

A romantic scene of a couple embracing on a rocky cliff edge. The man is wearing a light grey suit, and the woman is in a long, flowing white lace dress with a wide-brimmed tan hat. They are looking at each other and smiling. The background is a vast, layered canyon landscape under a soft, golden sunset sky. A river winds through the canyon below.

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Experience

ELOPEMENT PLANNING GUIDE

2024

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CHOOSING YOUR ELOPEMENT COLORS



1. Look at your wardrobe, favorite team colors, colors in your home etc. What colors do you gravitate towards?

2. Start with one color. Don't factor in the season to the first color. You can always adjust the complimentary colors to the season. You can choose this color using the canva color wheel for free:

<https://www.canva.com/colors/color-wheel/>. This will give you a complimentary color as well!

3. Complimentary colors should be neutral if you have really BOLD colors in your palette.

4. Go to canva and create your own design (for free)

5. Create design → Custom size → 200x200 (at least) → Copy and Paste a photo of your main color onto the design. Then copy and paste photos from pinterest that have that color. This will be your color palette mood board.

Alternatively....

6. You can use the website: <https://coolors.co/> to generate a color palette from one of the photos you have chosen on your Pinterest mood board!

7. <https://coolors.co/> → Tools → Image picker → Select image → upload image (image from your color mood board or pinterest) or URL → export palette

8. Don't try to match EXACT colors for wedding party attire (suits or bridesmaids dresses). The better alternative is to choose neutral colors for their outfits and use the BOLD colors as accents in the florals, ribbons around the bouquets, ties etc

CUSTOMIZE YOUR TIMELINE

Different options to customize your Elopement timeline

- Have an adventurous first look
- Have a sunrise ceremony and a sunset reception
- Adventure activity like riding a hot air balloon or hiking to a hidden waterfall
- Multiple locations for your day, one location for your vows and another for a picnic
- Have a styled picnic at a beautiful spot in nature
- Incorporate your cultural heritage with traditional music, dances or rituals
- Customize your ceremony to your relationship
- If your ceremony and reception are in two different locations, rent a swanky car and travel alone together to bask in the newlywed feels!
- Have a toast and a first dance. Create a Spotify playlist for your Elopement day
- Open letters from family and friends on your Elopement day to incorporate your loved ones



WRITING VOWS

Things to consider

- You may want to go the traditional route and recite vows the officiant has on a script you choose. If you want to have the best of both worlds you can have a private moment between the two of you and read your personal vows to each other after the ceremony/before the reception OR at the first look (if you are doing this). This is a good option for couples who may be nervous to say their own vows in front of everyone.
- Use an app on your phone like the notes app on iPhones to document all of your vows. This makes it easy/convenient so when inspiration happens, you can talk to text it into your phone!
- Make sure when you were writing your vows that you are in a quiet space or are listening to inspiring music like songs that remind you of your partner
- Some questions you can ask yourself to inspire you for writing your vows our when you first met, what made you really like your partner? What is your favorite memory you have with them? When they asked you to marry them or you asked them to marry you how did you feel in that moment? When you think about your future together what do you see?
- Have a game plan with your partner, how long is it going to be? Will you tell stories? Super romantic or funny/lighthearted? It is important for both of you to be on the same page so one of you isn't overly romantic while the other is a lighthearted roast!
- Have one person (not your partner) to send both your vows to so they can read them and make sure both sets of vows match in emotion, length etc..
- What do you promise? Vows are not really vows without promises to your partner..
- Try to connect what you shared at the beginning to the promises you make them. Maybe you shared about how passionate they are? You could promise to always support their dreams and passion to chase them!
- Include words of affirmation, what do you love about your partner?
- The first draft is not the final draft, make sure to reflect, read it out loud...Add pauses after funny stories (don't read pause aloud)
- Have a conversation with your photo/video crew about keeping your wedding day portrait time to a minimum so you can enjoy your day! (This requires you to have a short portrait list)
- Make sure you complete your vows at least a month in advance! You will have plenty of things to do the month of the wedding! You don't need to add this to the list!
- Put your vows in a vow book/piece of paper. You will want to keep these forever and reflect back on them!



GUEST LIST



Eloperments are typically you and your partner however, the beauty of elopements is that it can be whatever you want it to be!

Less than 15 people is still considered an Elopement, more than 15 is a micro wedding.

Considerations when inviting guests:

Some people outside of who you want to invite will be upset they didn't get invited, it's inevitable. Ditch the people pleasing mentality and accept that you aren't going to make everyone happy.

Consider making it a very private invite and announce that you eloped after the date.

Give guests suggestions on lodging based on your ceremony location

If you decide to elope privately, I highly recommend announcing you eloped afterwards. This eliminates the opinions that people will have about your decision to elope and will ultimately help you ENJOY your day.

PINTEREST STRATEGY

01 Create 5 NEW Elopement Planning Boards using a designated Elopement planning gmail account. Starting from scratch with a new Pinterest is important.

02 Create Elopement Planning Boards listed below

- Elopement locations
- Wedding Theme - colors, aesthetics, flowers
- Hair Styles
- Makeup
- Elopement outfits

03 Pin everything you love within each category. Keep your mind open to different locations and different aesthetic.

04 Pin everything that you purchase for your Elopement This will keep your overall aesthetic close to the reality of your day. Also pin the location you decide on.

