

# keep calm and marry on day - of checklist

*(ways to keep the bride cool, and make you the coolest bridesmaid.)*

## ➡ Morning Workout

Grab your girls and head outdoors for a morning workout. Think bike rides, beach walks, park jogs, pool laps, yoga in the grass. Check out Blogilates on YouTube for ideas.

## ➡ Saucy Gift

Surprise your bride friend with a saucy gift (think lingerie) so that she can get her mind off the ceremony, and start thinking about what happens after.

## ➡ I Am Jealous of Your \_\_\_\_\_ Note Cards

Bring a stack of index cards and write "I am jealous of your \_\_\_\_\_" on each card. Allow the bridesmaids to fill in the blank, and give the cards to the bride. Talk about a boost in confidence

## ➡ Dramatic Readings From *Fifty Shades of Grey*

While getting your makeup done, bust out this book and take turns reading excerpts out loud. A glass of whiskey makes this even more entertaining.

## ➡ Know Your Need to Knows

Know where the closest drug store is for any unforeseen emergencies. Know if grandma needs a hand to her chair, and who is going to do it. Know the timeline for the day. Ask questions before, take notes, and carry those notes. You are playing personal assistant today: own it.

## ➡ Avoid Criticizing Yourself

When you comment that your butt looks big, the bride wonders if hers does too. Bite your tongue today and only speak kind words of yourself and others.

## ➡ Bag of Bride's Goods

Keep a small bag ready during the reception with backup makeup, bobby pins, mints, Tylenol, etc. for the bride. Slip it under the table or your chair for safekeeping.

## ➡ Don't Be a Diva

Get ready as quickly as possible so that you can be the ready to help if the bride needs it.

## ➡ Just Ask

Sometimes we forget to do the easiest thing of all, and that is just to ask. Ask how you can help. Ask how the bride is feeling. Just listen and be available.

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