

A group of women are sitting outdoors on a wooden deck, laughing and celebrating. One woman on the right is wearing a white dress and a veil, holding a champagne glass. A large splash of champagne is captured mid-air, spraying upwards from the group. The background shows a clear sky and a body of water.

New Bride Guide

FOR WOMEN DOING THIS
DIFFERENTLY-INTENTIONALLY

AMY CLOONAN

ROOTS CHANGE LLC

WWW.ALIFECOACHFORBRIDES

COPYWRITE 2026

Hey Bride.

You just got engaged.

You're excited as hell.

You're ready to plan.

You want to do this right.

And your brain is already screaming:
ALL. THE. TIPS.

Hold tight.

Not because you shouldn't plan, but
because how you start this journey will shape
your entire experience.

Before you book anything,
before you ask for advice or get opinions,
before you start a Pinterest board.



This isn't just about a wedding. It's about who you are and who you're becoming.

I'm Amy - a life coach for brides and founder of Unbridled. I support women who want to design their wedding with purpose, handle family pressure without shrinking, and enter marriage grounded, confident, and fully themselves.

This isn't a wedding planning checklist.
It's a filter.

It helps you decide what actually matters before you get into planning mode, so you don't crowdsource your decisions or wake up six months from now full of regret.

You don't need tips.
You need clarity.

And that's exactly what this guide will help you create.

 Amy Cloonan

Filter 1

How do I want to feel?

Your feelings are a filter -. run everything through it.

Planning a wedding can become a lot, quickly. This guide is designed to get you aligned, clear, and present before any of that starts by just responding to these questions. Pen to paper style. Like you're journaling. Answer a few or all of them. It's up to you.

Before vendors, opinions, and getting sucked into what's trending, start with feelings. Because how you feel will shape every single decision you make from here.

Take a few minutes with each question. Be deliberate. Be descriptive. Be messy.

- How do you want to feel in the actual experience of planning your wedding - The decisions, the conversations, the process?
- Close your eyes. It's your wedding day. You're waking up, you're getting ready, your saying your vows, your listening to speeches, your dancing. How do you feel? Write it ALL down.
- What feelings are you most afraid of having while planning and on your wedding day? Name them and the scenarios or worries that cause them.
- How does the person you are becoming want you to feel through this? This is a life transition after all, isn't it.

Your anchor feeling(s):

Read through what you wrote. What feeling keep showing up? Excluding Q3, these are your anchor feelings, your first filter. This isn't just for big decisions. It's for all of it. Continuously ask yourself: *does this bring me closer to these feelings, or further from them?*

Filter 2

What am I creating?

The wedding is one or a few days. The journey is everything.

It's about the entire experience - what you're living day to day, what you're creating in each moment, in your relationships, and what you're building inside yourself. From the moment you got engaged to the moment you become spouses, you're in it. And what you experience is largely up to you to create.

These next questions help you get clear on what you want to experience.

- Are there things you already know you don't want - in the planning, at your wedding, or in this season of your life? Sometimes clarity begins with a **no**.
- What are you really looking forward to? Think big picture: the planning, the prep, pre-wedding events, the honeymoon, in your marriage. Write anything and everything that you can think of.
- Who do you want to become through this?
Don't skip this one. Sit with it.

Look at what you wrote. Summarize it in a few words or sentences. Turn this into your intention, because this is what you want and deserve. It's what you're hoping to create. To experience. This is your second filter.

So, when something comes up - a doubt, a hesitation, self-talk, a silent whisper - ask yourself: *does this align with what I want to create and experience, or is it keeping me from it?*

Filter 3

Well-being

This is the filter most brides skip. It's also the most important one.
Nothing else in this guide works without this filter. You can know exactly what you want to feel and what you want to create - but if you're running on empty, none of that happens. Well-being isn't the reward at the end. It's what makes it possible.

The magic of it is: you don't have to change a single thing about your circumstances - just you taking care of you... that alone can be transformational.

- What are you doing right now to take care of yourself, and is it working?
Think about how you support your mind, body, spirit - everything counts.
- What are the first signs — in your body, your mood, or your behavior — that your wellbeing is slipping? And what do you do when that happens?
Be honest about this.
- What types of practices, rituals, or activities do you already know support all the ways you want to feel?
- If your well-being is a non-negotiable, what's one system you can put in place today so you don't wake up six months from now feeling like shit?

Well-being (Practice Makes Progress)

You just named what works for you, what you already know does not, and what you might need. This is your 3rd filter. Don't let it live only on this page. Put this front and center.

Ask yourself daily, and in moments that throw you off, are challenging, or leave you feeling defeated: *What do I need right now, and am I willing to give it to myself?*

Join Unbridled

You just did something most brides never do.

You got clear on how you want to feel. You named what you want to create. You looked honestly at how you can support your well-being. That's not nothing - that's the beginning of doing this completely differently, and this is just the beginning.

Unbridled is where we go deeper.

It's a program and community built for brides who want to stay grounded, in their power, and step into the person they're becoming during one of the biggest transitions of their lives.

It's not just wedding planning. It's you navigating this entire journey with intention, support, and tools that make the difference between "*white-knuckling it*" and actually loving it.

Inside Unbridled, we work through the patterns, the pressures, the decisions, the identity shifts - everything this guide cracked open and more. You leave knowing yourself better than when you started.

If this guide woke something up in you, that's not a coincidence; it means you're ready.



Join the waitlist

