

SINGLE MOM MOTIVATOR

# THE 7 L'S OF LIVING

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## The 7 L's of Living

1. Look
2. Listen
3. Laugh
4. Let Go
5. Learn
6. Love
7. Live

# LOOK

Look for opportunities to improve yourself.

- a. Makeover
- b. Attend School
- c. Wardrobe Change

# **LISTEN**

**Listen to your voice within, or a close friend/family.**

- a. Holy Spirit**
- b. Mentor**
- c. Family/Friend**

**LAUGH**

**Laugh A Lot.**

- a. At yourself**
- b. Movie**
- c. Comedy Show**

# Let Go

Let go of the past.

- a. Relationships
- b. Failures
- c. Guilt

# **LEARN**

**Always strive to  
learn more.**

- a. School/Classes**
- b. Conferences**
- c. Read**

# LOVE

Love yourself & others.

- a. Take yourself out
- b. Hug someone today
- c. Forgive someone & yourself

**LIVE**

**Live life to the fullest, you only get one.**

- a. Travel**
- b. Start a business**
- c. Try new things**

## Evaluate

**Are you happy? Are you living your best life? Do you take care of yourself?**

**Do people celebrate you or tolerate you? What are you doing each day to improve your life?**

# REFLECTION

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I wrote "The 7 L's of Living" in 2007 because I was going through a rough time, and I had to ask myself am I living.

This may not be for everyone, but I believe if are doing these seven things in your life daily, Then you will find out how to live your best life.

**My name is Carmelita McRoy, and I am an author, speaker, and certified life coach. They call me "The Single Mom Motivator".**

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