



the master plan
**AVOID WEDDING
DAY DISASTER**

a practical guide
**TO AVOIDING WEDDING
DAY DISASTER**

Wedding day anxiety hits a lot of people.

Whether you deal with anxiety regularly or not, it's common...and it sucks.

I hope that these eight tips will help you really set yourself up for success mentally and emotionally to have the best day ever!



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Solid Wedding Day Timeline

If you do not have a successful wedding day timeline, you are gambling and opening yourself up for a whole myriad of mistakes that could potentially happen.

Rehearsal

Whether or not you have a formal dinner afterwards, be sure to leave time to rehearse your wedding ceremony.

Get Ready On Your Terms

This sets the tone for the rest of the day. How you get ready, who you get ready with, the space that you get ready in, especially if you find yourself struggling with anxiety in general.



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Eat Nutritious Foods

With all the nerves and excitement on your big day, the last thing you need is to get light headed (or even worse, pass out) because you forgot to eat. Have a meal or two and snacks throughout the day leading up to your ceremony.

Have a First Look

This one is super personal, but can really help with the timeline and the nerves on the big day. If seeing your favorite person and getting a little kiss before you greet your family and friends helps calm your nerves, I say, do it.

Schedule Breaks In Your Day

Schedule some breaks in your timeline where you can have some quiet time, eat a snack, take a bathroom break, just chill for a bit, whatever you need to recharge and not feel overwhelmed by the day. Even if just for 5-10 minutes, you'll thank yourself.



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Eat Dinner Alone

This one might sound crazy...or maybe genius. I have had couples request to eat their dinner alone and they were so glad to have that quality time together, just the two of them. Then go back out and join the party!

Have a Bodyguard & Signal

Have someone on your team - ideally your wedding coordinator or photographer - help you when you are starting to get overwhelmed. They will both be with you basically all day and you can come up with a signal that they “need you for something” to get you out of a conversation or to a quiet place to regroup.

*watch
here!*



need more support?

Remember, every wedding is unique, and these steps can be adapted to fit your specific circumstances.

Stay positive, prioritize what truly matters to you, and work together with your partner to create the perfect wedding day.

And, if you need more support than what's in this guide, know that [The Master Plan](#) is available to you anytime!

Jump in there, even if just for a month, and chat with Jamie or her team of wedding pros so you can plan your fun and relaxing wedding. ❤️