05 Go through and delete pins every other week or so to keep things consistent and organized. You don't want to show boards to your vendors that may confuse them. Keeping boards between 15-20 pins helps keep your vision clear

STATIONARY GUIDE

- Purchase a Elopement Invitation template on Etsy and print them yourself or have them printed through the designer/seller on Etsy
- Make sure what you use is “on brand” for your Elopement. Does it fit into your Pinterest Elopement Boards? Making sure it is cohesive with your overall aesthetic will make it seem not so DIY.
- Even if you are eloping solo with you and your partner having a flat lay is a sentimental piece that adds context to your Elopement gallery.
- Make sure each invite is less than 1 ounce for postage if you are sending invites
- Create an Elopement Website to keep everyone up to date and include lodging information
- Use an Etsy template or canva template for thank you cards



IMPORTANT VENDOR QUESTIONS

Checklist of key questions to ask each vendor via email before proceeding

National Park Service

- What is your rescheduling policy in regards to COVID/Pandemic and is it written in the contract?
- How far in advance should I get my special use permit?
- What is included in the fees?
- What is the time frame I can access the ceremony site and take portraits throughout the park?
- What are the restrictions I need to be aware of for the ceremony/guests?
- Are there any vendor restrictions?
- Do you have a list of preferred vendors? (helpful if you are having trouble finding vendors)

Officiant

- What is your rescheduling policy in regards to COVID/Pandemic and is it written in the contract?
- Do you have scripts for us to choose from or do we provide the script?
- What are some ways we can personalize the script? What have other couples done that stood out to you?
- What are your travel fees/compensation?

Photographer + Videographer

- What is your rescheduling policy in regards to COVID/Pandemic and is it written in the contract?
- Can we facetime or zoom call?
- How many photos do you average per gallery?
- How many elopements have you shot?
- Do you use a camera with dual slot memory card (most professional cameras have this feature in case one card fails)
- Do you have a backup camera?
- Can I see a gallery you have shot that is similar to the location I chose?
- Can I download all edited photos/Video from my elopement day? Do you give me a print release?
- How do you pose couples? What is your style of shooting? Are you more of a director or a fly on the wall?
- What are your travel fees?



ELOPEMENT DAY TIMELINE CONSIDERATIONS

Considerations:

- Sunrise and sunset time for your ceremony//portrait locations
- Getting ready time, hair + makeup timeline
- Distance from lodging to ceremony location for guests if any
- Mid day will not be good for Photography or Videography. Consider that your down time.
- Sunrise ceremony and sunset portraits are a popular choice
- Sunrise First Look followed by sharing your private vows is a good option if you have guests and want to have a sunset ceremony
- Distance from lodging to first trail/location of the day
- Allow for downtime mid day so you can rest/nap and eat
- Make sure to pack snacks that are sealed (no attracting bears) while you are out and about in the park. Consider having a nice dinner at Airbnb.
- Consider bringing champagne/sparkling cider for an end of night toast



END OF ELOPEMENT DAY IDEAS

- Private sunset picnic
- Candlelit dinner at Airbnb
- First dance under the stars
- Champagne toast with cake at airbnb
- Sunset hike with portraits
- Reading letters from family and friends
- Bonfire at Airbnb (if permitted)
- Night time Portraits in front of rental vehicle
- Star gazing with telescopes



PRIORITIZING WHAT REALLY MATTERS...

Directions

Create a relaxing environment. For some people this may look like a quiet space with your favorite drink, for others it may be lighting a candle with some of your favorite music playing. UNWIND and relax! Make sure you are in a good mindset starting this exercise. If you hit a mental block and are feeling uninspired, table this for another time/day!

Close your eyes and imagine your wedding day.

Questions to inspire you

- Where are you?
- What is the first scene that comes to mind?
- Who is around you?
- What season is it?
- What does it feel like?
- Which part of the wedding makes you the MOST excited?
- Which wedding photos do you look forward to the most?
- Any people you think about other than your partner when you imagine this day?

Write it all out!

Prioritization

NOW we prioritize...

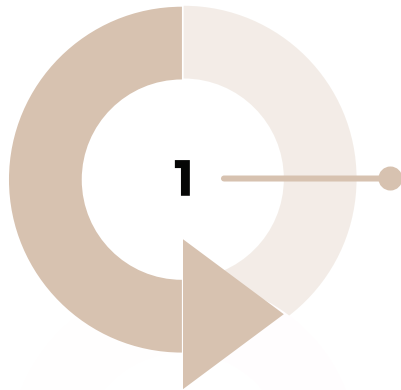
Each partner is going to narrow down their top 3 priorities

What are 3 aspects of your vision that you **MUST** have on your wedding day. There may be more than 3 things that come to mind but try to narrow it down to 3.

These priorities will drive your wedding budget!

PRIORITIZATION FLOW CHART

POINT SYSTEM



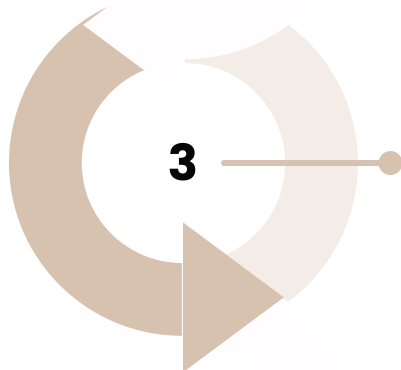
1 point for yes
0 points for no

Is this something that you have always wanted to include in your wedding day?



