



The Calm Bride's *Mini* Clarity Guide

A Mini Guide to Planning with
Confidence, Not Chaos



hello

DEAR BRIDE-TO-BE,

Planning your wedding should feel joyful—not like a second job. This mini guide is for the woman who wants to feel confident, calm, and centered while still bringing her dream day to life.

As a wedding planner and coach, I've helped countless couples replace overwhelm with clarity. You're in the right place. Let's begin.

With love,

Sofia Garcia

the five clarity Questions

Before budgets or bouquets, start
here...

1



What kind of feeling do you want to create for your guests?

Think: Intimate elegance, laid-back joy, fairytale glamour.

2



What 3 words describe your dream wedding day?

These words will become your North Star.

3



What are your biggest fears or stressors right now?

Identify what's weighing on you.

4



Who are you trying to please... besides yourselves?

Be honest—this reveals hidden pressure.

5



If you had a magic wand, what would be done for you today?

This tells us where you need the most support.

My Signature Planning + Coaching Framework



I use a three-part approach to bring both peace and precision:

- Clarity: Define your values, vision, and vibe
- Confidence: Address the emotional + logistical blocks
- Celebration: Execute with presence, not panic

Whether you need full planning or just mindset support, I'm here to help.

Quick Tips

Simple wisdom for navigating wedding planning with more ease and joy.

1

Done is better than perfect

Your guests won't remember if the napkins matched the bridesmaids' shoes. They'll remember the feeling.

4

You can say no—gracefully

Boundaries make room for joy.
Practice scripts help!

2

Schedule “wedding-free” time each week

No planning talk. Just connection with your partner and yourself.

5

Invest in support

Whether it's a planner, coach, or just someone to listen—getting help is a strength, not a weakness.

3

Start with your “why”

Why this wedding? Why this guest list? Let your values lead the logistics.

6

Trust your gut more than Pinterest

Trends fade, but your instincts won't steer you wrong. Your intuition is your best planning partner.



Thank
YOU
HAPPY PLANNING

You don't have to plan alone. If any of this guide sparked something in you—an idea, a relief, a desire for guidance—let's talk.
Connect with me on Instagram: [@sofiagarciaweddings](https://www.instagram.com/sofiagarciaweddings)