



VOW WRITING SIMPLE WORKSHEET

Don't overthink it. Answer the questions, choose your favourite ideas, then turn them into a few honest promises.

1. START WITH THEM

What are three things you genuinely love about your partner?

1.

2.

3.

2. REMEMBER A MOMENT

What is one memory that sums up your relationship or made you realise how much they mean to you?

3. THE LITTLE THINGS

What ordinary thing do they do that makes you feel loved, safe, supported or understood?

4. WHAT HAVE YOU LEARNED?

How has loving this person changed you or your life?

5. MAKE YOUR PROMISES

Choose 3–5 promises. Keep them realistic and personal.

I promise to...

I promise to...

I promise to...

I promise to...

I promise to...

6. YOUR FUTURE

What are you looking forward to experiencing, building or growing together?

7. YOUR FINAL LINE

If your partner remembered only one thing you said, what would you want it to be?

NOW TURN IT INTO VOWS

A simple structure:

Opening: Start with your partner or a memory. **Middle:** Say what you love + what you've learned. **Promises:** Choose your favourite 3–5. **Ending:** Finish with your strongest sentence.

My final vow draft

Remember: your vows don't need to sound poetic. They need to sound like *you*.