0 point for yes
1 points for no

Imagine your wedding day without this piece. Are you still happy?



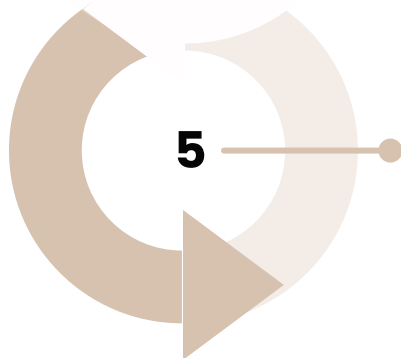
1 point for yes
0 points for no

What is the price tag for this to be a part of your wedding? Is it worth it to you? Are you willing to sacrifice something else in order to have this on your wedding day?



0 point for yes
1 points for no

Is there an alternative option that may be less expensive?



1 point for yes
0 points for no

Does this add to the experience for your loved ones on your wedding day?

FLORAL GUIDE



Seasons of Blooms

The most common florals that are year-round are baby's breath, eucalyptus, hydrangeas (imported), some orchids, dusty miller and roses. Note roses though they are year round, many colors will be more expensive for late January and February weddings.

Winter

Winter florals are more festive and holly as you can imagine, but can be gorgeous to bring vibrant colors to a less colorful season.

These flowers include: daffodils, poinsettia, tulips, anemone, camellias and snow drops.

Spring

Spring florals really put a step in the bride's step, but some of these beauties are not only gorgeous but also very delicate. They are temperamental and must be handled with care.

These flowers include: ranunculus, peony, anemone, colored hydrangeas, lilacs and casa blanca lilies.

Summer

Summer flowers are the most popular wedding florals. These florals can thrive in the heat and don't need as much attention to stay beautiful throughout the wedding day. But don't make any mistakes though they may not be as delicate, water is still essential to make sure they bring their wow effect.

These flowers include: spray roses, dahlia, sunflowers, magnolia, lily, snapdragons, queen anne lace, and larkspur.

Fall

Fall florals are far from not beautiful. Rich in color and really represent the change in the season. The POP from these florals cannot be missed.

These flowers include: delphinium, chrysanthemum, marigold, and some dahlias

Alternatives to fresh florals

Looking to find an alternative to fresh florals? There is always the option of artificial florals. There are some options that are more realistic looking and not the paper/plastic feel or look.

The most important thing is to make your day about you and your significant other. Who says florals are the only way to make a wedding beautiful.

Below are a few options that don't include fresh floral.

- Candles can be elegant and you can play with heights and widths of candles and vases. Add floral garlands to bring a little pop. Keep in mind this can only be considered INSIDE your Airbnb. Great option for creating a romantic atmosphere for your dinner!
- Solawood: <https://solawoodflowers.com/collections/done-for-you> Wooden flowers last FOREVER and is an amazing alternative to fresh florals
- Etsy has a lot of options for artificial flowers!
- Lings moments offers a variety of options that are BEAUTIFUL and a fraction of the cost of fresh florals : <https://www.lingsmoment.com/pages/wedding-color-collections>



FLORAL TIMELINE

- If you have time, buy your artificial flowers when they are going out of season. You have to be very smart and not overbuy or change your mind. Otherwise, this will not be beneficial.
- Purchase your fresh florals at minimum 3 weeks before your wedding and have delivered 2 days prior (if you plan on putting together yourself). You will need time to prep your florals. Remember they will need to be stored in a cool area.
- Florals need to be cut at an angle and put in buckets of water until they are ready to be used.
- Though some will tell you to use the greenery on the flower, keep in mind not only does the flower's bacteria hold in the leaves, but they also absorb a lot of the flower's water.
- Arrange to pick up florals after arriving at your elopement location. Florists are very accommodating and will send you with everything you need to keep your florals looking fresh for your elopement!



ENNEAGRAM COMMUNICATION GUIDE

Enneagram and Stevi

A Mini Guide to Communication by Type

@enneagramandstevi for EEE

This is to help you and your partner understand each other's communication style. This is likely the first big financial decision you will be making together. Good communication is key!

Type 1

Things to Know

Type 1's have a superpower of being able to see the potential goodness of something and improving it in effort to reach that level of goodness.

Things to Remember

Type 1's have an incredibly strong and always present inner critic that continually tells them what is wrong with themselves and the world around them. In a deep effort to quiet the inner critic, they try to improve, fix, and perfect themselves and the people and things around them.

Inner Motivation

Type 1's fear being evil, bad, wrong, and corrupt. They desire to do what is right, and to be right, ethical, good, responsible, orderly, and to have integrity. They fundamentally do not believe they are good and worthy, and in order to strive to prove their inner critic wrong, or to at least quiet their inner critic, they constantly are trying to improve and perfect themselves and the things around them.

Stances

Interpersonal Coping Stance:

How to get others to respond to them to get their interpersonal needs met.

- Dutiful - Moves Towards People. React to stress by serving others, move towards perfectionism, following rules and regulations. Hopes to avoid criticism by doing everything "correct".

Conflict Coping Style:

How each type copes when they do not get what they want.

