

*The Regeti's*

# Before You Begin Wedding Planning

A little room for what matters to you

FOR SOUTH ASIAN INDIAN AND FUSION BRIDES

ANTICIPATING ENGAGEMENT



A FREE REFLECTION COMPANION

Inspired by Rituals & Reflections with The Regeti's

# How do you want this to feel?

Start with yourself. Choose three feelings you hope to bring into this season. Let your partner choose theirs, too.



CONNECTED / JOYFUL / CALM / WELCOMING / YOUR OWN WORDS

My word 1

My word 2

My word 3

One small moment I already look forward to

Click a writing box to type in a compatible PDF reader, then save a copy. Or print and write by hand. You can leave any question for later.

# Whose hopes are in the room?



Family hopes can hold love, history, and assumptions.

Pause to separate what someone has actually asked for from what you imagine they expect.

## A QUESTION TO TRY

“What matters most to you about this? We would love to understand before making promises.”

A hope I genuinely share

An expectation I want to understand

Who can help me have that conversation with care

# Keep the meaning close

Your families may share a culture and still experience it differently. Begin with curiosity about one tradition, ritual, or family practice.

A tradition I want to understand

What it means to me or my family

What I want to ask before deciding

Someone we can learn from

Keep, learn more, explore adapting, or discuss leaving out. Practices vary by faith, region, family, and officiant. Ask what is required before treating an idea as an agreed plan.



# Make space for both voices

Choose an unhurried moment. Take turns. Listen for the reason underneath each answer, especially when you want different things.



I hope this next chapter feels

I want you to understand

Something we already agree on

A question we want to revisit

Try: “What I hear you saying is \_\_\_\_\_. Have I understood?” You can pause and return when you both have more room to listen.

# What will this ask of us?



Every idea asks for something: time, money, attention, or help. Name the work before promising to carry it.

An idea we are considering

What it may ask of us

A limit or support we may need

Something that keeps us rested or connected

Keep possible contributions separate from confirmed support. Ask what is manageable for everyone before making financial or planning commitments.

# A beginning that feels like us

Your first shared notes can be simple. Write what you know today and leave room for what is still unfolding.



We hope this season feels

We most want to protect

We want to learn more about

A conversation to have first

We can leave this undecided

One small next step

# A note to the woman you are becoming

Before the questions get louder,  
write yourself a few honest lines.

What do you want to remember  
about your relationship?

What helps you return to yourself?

What deserves your attention  
beyond the wedding?



Dear future me

You can be excited and still take your time. Keep this note for the days  
when you need to remember what mattered at the beginning.

# Keep the reflection going



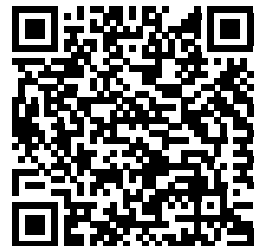
## Rituals & Reflections with *The Regeti's*

### The South Asian Indian and Fusion Brides Clarity Guide

By Amy R. Regeti and Srinivasa R. Regeti

Ten reflective chapters, journal prompts, worksheets, and notes from Amy and Srinu on identity, culture, family, boundaries, and life beyond the wedding. Return to the pages that meet you where you are.

EXPLORE THE BOOK ON AMAZON



Scan to explore

No purchase is needed to use this companion. Take what helps, revisit what matters, and enjoy the life you are building together.

With love,

*Amy and Srinu*

Original companion inspired by Rituals & Reflections, first edition, 2025. Reflection only; not a substitute for professional advice.  
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