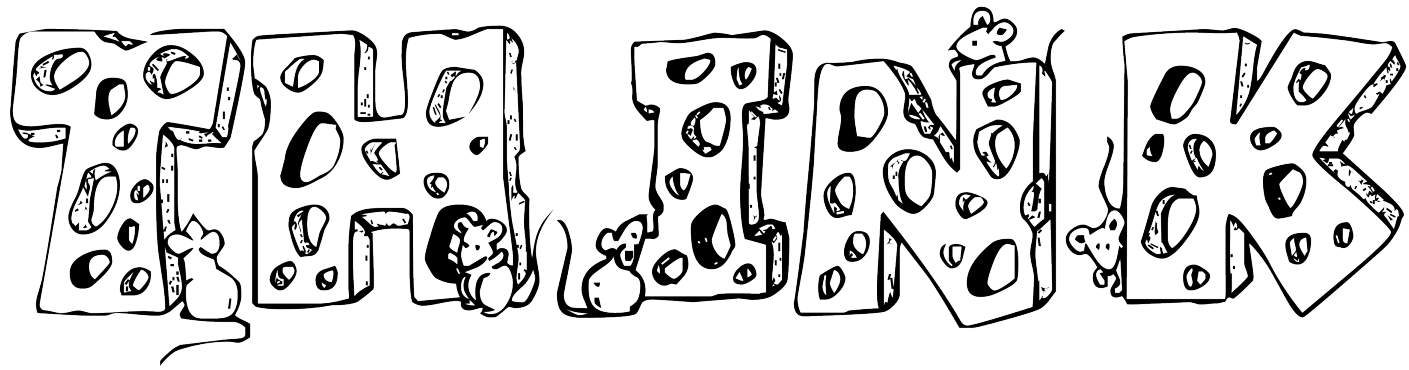
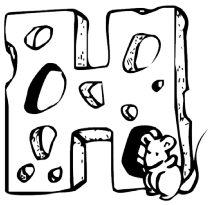
Before you speak:



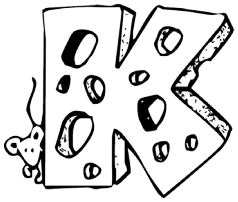
- Is it true?



- Is it helpful?

- Is it inspiring?

- Is it necessary?



- Is it kind?