- Logical- Emotionally detaches to follow logical solutions. Goes into troubleshooting and problem solving. Moves towards being logical, organized, correct; holds to and improves rules and regulations. Represses emotions and anger, which resorts in it coming out sideways as criticism, resentment, and judgement.

Communication Style

When healthy.

Communicates with confidence, honesty, sincerity, genuineness, and politeness rather than in a judgmental and critical tone. Genuinely brings goodness and soundness to the situation.

When average or unhealthy.

Can talk in the tone of a teacher; superior, judgemental, and critical. Can become easily opinionated, frustrated, and irritated.

Ways to Communicate to a Type 1:

- Affirm them and their hard work, show empathy; remember, they have a very loud inner critic
- Avoid criticizing them as they criticize themselves enough already
- Offer to help relieve the burden of tasks and duties
- Understand that they are not trying to be nit picky or look for imperfections
- Provide logical support based on facts, not just feelings
- Affirm their hard work to make sure everything is done excellent, and remind them that everything does not need to be perfect. Help remind them to rest, play, and have fun.

Something to say to help a Type 1 feel seen:

"You are so good at keeping everything organized, in order, and making sure everything is done so well. Thank you for the goodness you bring! I want you to know that everything doesn't need to be done perfectly, you are good and deeply loved regardless."

Type 2

Things to Know

Type 2's have a superpower in their ability to see the needs of people they love, and provide help to that need.

Things to Remember

Type 2's are extremely good at seeing the needs of others and meeting them, but they struggle with falling asleep to their own needs, and fearing rejection of others if they express their needs or hold onto boundaries like saying "no".

Inner Motivation

Type 2's fear being rejected, needy, unloved, undesired, unworthy, and unwanted. They desire to be wanted, loved, recognized and appreciated. Their fear of being rejected and their desire of being loved are both so strong, leading them to sacrifice their own needs for the needs of others. They genuinely want to see those they love and care for, thrive and be happy and they naturally help to make sure that happens. Because they fear their own needs will be seen as selfish which, to them, may lead to rejection, they fall asleep to their own desires and needs. They subconsciously give in hopes others will return the fulfillment of their needs without them needing to ask.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Dutiful - Moves Towards People. Reacts to stress by serving others; desires attention and love so they try to earn it by being helpful. Try to be or appear to be selfless in order to avoid being rejected and in hopes of being loved. Subconsciously makes people dependent on their helpfulness in hopes of being needed and therefore loved and not rejected.

Conflict Coping Style

How each type copes when they do not get what they want.

- Optimistic - Reframes negative viewpoints into optimistic perspectives. Desires positive feelings and happiness for themselves and others, generally sees the positive in circumstances, highlights a bright image of themselves by their good intentions, disregards their own needs, let downs, and emotions.

Communication Style

When healthy.

They are genuine and empathetic. They ask questions and listen intentionally, being fully present and compassionate. They ask how they can be helpful instead of inserting unwanted help.

When average or unhealthy.

They can either be direct and blunt giving unwarranted advice, or be passive aggressive, using hidden frustration or hurt to manipulate or complain. They can exhaust themselves by giving too much in hopes of feeling love and help in return and will be hurt and frustrated if that doesn't happen.

Ways to Communicate to a Type 2:

- Be patient and a good listener, asking good questions back to them and actively listening as they process.
- Avoid tones, words, and non-verbal cues that come across shameful, accusatory, and hurtful.
- Be intentional to appreciate them and what they do. Remind them that they are deeply loved for simply who they are and not how they help or give.
- Be kind and affectionate when needing to address an issue. Encourage and affirm first, then gently and kindly address the issue, followed by encouragement and affirmation.

Something to say to help a Type 2 feel seen:

"You are so helpful. Thank you, I see the hard work you do. I want you to know, however, that you are important and deeply loved just for being you, regardless of the help you give."

Type 3

Things to Know

Type 3's have a superpower in their incredible efficiency and ability to set goals and get them done with excellence.

Things to Remember

Type 3's were told the lie, either directly or indirectly, that their worth and value is in their success. Therefore, they have this innate ability to set extraordinary goals, and accomplish them efficiently and excellently.

Inner Motivation

Type 3's fear being, or appearing to be, unsuccessful; being worthless, incompetent, and inefficient. They desire to be, and appear to be, successful, admirable, efficient, and well respected. They believe that they are only as valuable as they are successful. They shapeshift into what they think others want them to be, believing that the image they present to others is where their value, worth, and love will come from.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Assertive - Moves against people. When stressed, rather than backing down, they reinforce and make their presence and sense of self even bigger. Believe they and what they offer are important and expects admiration for their accomplishments. Can scan a room and shape-shift in order to gain admiration and praise from others.

Conflict Coping Style

How each type copes when they do not get what they want.

- Logical - Emotionally detaches to follow logical solutions. Goes into troubleshooting and problem solving. Falls asleep to their emotions and focuses on accomplishing their to-do list, being efficient, and being excellent at what they do.

Communication Style

When healthy.

They are self-assured, confident, and encouraging. They are helpful towards others, efficient, and are a healthy influence and motivation for others.

When average or unhealthy.

They can be impatient and irritated with others' inefficiency. Hides self doubt by self promotion, hoping to be, or appear to be, successful. Disconnected from their feelings and unwilling to bring others into their inner world.

