

# **TEN "L" MODEL FOR LIFE WITH FASD**

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**L**earn form yesterday

**L**ive for today

**L**ook for successes

**L**imit frustration

**L**ess is best

**L**eave failures behind you

**L**ament nothing for long

**L** laugh a lot

**L**ead the way

**L**ove for life

*and always*

**L**ABEL JAM JARS, NOT PEOPLE