

WORKBOOK



THE COVENANT WORKBOOK

Written By Jazmine McFarlane

Product of Jazzy Lady Events LLC Not for Resale

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INTRODUCTION



This workbook is designed to challenge your mindset and ideals as you prepare to embark upon :

MARRIAGE

At Jazzy Lady Events, we believe your wedding is a celebration but your marriage is the legacy. This guide helps you slow down, reflect, and build a strong foundation while we handle the details that bring your day to life.

Inside, you'll find thought-provoking prompts, purposeful exercises, and covenant-focused conversations, all created to help you grow closer, communicate deeper, and walk confidently into forever.

This is more than planning.

This is preparation for your promise.



HELLO! ✨

I'm Jazmine McFarlane, the founder of Marriage Focused Weddings and lead planner of Jazzy Lady Events.

As a woman of faith, I believe marriage is a covenant, sacred, intentional, and lifelong. That truth shapes every experience we design. For over a decade, we've served couples who are preparing for forever, not just a beautiful wedding day, and by God's grace, we proudly hold a 100% married and thriving rate among our couples.

This workbook was created to help you and your partner prepare your hearts, strengthen your foundation, and walk into marriage with clarity, unity, and confidence, while we take care of the details that bring your vision to life.

Welcome to a process rooted in purpose, peace, and preparation.

I am Praying for your Success!

Jazmine

INTRO



HOW TO USE THIS

Print out 2 copies of this workbook, one for the Bride and one for the groom. Set aside time to still yourselves and actually handwrite out your answers.

Move through each section thoughtfully and honestly, praying over your process and revisiting pages as you grow. It would be best for the bride and groom to complete each section individually, then come together to discuss your answers.

Focus on preparing your hearts for marriage, and we'll take care of the details that bring your celebration to life.



HERE COME SUCCESS STORIES

OUR COUPLES ARE STILL
THRIVING – 100%

For the last 15 years, every Jazzy Lady Events couple is still married, growing, and flourishing and that is our proudest accomplishment.

Our approach is simple:

We serve couples who value preparation just as much as the celebration.

We support you as you build your foundation, not just your aesthetic.

We pour excellence into every detail so you can focus on what actually lasts.

Your joy is our joy.

Your peace is our priority.

Your marriage is the legacy we help launch.



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- Daily Journal

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- Daily Journal

Bride Notes

Groom Notes

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Quotes Of The Day

A strong marriage
is built on small
moments of
honesty.

“

QUESTIONNAIRE

1. Communication & Conflict

Healthy marriages are built on truth and trust. Conflict is inevitable, but communication transforms it into connection.

- Do we know each other's communication styles?

- How do we handle disagreements, and how can we improve?

- Are we setting time each week to check in emotionally?

- Do we feel safe being fully honest with each other?

DAILY JOURNAL

Use this space to capture your communication style and what you want to improve in your communication daily.

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

GOAL

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TO DO LIST

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MINDSET QUIZ

Course Workbook

Which mindset do we want to strengthen most right now?

Patience

Emotional maturity

Honesty

Unity

Peace

Partnership

How prepared do we feel emotionally for marriage?

Very prepared

Somewhat prepared

Unsure

Not prepared yet

QUESTIONNAIRE

2. Shared Purpose & Vision

Marriage is a mission, not just a milestone. This section helps you clarify your shared purpose and legacy.

- What legacy do we want to build together?

- How do our personal callings/career goals complement each other?

- What does success in our marriage look like to each of us?

- What boundaries will we set to protect our relationship?

- What are our legacy thoughts on children and family?

DAILY JOURNAL

Use this space to capture your shared purpose & vision.



Dates :

Mood :

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Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

GOAL

TO DO LIST

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QUESTIONNAIRE

3. Financial Unity

Money isn't just practical – it's spiritual. Financial harmony brings peace and purpose.

- Do we have a shared monthly budget?

- Have we discussed our debts, savings, and giving goals?

- Who will manage what aspects of our finances?

- What are our long-term financial dreams together?

DAILY JOURNAL

Use this space to capture your financial goals & daily spending habits and what needs to be improved

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

GOAL

TO DO LIST

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REMEMBER

Remember This...

Your wedding is hours.

Your marriage is eternal.

Whenever planning feels overwhelming, return to this truth:
You are not just preparing for a day – you are preparing for a covenant.

Give yourselves grace.

Stay connected.

Stay prayerful.

Stay intentional.

God is in every detail.

QUESTIONNAIRE

4. Spiritual Oneness

A Christ-centered marriage is a strong marriage. Keep God at the center of every decision.

- Do we pray together regularly?

- What scriptures anchor our relationship?

- How do we stay accountable in our faith as a couple?

- Are we active in a faith community that supports our growth?

DAILY JOURNAL

Use this space to capture your spiritual oneness
what you need to know about each other's spiritual
life.

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and
the steps you'll take to move toward them.

GOAL

TO DO LIST

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ACTION LIST

Use this list to keep track of the practical steps you'll take along the way, from counseling sessions to connection check-ins to planning decisions.

Section One – Foundation

- Counseling appointments
- Weekly check-ins
- Prayer time together
- Communication goals

Section Two – Planning

- Budget conversations
- Vendor decisions
- Guest list alignment
- Style inspiration

Section Three – Growth

- Faith-building habits
- Marriage expectations talk
- Family traditions discussion
- Conflict-resolution practice

Section Four – Celebration

- Ceremony priorities
- Meaningful elements
- Finalize vendors, music, foods, etc
- Wedding-week boundaries

QUESTIONNAIRE

5. Pre-Marriage Counseling

A strong start begins with wise guidance. Counseling offers tools to build a lasting foundation. Use this section to reflect on your counseling sessions and insights gained.