Ways to Communicate to a Type 3:

- Type 3's have interruptions as it breaks up their efficiency. Wait for them to be finished with what they are working on to talk about an issue.
- Have solutions in mind rather than just problems.
- Be affirming, validating, and supportive. Avoid blame shifting and embarrassing them in front of others.
- Give clear and specific expectations, offer support if needed.
- Affirm and encourage them, be positive and also logical.

Something to say to help a Type 3 feel seen:

"You are so good at getting things done really well and really efficiently! Thank you for what you are bringing to the table, but I want you to know that you are deeply loved and good for simply being you, regardless of the incredible things you do."

Type 4

Things to Know

Type 4's have a superpower of creativity and their ability to authentically express themselves.

Things to Remember

Type 4's struggle with the belief that they were born with something fundamentally missing from their makeup. Therefore, they strive to find and express their unique and authentic selves in hope to gain value, worth, and love.

Inner Motivation

Type 4's fear being insignificant, misunderstood, inadequate, and emotionally unsupported. They desire beauty and depth; being unique, authentic, and special. They believe they have something fundamentally missing that everyone else has, so they continually search for that missing piece by being unique, special, and creative. They understand depths of emotions more than any other type and desire to know and express the depths of those emotions they feel in themselves. They constantly look for and romanticize the ideal things in life.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Withdrawn – Moves away from people. When stressed they move away from people and the world by turning into their imagination or numbing out. Move away from the ordinary world and immerse themselves into a different and unique version of life. They hope to be unique and genuine so others will give them attention, and feel unseen, misunderstood, and hurt when they don't receive the depth of attention they hope for.

Conflict Coping Style

How each type copes when they do not get what they want.

- Reactive – Emotionally reactive and desire others to be as well. When stressed, they react with emotional intensity and desire for others to match that level of intensity as well. They feel a strong and deep need to express the depths of emotions and hurt they are feeling. They fear being unsupported, abandoned, and misunderstood by others.

Communication Style

When healthy.

They are genuine, balanced, empathetic. Can comfortably sit with others and support them in their pain and suffering without taking it on themselves.

When average or unhealthy.

They can be domineering in the conversation to focus it on the dark feelings they have inside, unable and unwilling to bring in emotional balance. Can be moody, intense, explosive, and patronizing. Believe they are alone.

Ways to Communicate to a Type 4:

- Allow them to express their emotions and be patient with them as they are trying to express the depths of themselves. Be authentic and vulnerable in your emotions with them as well.
- Listen intentionally. Ask them questions and repeat what you hear to show they are seen and understood.
- When they are experiencing sad or difficult emotions, do not try to cheer them up, disregard their feelings, or imply that they are being overly dramatic and emotional.
- Encourage them in who they are, their creativity, their uniqueness, and the depth that they bring.

Something to say to help a Type 4 feel seen:

“You bring so much depth, beauty, creativity, and uniqueness that is incredibly valuable. Thank you for being that for us. I want you to know you are seen, understood, and loved for who you are.”

Type 5

Things to Know

Type 5's superpower is their wisdom and knowledge and their ability to move through life with curiosity and a desire to learn.

Things to Remember

Type 5's have an incredibly smaller internal energy capacity than any other number and fear that, should they be completely drained, then that will lead to catastrophic depletion. Therefore, they spend each day trying to conserve what little energy they have in hopes they will not be depleted.

Inner Motivation

Type 5's fear being incompetent, without knowledge, and completely drained of energy. They desire wisdom, knowledge, logic, and privacy. They can be cerebral and often very detached from emotions, making decisions based solely on the knowledge they've collected. They have an energy reserve tank that gets drained quickly and they desperately need to fill it up by retreating into their own worlds. They tend to be slow in decision making, feeling the need to make sure they have done their due diligence to research every possible thing in order to make the right or best decision.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Withdrawn - Moves away from people. When stressed they move away from people and the world by turning into their imagination or numbing out. They retreat alone into their private world of books, research, and comfort detaching from emotions and stress.

Conflict Coping Style

How each type copes when they do not get what they want.

- Logical - Emotionally detaches to follow logical solutions. Goes into troubleshooting and problem solving.

Communication Style

When healthy.

They are more socially engaging, and delight in good conversation without fear of draining their energy too quickly. They are observant, respectful, and curious of the world and people around them.

When average or unhealthy.

They are more likely to be emotionally and relationally detached. They can be short, lacking emotional depth, and proud or haughty in their knowledge and intellect.

Ways to Communicate to a Type 5:

- Be factual and logical in conversations, avoid using big emotions in communication.
- Be respectful of confidentiality in your conversations.
- When needing to have hard conversations, inform them beforehand and set a time limit for how long the conversation will be for.
- Be mindful and considerate of their energy reserve tank and give them space to recharge how they need to.

Something to say to help a Type 5 feel seen:

“You bring so much wisdom and knowledge to our relationship and it’s so valuable. Thank you so much for gathering, researching, and providing the information we need. I want you to know that you are important and deeply loved and will be cared for, regardless of the information you bring to the table.”

Type 6

Things to Know

Type 6's superpowers are their loyalty and commitment to those they love.

Things to Remember

Type 6's are extremely loyal and have a need and desire for security, guidance, and support. Because of this, they have an inner committee that is constantly making them scan the horizon for potential threats and worst case scenarios in hopes of being prepared for the outcome.

