



## The 12 Cs Definitions

<b>CHARITY</b>	Give to those in need without expecting anything in return.
<b>COMEDY</b>	Being able to laugh and have joy in your life. Being able to laugh at yourself.
<b>COMMITMENT</b>	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.
<b>CAREFUL</b>	Eat mostly healthy and stay active. Stay away from danger.
<b>COMPASSION</b>	Care about the happiness of others.
<b>COMMUNICATION</b>	Use your words, body language, tone and listening to be understood.
<b>CONFIDENT</b>	Believe in yourself. Believe you can do it. Believe in your abilities.
<b>CHOICES</b>	Make the best decisions you can. However, when you make a mistake, learn from it and make a better future decision.
<b>COGNITIVE</b>	Training your brain to think more positively. Think before you do. <b>Red Rant</b> is on one side of your head telling you negative things like, "I can't do it" or "No one likes me" or "I'm too scared to try." <b>Green Glory</b> is on the other side of your head telling you positive things like, "I can do it," or "I am safe," or "I'll figure it out if I keep trying."
<b>CHERISH</b>	Be thankful for what you have. Practicing gratitude.
<b>CENTERED</b>	Being able to calm yourself and handle your emotions.
<b>COURAGEOUS</b>	Being able to push through your fears.