



ENGAGEMENT JOURNAL WORKSHEET



GUIDED QUESTIONS TO BE
FULLY PRESENT & PRACTICE
GRATITUDE BEFORE MARRIAGE

GABRIELLA MARIE PHOTOGRAPHY



WELCOME!

Thanks so much for downloading my guided journal questions for your engagement!! I'm a huge proponent of journaling to be more present in your day-to-day life. That becomes even more important during the special yet oh so brief season of engagement!

I recommend setting aside 10 minutes once a week to answer these questions one at a time. Use them as a springboard to deepen your journaling practice as you prepare your heart for the beauty of marriage.

With Love,

Gabriella



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NAME

DATE

Let's take a walk down memory lane! Take time to relive these moments:

What was the moment you realized you wanted to marry your fiancé?

Re-live your proposal story like you are giving your BFF a play-by-play from your POV.

What's something sweet your fiancé has done/is doing for you since getting engaged?

Name two favorite qualities of your fiancé and write down two different memories to back them up.

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Now let's dream. How do you picture life with your fiancé?

What are you most excited for in marriage?

What is your fiancé most excited for in marriage and how can you support that?

How do you plan to express love to your fiancé leading up to your wedding?

Fast forward 30 years - in what ways do you hope your relationship will grow after decades of marriage?



THANK YOU!

I hope you found this worksheet helpful for being fully present & focusing on gratitude during your season of engagement ... I'd love to hear about it!

Come tell me on IG!!

xoxo,

Gabriella



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