Inner Motivation

Type 6's fear being unsupported, without guidance and/or security, and being unsafe and alone. They desire having support from others, safety, and security. They have a very loud inner committee that is constantly making them think of all the different outcomes and scenarios. This can lead to self doubt, as they don't know which is the best and most secure choice to choose. They desire guidance from others to help support them in their decision making. Because they deeply desire safety and security, they constantly are thinking of the worst case scenarios in hopes to be prepared for it, bringing safety to themselves and those they love. They are fiercely loyal and committed to those they love.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Dutiful - Moves Towards People. Reacts to stress by serving others and following rules in hopes of feeling a sense of security and safety. Can be skeptical of authority figures until they've won their loyalty, then are devoted to that authority in hopes of security and safety.

Conflict Coping Style

How each type copes when they do not get what they want.

- Reactive - Emotionally reactive and desire others to be as well. Feel a tug-o-war between wanting support and security from others while also desiring independence. They are fiercely loyal to those they love and desire the same level of loyalty in return. Can be explosive when stressed and overwhelmed.

Communication Style

When healthy.

They are supportive, funny, loving, and engaging in conversation.
Resting in peace and compassion.

When average or unhealthy.

They are anxious, doubtful, reactive. They can share their anxieties for worst case scenarios in an intense way, which can come off as negative.

Ways to Communicate to a Type 6:

- Communicate clearly and gracefully to help keep them from spiraling into worst case scenario thinking regarding the circumstance.
- Clearly communicate that they are not alone and you see, hear, and understand them and are with them, willing to support where needed.
- Allow them time and space to process if they need it, and/or communicate that you need time and space to process if you need.
- Give them grace in their anxiety. They know they're anxious, they're working on it.
- Be confidential and loyal in your conversations. Loyalty is highly important to them.

Something to say to help a Type 6 feel seen:

"You bring a depth of security, loyalty, and goodness to everything we do. Thank you for loving us so well and thinking through everything to make sure we are prepared and safe. I want you to know that you are not alone. You are deeply loved, cared for, seen, and supported."

Type 7

Things to Know

Type 7's have the superpower of enthusiasm, joy, and seeing the bright side to every situation.

Things to Remember

Type 7's are basically allergic to negativity. They experience life through optimism, joy, enthusiasm, and anticipation. To a 7, it feels like their cup is never truly full, so they are continually trying to fill through new and exciting experiences.

Inner Motivation

Type 7's fear emotional pain and negative feelings, being deprived, not being taken care of, and missing out on exciting experiences. They desire optimism, joy, and being fully satisfied. They fear that if they allow themselves to feel and experience emotional pain, hurt, or negative feelings, then they may be stuck in them forever with no one there to help them through it. So, they avoid and escape painful and negative experiences by finding silver linings, choosing optimism, and anticipating and searching for the next exciting experience in hopes to fill their inner cup. They thrive on optimism, creative and futuristic thinking, anticipation of the next fun thing, and freedom to dream, create, and do what their mind is set to.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Assertive - Moves against people. When stressed, rather than backing down, they reinforce and make their presence and sense of self even bigger. Seek exciting experiences and anticipation of the next great thing, in order to fulfill their thirst for joy, contentment, and fulfillment.

Conflict Coping Style

How each type copes when they do not get what they want.

- Optimistic - Reframes negative viewpoints into optimistic perspectives. Naturally and automatically finds the silver lining in all situations in hopes to avoid negative, painful, or empty feelings.

Communication Style

When healthy.

They are joyful, optimistic, warm, and fun. They are balanced between optimistic future thinking and being present and are intentional to listen well to others. Can identify reality vs a reframing outlook.

When average or unhealthy.

They avoid or escape hard, negative, or difficult issues by refusing to acknowledge them and focus on silver linings and optimism. They get frustrated and short with others when they want or need to talk about the reality at hand, if it is anything but optimistic and futuristic. Can be scattered or hyper or domineering in conversations, telling grand and extravagant stories.

Ways to Communicate to a Type 7:

- Speak from an optimistic, creative, and problem solving outlook.
- Say “wow!” before “how?” when they bring ideas and creative or futuristic thinking.
- Be intentional to not squash, diminish, or belittle their joy, optimism, and ideas.
- Set a time frame of 15–20 minutes with them to discuss hard or negative issues. Let them know in advance and that you will only spend this allotted time discussing it.
- Sandwich difficult conversations with positive and optimistic information.
- Reality is important to a 7 when they bring ideas to the table. Allow them to identify the hard reality, but if they are having a hard time doing so, ask them clarifying questions like “how can we make that happen?”
- Be intrigued and curious about their ideas and, when applicable, give them room to run free with it.

Something to say to help a Type 7 feel seen:

“You bring so much joy, fun, creativity, and optimism to everything we are a part of. I value that so much. But I want you to know that you are deeply loved and valued even if you don’t carry the weight of bringing all the joy, being the ‘life of the party’ or if you are simply just having a bad day.”

Type 8

Things to Know

Type 8's have a superpower of decisiveness, assertiveness, and energy.

Things to Remember

Type 8's have a deep fear being betrayed which is why they project a hard exterior. Because of this they will build walls around themselves and others that are dear to them to stay in the safe zone. They will seek to do what needs to be done and they have the energy to do it.

