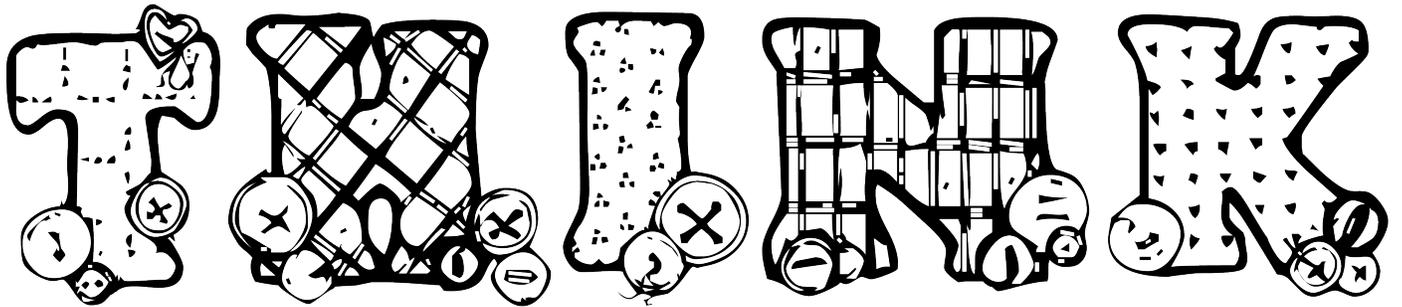
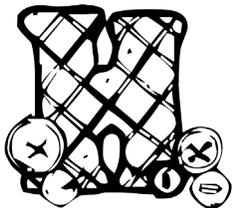


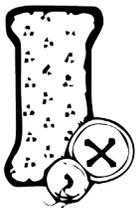
Before you speak:



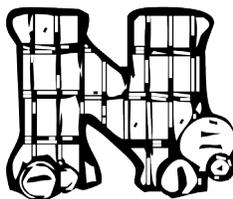
- Is it true?



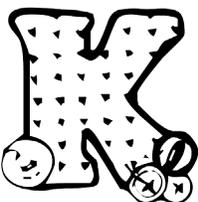
- Is it helpful?



- Is it inspiring?



- Is it necessary?



- Is it kind?