



The 12 Cs Definitions

CHARITY	Give to those in need without expecting anything in return.
COMEDY	Being able to laugh and have joy in your life. Being able to laugh at yourself.
COMMITMENT	Give your best effort and don't give up. When you fall down, get back up and try again. Do what you say you're going to do.
CAREFUL	Eat mostly healthy and stay active. Stay away from danger.
COMPASSION	Care about the happiness of others.
COMMUNICATION	Use your words, body language, tone and listening to be understood.
CONFIDENT	Believe in yourself. Believe you can do it. Believe in your abilities.
CHOICES	Make the best decisions you can. However, when you make a mistake, learn from it and make a better future decision.
COGNITIVE	Training your brain to think more positively. Think before you do.
CHERISH	Be thankful for what you have. Practicing gratitude.
CENTERED	Being able to calm yourself and handle your emotions.
COURAGEOUS	Being able to push through your fears.