Inner Motivation

Type 8's fear being betrayed; being vulnerable and powerless, therefore, being controlled and harmed by others. They desire being powerful, in control, and protecting themselves and those they love. They have the most capacity to get things done than any other type, therefore, they are busy, decisive, and assertive. They are self confident, non-emotional, and can be very blunt. They want to control others before others control them, in fear of being harmed by them. They have an extremely tough exterior where they protect their inner selves. However, buried deep inside are tender emotions they are too afraid to share. They desire deeply for someone they can trust to come and be the leader and protector so they don't have to; however, they rarely feel like anyone is capable and trustworthy to do so.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Assertive - Moves against people. When stressed, rather than backing down, they reinforce and make their presence and sense of self even bigger. Know what they want and run over others to get it. Confrontational and ready to control the situation before feeling like others will control them.

Conflict Coping Style

How each type copes when they do not get what they want.

- Reactive - Emotionally reactive and desire others to be as well. They aren't afraid to let others know when they're upset. Want to be independent and fear being betrayed, harmed, vulnerable, or controlled by others so they portray themselves as tough, strong, and independent.

Communication Style

When healthy.

They are protective, loyal, and supportive of others. They are assertive but not domineering. Sensitive to others and handle conflict with graceful honesty rather than brutal honesty.

When average or unhealthy.

They are confrontational, angry, assertive, and domineering. They can be explosive, blunt, and too proud to hear and admit the negative ways others are experiencing them.

Ways to Communicate to a Type 8:

- Communicate directly and briefly.
- Don't be intimidated by their intensity, but instead, confidently assert yourself as well. They appreciate that.
- Be honest, loyal, and confidential. They fear being betrayed, so protect the conversations you have.
- Avoid being long winded or overly emotional.
- Ask clarifying questions to help understand their viewpoint beyond their tough exterior.

Something to say to help a Type 8 feel seen:

"You always bring a strong sense of protection and direction. Thank you for your energy and assertiveness to the tasks at hand. However, I want you to know that when you let down your guard and let me experience your vulnerable side, it lets me see you in a real and powerful way that's truly beautiful. I love that, and you are safe with me."

Type 9

Things to Know

Type 9's have a superpower of seeing all sides of things, being easy going, and creating harmony among people.

Things to Remember

Type 9's have a desire for peace and harmony, both externally and internally. They fear conflict and disconnection with those they love and can see everyone's point of view, therefore, they are easy going, go with the flow, and merge with the desires and opinions of others. Because of this, they struggle with indecisiveness, are often overlooked, and fear asserting themselves.

Inner Motivation

Type 9's fear conflict, disconnection with others, and losing inner and outer peace. They desire connection with others, stability, and peace in and around them. They have lived their life merging with the thoughts, opinions, and desires of others as a means to keep the peace; therefore, they have become disconnected with their own thoughts, opinions, and desires. They are easy-going, accommodating, flexible, comforting, and can genuinely see all sides to a situation. They desire to create and maintain harmony around them. When they fear or sense their inner or outer peace is being disrupted, they resort to numbing out and avoidance in hopes to calm a chaotic world around them. Because of their easy-going, peaceful, and accommodating personality, they often get overlooked leaving them to believe their presence and voice do not matter.

Stances

Interpersonal Coping Stance

How to get others to respond to them to get their interpersonal needs met.

- Withdrawn - Moves away from people. When stressed they move away from people and the world by turning into their imagination or numbing out. They disregard or minimize their own preferences and desires in hopes to avoid conflict and make peace. Withdraw and disconnect from the chaotic world to their inner world and mind searching for peace.

Conflict Coping Style

How each type copes when they do not get what they want.

- Optimistic - Reframes negative viewpoints into optimistic perspectives. Struggle to deal with the needs around them and their own needs and resort to avoidance and numbing out in hopes of finding peace from the chaotic world around them. Dismiss their desires, problems, and tensions.

Communication Style

When healthy.

They are joyful, peaceful, receptive, flexible, and engaged listeners. They are more confident and comfortable asserting themselves and their desires and do so in a balanced way. They are awake to life, their dreams, and the people around them.

When average or unhealthy.

They can be long winded, passive-aggressive, indecisive, and neglectful of themselves. They avoid conflict by going with the flow and dismissing or falling asleep to their own wants; therefore, causing anger and stubbornness to rise from being repressed for so long.

Ways to Communicate to a Type 9:

- Be kind and gracious in your tone and words.
- Be patient with them in their indecisiveness; they've merged with others their whole life, so decision making is hard and pressure to be quick triggers them or shuts them down.
- Listen intentionally and purposefully, asking questions and repeating back what you hear.
- Do NOT dismiss what they say or when they're brave enough to express their needs and desires. Instead, encourage them in it and show curiosity in what they have said.
- Affirm them often, and when needing to address difficult or negative situations, do so by using affirmation before and after- the "affirmation sandwich".
- Validate them, their opinions, and their presence in both verbal and nonverbal ways.

Something to say to help a Type 9 feel seen:

"You are so kind, flexible, and easy to be around. People enjoy having you around and the comfort you bring. However, I want you to know that when you assert yourself and let us into your desires and opinions, it's beautiful and thrilling to see you come awake. Your opinions, needs, desires, and presence are valued, wanted, seen, and deeply loved."

