

Inner Beauty Bags

- Lip Balm: For beautiful lips, only speak kind things about others
- Eye shadow or eye liner: Always look for the good in others
- Granola Bar: For a slim figure, work hard and serve others
- Lotion: Use your hands to lift others and to guide them on the right path.
- Milk: Walk tall, you are a daughter of God!
- Cotton Ball: Be gentle with others, especially your family.
- Soap: The atonement is here for you to use. Use it daily.
- Mirror: Reflect the light of Christ that is in you by reading and studying the scriptures daily.
- Hot Cocoa: Make time each day for some peace and quiet. In these quiet moments is when you will feel the love of the Savior the most.