



Core Life Principles and Definition

Principle	Definition
Respect	(noun) Expressing a feeling of honor, appreciation, and admiration towards someone
Responsible	(adj.) Dependable; able to be trusted and relied upon
Rules	(noun) A statement that tells you what is or is not allowed
Goal	(noun) A purpose or objective that one strives to achieve
Volunteer	(verb) To offer oneself for a service willingly and without pay
Empathy	(noun) The ability to understand and share another person's experiences, emotions, and feelings
Gratitude	(noun) A feeling of thankfulness or appreciation
Tolerance	(noun) The willingness to accept feelings, behavior, or beliefs that are different from your own
Healthy Living	(noun) Choosing nutritious food, staying active, and avoiding toxic substances to be healthy inside and out
Moderation	(noun) Staying safely away from excesses or extremes
Honesty	(noun) Being fair and truthful; not lying, cheating, or stealing
Wisdom	(noun) Having experience, knowledge, and good judgment
Optimist	(noun) A person who is hopeful about how things will turn out
Perseverance	(noun) Having the self-discipline to continue a task in spite of many difficulties
Courtesy	(noun) Polite behavior that shows respect for others
Survival	(noun) the state or fact of continuing to live or exist, typically in spite of an accident, ordeal, or difficult circumstances
Mindfulness	(noun) A way of thinking that nurtures happier and healthier living
Transformation	(noun) The belief that you can learn from or become smarter if you work hard and keep trying