WEDDING DAY MUAH GUIDE

Here are some clear signs to look for when hiring a professional Hair & Makeup Team:

Sanitation is crucial.

Especially in today's world. Pay attention during your MUAH Trial/Zoom consultation (which you should absolutely partake in if at all possible) to the stylists kit, tools, and even their image. If they appear not to care how they look, or take care of their supplies, it will reflect on you. It's OKAY to ask your artist what safety measures and steps they have taken to protect their clients. Your makeup artist should have enough brushes for every client to have clean ones. Mascara wands and lip applicators should ALWAYS be disposable. You deserve that, and you're paying for that.

Time.

If someone prides themselves on how "fast" they work, this is a red flag, & also goes back to my first point of sanitizing. If an artist does your Full Faced, Glam, Bridal Makeup in half an hour, they have more than likely skipped some very important steps. If you're into a very natural, light, classic Bridal look, that does not mean it will take less time, it's just different shades.

Trials.

Most elopements won't have time for a hair and makeup trial since you are likely eloping out of state/country. It is still important to have a zoom consultation! Here you'll get an insight of what to expect on the day of your wedding. It's not just to see what your hair and makeup looks like together. Did the appointment run on time? Were your stylists/artists disheveled or rushing? Did they offer other options/looks if you were unsatisfied? These are all factors to consider. Hair & Makeup is the first vendor you see on your Wedding Day, make it someone that will put you at ease and cover all the bases.

Contracts/Terms of Agreement.

These are for you too. If you hire a "friend" so you assume it isn't necessary for that reason, and your friend bails, to put it frankly—you're screwed. And because there was no contract in place there is literally nothing you can do. If for whatever reason you hire someone who doesn't require a contract, write one yourself.

Portfolios/Social Media.

Is your Hair & Makeup Artist active on social media? Because in this day and age, who isn't. You should easily be able to access their websites, images, reviews & information at the touch of a button. If you can't, it's because they don't want you to. Move on to the next!

Hair.

When looking up hair styles, ESPECIALLY on Pinterest, pay attention to the lay out of the shoot with this model/bride, does this look like someone's actual wedding hair for their wedding? Or is this perfectly constructed, high volume, braided, curled, luxurious up do styled on this model for one hour for a photo shoot? Because that's about how long it will last more than likely. Be realistic with your hair, you know how your hair holds more than the person styling it for you.

DOs

- DO your research, do multiple trials if you aren't 100% pleased. If out of state have a in depth zoom consultation.
- DO speak up if there is something you're unhappy with. I promise any Hair & Makeup Artist would rather fix/alter it themselves than have you change something after they have left....& they see it in pictures months later.
- DO look up models/brides with your similar hair color & skin tone. It's so very important. If you're a deep brunette, do not look at photos of blonde hair styles, it's going to look drastically different on you.
- DO Remember to bring your veil, earrings, & hair accessories to your hair & makeup trial if possible

DON'Ts

- DON'T show up with wet hair
- DON'T try ANYTHING new on your face, skin, or hair in the weeks and especially days leading up to your wedding.
- DON'T compare your hair & makeup to other people you've seen get married. Your hair & skin tone is unique & your wedding is different. Once you've made up your mind, move on. "Comparison is the thief of joy."

ELOPEMENT DAY TIMELINE

Sunrise ceremony
Example sunrise: 7:11 am

- | | |
|----------|---------------------------------|
| 7:15 AM | Ceremony begins |
| 7:45 AM | Post ceremony first dance |
| 8:00 AM | Couples Portraits |
| 8:30 AM | Go to another location |
| 9:00 AM | Snacks and hike or Excursion |
| 11:00 AM | Airbnb Brunch |
| 12:00 PM | Break |
| 3:00 PM | Hike to reception |
| 4:00 PM | Sunset Reception celebration |
| 4:45 PM | Hike back |
| 5:00PM | Back to Airbnb |
| 5:30 PM | Private dinner + cake at Airbnb |
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ELOPEMENT DAY TIMELINE

Sunset ceremony
Sunset time: 5:00pm

- 6:30 AM Go to sunrise location
 - 7:00 AM Sunrise first look + vows
 - 7:30 AM Couples portraits
 - 8:00 AM Explore/hike another location
 - 10:00 AM Airbnb Brunch/breakfast
 - 12:00 PM Post nap excursion
 - 2:00 PM Break
 - 4:00 PM Ceremony
 - 4:30 PM First dance + Portraits
 - 5:00 PM Head back to vehicle
 - 5:15 PM Night time Couple portraits
 - 5:30 PM Drive back to Airbnb
 - 7:00 PM Private dinner at Airbnb
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PARK PERMITS

National Park Permit Considerations

If you're planning to elope in a national park, be sure to obtain the necessary permits. Each park has its own specific regulations and fees for weddings and elopements, so research in advance and apply for permits as needed. This will ensure that your ceremony is legal and respectful of the natural surroundings. [Nps.gov](https://www.nps.gov) is a great place to start! Each park has its own requirements. State parks also have special use permits that are required for elopements, although not all.

Leave No Trace Principles

As adventurers, it's our responsibility to leave the natural environment as we found it. Familiarize yourself with the Leave No Trace principles and incorporate them into your elopement plan. This includes disposing of waste properly, staying on designated trails, and respecting wildlife and vegetation.