

Design Your Truth Lantern

YOUR TRUTH. YOUR LIGHT. YOUR WAY.

Your truth is the light that guides you home to yourself.



A lantern gives light, clarity, and direction—even in the dark. Design a lantern that represents YOUR truth. Use colors, patterns, symbols, and words to reflect what is most real, important, and powerful in you.

GUIDE YOUR DESIGN

Colors

- What colors represent your truth?
- What feelings or values do those colors reflect?

Symbols & Images

- What symbols, images, or nature elements reflect who you are?
- What do they mean to you?

Patterns & Details

- What patterns represent your journey, growth, or strength?
- Choose designs that feel true to you.

Words or Affirmations

- What words, mantras, or reminders light you up?
- Write them on or around your lantern.

LIGHT IN THE DARK

Your lantern can be a reminder that your truth shines—even during hard times. It is always there, lighting your way.



WHAT MY LANTERN REPRESENTS

My core values:

What I stand for:

What I'm proud of:

What I'm becoming:

What I will never forget about myself:



REFLECTION

How does it feel to see your truth so clearly?

How can you let this light guide your choices and actions each day?

What helps keep your light shining bright?

MY TRUTH IN ACTION

List 3 ways you can live more in alignment with your truth this week:

1. _____
2. _____
3. _____



You are the light. Your truth matters. Let it shine.