- Have we chosen a counselor we both trust and respect?

- Are we committing to attend sessions with open hearts and humility?

- What are our expectations for marriage, and how do they align or differ?

- How do our families or past experiences shape our views of marriage?

DAILY JOURNAL

Use this space to capture your counseling sessions
& insight gained.

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

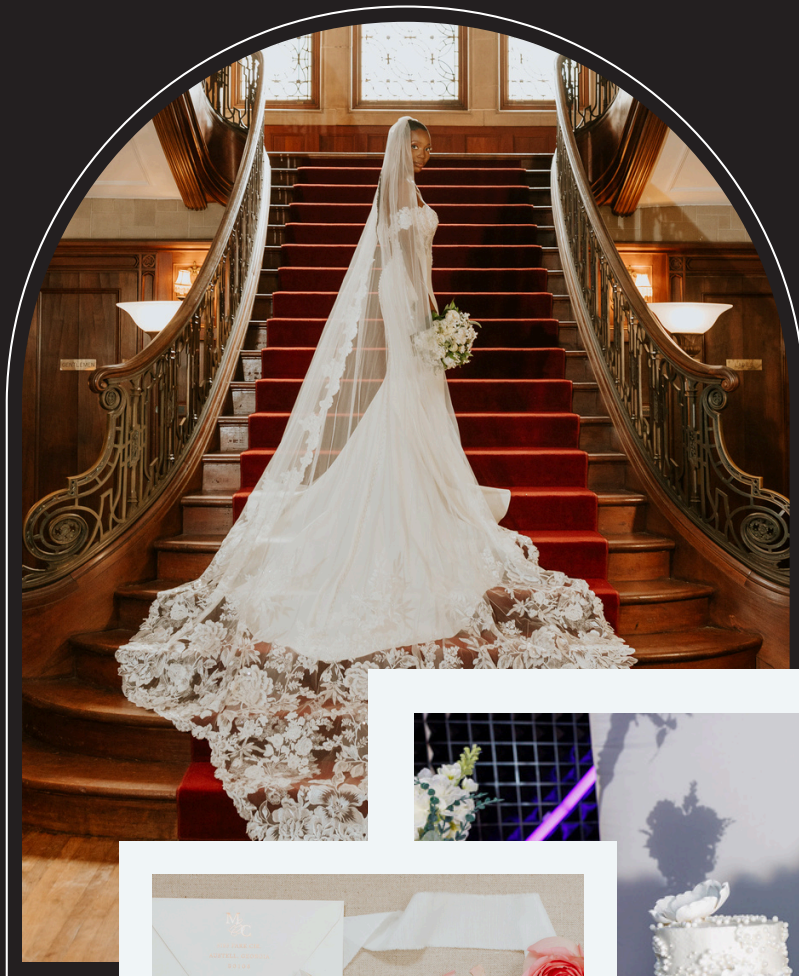
GOAL

TO DO LIST

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VISIONBOARD



Use this time to collect the visuals that speak to your hearts, colors, textures, moments, moods, and meaningful details. As you grow through counseling and preparation, your vision may shift. That's okay.

Your wedding should reflect your journey, your joy, and the legacy you're building. Your New family unit. Create a page to inspire, not overwhelm.

**We suggest a shared Pinterest board



QUESTIONNAIRE

6. Event Planning With Intention

Your wedding should reflect your values, not just trends. Let it be an extension of your covenant.

- What do we want our wedding to feel like, beyond the visuals?

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- Are we incorporating elements that represent our faith and values?

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- Are we protecting our peace in the planning process?

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- Have we chosen a bridal party who align with our vision and spirit?

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DAILY JOURNAL

Use this space to capture your wedding values & marriage goals.

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

GOAL

TO DO LIST

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QUESTIONNAIRE

7. Next Steps

Practical action turns preparation into transformation. Use this section to plan tangible next steps.

- When will we complete our counseling sessions?

- What is our timeline for budgeting and vendor selection?

- When is our next relationship check-in with our accountability couple?

- How can we continue growing spiritually and emotionally before the wedding?

DAILY JOURNAL

Use this space to capture your next steps.

Dates :

Mood :

Write out your shared goals, spiritual, emotional, relational, and practical, and the steps you'll take to move toward them.

GOAL

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CORPORATE SERVICES

At Jazzy Lady Events, we believe every organization deserves to focus on what they do best while trusting a skilled partner to manage the details that shape unforgettable experiences. Our team removes the stress, solves the challenges, and elevates your event from ordinary to exceptional.

When your company or nonprofit walks into a Jazzy Lady curated conference or gathering, you can come confident knowing every detail has been handled with care, intention, and excellence.

Purposeful Events for Businesses, Nonprofits, and Government Partners
We specialize in designing elevated, meaningful events that bring clarity, connection, and purpose to your mission. Our approach blends refined logistics with heartfelt hospitality so your guests feel supported, valued, and excited to return year after year.

As a woman of faith, I believe celebration should be done in grand style, filled with purpose and joy . That philosophy guides every conference, meeting and corporate experience we produce.

YOUR EVENT, OUR EXPERTISE
ELEVATE YOUR EVENTS WITH PROFESSIONAL SUPPORT
TO ENSURE FLAWLESS EXECUTION.



Thank you for your support and purchase of this product.
We pray it helps, and please know we're here to walk with
you.

If you desire deeper guidance, more structure, or
personalized support, we have counselors to refer you to.

And for assistance with your wedding planning journey,
please book a consult call using this link and it would be
our honor to serve.

[SCHEDULE A CALL](#)

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