



ENGAGEMENT JOURNAL WORKSHEET



GUIDED QUESTIONS TO BE FULLY PRESENT
& PRACTICE GRATITUDE BEFORE MARRIAGE

G A B R I E L L A M A R I E P H O T O G R A P H Y



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.

xxxx

Gabriella



JOURNALING PROMPTS

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.

JOURNALING PROMPTS

What are you most excited for in marriage?

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

How do you plan to express your love & appreciation for your fiancé leading up to your wedding AND in the years after?

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



DON'T LET THIS BE IT ...

Keep journaling throughout engagement AND into marriage!


I hope you found this worksheet as a helpful starting point
for being fully present & focusing on gratitude <3

If you loved this worksheet, I'd love to hear about it - take a
photo and tag me on IG!!

- *Gabriella*

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