Self-esteem means how a girl feels about herself—her abilities, her body, her capacity to seek and meet challenges in the world. On average, the self-esteem of Brownie-age girls is relatively high, and keeping that self-esteem high is one of the goals of this journey. That way, as the girls grow, they’re more likely to avoid the drop in self-esteem that is so typical in adolescence. Without that drop, their confidence can soar!