

Write fragments. These notes are for you; they do not need to sound like vows yet.

21. Picture an ordinary Saturday years from now.

What do you see around you?

22. What do you hope never changes?

A ritual, laugh, friendship or way you care for each other.

23. What are you excited to experience together?

Look beyond the wedding itself.

24. What kind of relationship do you want to keep building?

Think about how you want life together to feel.

The details that belong to you

Write fragments. These notes are for you; they do not need to sound like vows yet.

25. What nickname, phrase or joke belongs to the two of you?

If it needs a long explanation, use the feeling behind it.

26. What tiny thing instantly reminds you of them?

A song, smell, place, food, habit or object.

27. What do you want them to remember about this day?

Write the thought you hope stays with them.

28. If they remembered only one sentence, what should it be?

This could become your final line.

Promise starters — heartfelt

Use these as prompts only. Change the wording until it sounds like something you would genuinely say.

■ I promise to keep noticing the little things.

■ I promise to speak honestly and kindly.

■ I promise to make room for us when life gets busy.

■ I promise to celebrate your successes with you.

■ I promise to listen before I try to fix.

■ I promise to keep learning who you are.

■ I promise to be a safe place when life feels heavy.

■ I promise to remember that we are on the same team.

■ I promise to protect time for our relationship.

■ I promise to say the important things out loud.

■ I promise to apologise when I get it wrong.

■ I promise to come back to the conversation.

■ I promise to make ordinary days matter.

■ I promise to keep choosing connection.

■ I promise to support the dreams that matter to you.

■ I promise to make space for both of us to grow.

■ I promise to be honest about what I need.

■ I promise to keep reaching for your hand.

■ I promise to remind you that you are loved.

■ I promise to meet the future beside you.

My own promise ideas

Promise starters — playful & practical

Use these as prompts only. Change the wording until it sounds like something you would genuinely say.

■ I promise to keep making you laugh.

■ I promise to share the boring jobs as well as the fun ones.

■ I promise to remember the important dates — and the ridiculous ones. ■ I promise to dance with you when there is no music.

■ I promise to survive the thermostat debate.

■ I promise to keep our sense of humour when plans go sideways.

■ I promise to learn about the thing you love.

■ I promise to make room for spontaneous adventures.

■ I promise to cheer for you when you doubt yourself.

■ I promise to keep dating you after the wedding.

■ I promise to protect our silly traditions.

■ I promise to celebrate the tiny wins.

■ I promise to be patient when life is messy.

■ I promise to keep finding reasons to get out and have fun.

■ I promise to share the last piece sometimes.

■ I promise to keep our home feeling like ours.

■ I promise to make decisions with us in mind.

■ I promise to keep creating new memories with you.

■ I promise to be your biggest fan.

■ I promise to keep choosing you on ordinary days.

My own promise ideas

DRAFT

Put the pieces together.

Use this page as a skeleton. Once the ideas are in place, rewrite it as one flowing piece in your natural speaking voice.

OPENING

Their name + one sentence that immediately sounds like you.

THE PERSON I KNOW

Two or three specific things you love, admire or understand about them.

THE STORY

One short moment that proves something about your relationship.

THE PROMISES

Choose three to six promises. Make them real enough to keep.

THE FUTURE

One picture or feeling about the life you are choosing.

THE END

One short sentence that leaves the room knowing you are finished.

EDIT

Make every line earn its place.

Read the draft aloud. Your ears will tell you where you sound natural, where you are repeating yourself and where you have written something that looks good on paper but does not sound like you.

Keep the things that are:

■ Specific

■ True

■ Personal

■ Easy to say aloud

■ Meaningful to your partner

■ A realistic promise

Look closely at:

■ Long explanations

■ Repeated feelings

■ Too many adjectives

■ Generic compliments

■ Private jokes nobody can understand

■ Promises you cannot keep

My strongest line:

The line I can cut:

The idea I keep repeating:

My final line:

REHEARSE

Practise being present, not perfect.

You may cry. You may laugh. You may need a pause. None of those things mean you are doing it wrong.

Before the ceremony

■ Practise standing up	■ Time yourself
■ Use a large, readable card	■ Mark your natural pauses
■ Have a spare copy	■ Check the microphone at rehearsal

If you lose your place

Pause. Look at your partner. Breathe out slowly. Find your place with your finger. Continue. You do not need to rush to fill a two-second silence.

Practice log

Try	Where / with whom	Time	What I noticed
1			
2			
3			

Your vows

Write the version you intend to say. Keep a separate copy for the ceremony if you want to make changes later.

Partner's name: _____

Date: _____

Your vow card

MY VOW

Partner: _____



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