

Glow & Grow Self-Esteem Kit

A recipe-style guide for building a confidence kit with self-care items, printable resources, and encouragement.



Ingredients / Kit Items

Item	Quantity	Purpose
Reusable gift bag or pouch	1	Holds the kit and makes the gift feel special.
Gentle cleanser	1	Introduces a simple first step in a skincare routine.
Toner or refreshing mist	1	Supports the toner lesson from the video resources.
Face or body moisturizer	1	Encourages hydration and daily care.
Lip balm or small care item	1	Adds an easy confidence-building item girls can use anytime.
My Weekly Journal Card	1 printed card	Gives girls a weekly reflection and mood check-in.
Glow & Grow Affirmation Cards	1 cut-out sheet	Adds encouraging messages that can be saved or shared.
Glow & Grow Tracker	1 checklist	Helps girls track simple self-care and confidence steps.
Personal note or encouragement insert	1	Makes the kit feel warm, personal, and supportive.

Build Steps

1. Prepare a clean table and group items by type: skincare, printables, journal/reflection, and encouragement.
2. Print the three online forms: the Weekly Journal Card, the Affirmation Cards, and the Glow & Grow Tracker.

3. Place the printed forms in a small folder, envelope, or clear sleeve so they stay neat inside the kit.
4. Add the skincare products in the order girls may use them: cleanser, toner, moisturizer, then lip/body care.
5. Add a personal encouragement note or a welcome card that explains the purpose of the kit.
6. Pack everything into the Glow & Grow bag or pouch and check that the kit feels complete, kind, and age-appropriate.
7. Use the checklist before distribution and store finished kits in a clean, dry space.

Quality Checklist

- All items are new and unopened.
- Products are gentle and age-appropriate.
- Printables are included and readable.
- The kit includes both practical items and encouragement.
- The finished bag is clean, complete, and ready to give.