

# Everything you need, on *one* checklist.

The ring. The location. The day. Three pages of clear, tickable steps so nothing falls through the cracks.

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**01** **The Ring**

Size, stone, metal, setting, where to buy.

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**02** **The Location**

Couple type, UK or abroad, what to book.

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**03** **The Day**

What to say, the moment itself, the timeline.

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STEP 01 OF 03

# The ring.

Get the ring right and the rest of the day has room to breathe. Don't fall for the 'three months salary' rule, decide on a number you're comfortable with and work backwards.

## 01 Before You Buy

- Set a budget you're comfortable with  
*No debt. £1,500 to £5,000 is the UK median range.*
- Find out her ring size  
*Borrow a ring she wears, ask her mum, or use a printable sizer.*
- Learn what style she likes  
*Look at her existing jewellery. Note the metal colour.*
- Decide: lab-grown or natural  
*Lab is 60 to 80% cheaper, visually identical.*
- Pick a metal (platinum, white/yellow/rose gold)  
*Match what she already wears.*

## 02 Buying

- Get at least three quotes  
*Online and in-store. Prices vary by 20% on the same spec.*
- Prioritise cut grade above all other Cs  
*Cut is the only C you can see with the naked eye.*
- Check the certification (GIA or IGI)  
*Especially for stones over 0.5ct.*
- Confirm the resize / exchange policy in writing  
*30 to 60 days minimum is standard.*
- Insure the ring the day you collect it  
*Add to home contents insurance, photograph and value.*

### THE HONEST TAKE

*The biggest mistake is overspending to hit a number. A £2,500 ring she loves will outshine a £6,000 ring that misses her style. Spend on what she'd actually wear.*

STEP 02 OF 03

# The location.

The best place to propose isn't the most photogenic one, it's the one that fits the two of you. Match the location to the couple, not to a Pinterest board.

## 01 Decide First

- Identify your couple type  
*Adventure, luxury, romantic, foodie, or homebody.*
- Decide: UK or abroad  
*Factor in cost, secrecy, and her passport situation.*
- Pick a date  
*Avoid major events that compete (Christmas, her birthday).*
- Set a location budget  
*Travel, hotel, dinner, photographer. Estimate properly.*

## 02 Book

- Hotel or accommodation  
*UK: 2 to 6 weeks ahead. Abroad: 2 to 4 months. Premium: 6+ months.*
- Flights / train  
*Skyscanner for flights; book early for best price.*
- Restaurant for the proposal or after  
*Tell the manager. They often help and upgrade.*
- Proposal photographer  
*£200 to £500. Search Instagram or Flytographer.*
- Brief the photographer fully  
*Pin location, time window, what you'll wear, weather backup.*

## 03 Plan B

- Have a weather backup  
*Indoor option that's still meaningful, not just shelter.*
- Confirm 48 hours before  
*Photographer, restaurant, hotel.*
- Save key phone numbers offline  
*In case of no signal at the location.*

### THE HONEST TAKE

*Don't propose somewhere you've never been. If you must, arrive a day early and scout. The pressure of figuring out the spot on the day is the last thing you need.*

## STEP 03 OF 03

# The day.

Three points, two minutes, one question. Keep it simple, keep it specific to her. The fallback if you forget everything: 'I love you, I want to spend the rest of my life with you, will you marry me?'

## 01 The Week Before

- Practice opening the ring box  
*Yes really. Not under stress is better.*
- Write out your three-part proposal  
*Why her, why now, the question.*
- Say it out loud, three or four times  
*Not to memorise. To find your version.*
- Confirm everyone in on the secret  
*Photographer, hotel, restaurant, family member.*
- Sort backup photo plan  
*Tripod and phone if no photographer.*

## 02 The Day Itself

- Check ring is in pocket, three times  
*Inside jacket pocket, never back trouser pocket.*
- Behave normally  
*Don't be unusually romantic. She'll notice.*
- One drink maximum  
*Sober enough to remember every detail.*
- Get to location calmly, on time  
*Not late. Not so early you have to wander.*
- Take a breath before you start  
*Slow down. The moment is brief, savour it.*

## 03 Immediately After

- Put the ring on her finger first  
*Before standing up or hugging.*
- Take 10 minutes for just the two of you  
*Before phones come out.*
- Let her tell her family first  
*It's her news as much as yours.*
- Don't post on social media before she does  
*Wait for her green light.*

**THE HONEST TAKE**

*You will forget half of what you planned to say. You will be surprised by what comes out instead. And afterwards, you will wonder why you were so worried. Trust yourself, and trust her.*