

*Before you speak,*

**THINK**

**T** H I N K

Is it **T** r u e ?

THINK

Is it Helpful?

THINK

Is it **I**nspiring?

THINK

Is it *N*ecessary?

THINK

Is it Kind?

before you speak

**THINK**



**T** ~ is it true?

**H** ~ is it helpful?

**I** ~ is it inspiring?

**N** ~ is it necessary?

**K** ~ is it kind?



The tongue has no bones, but is strong enough to break a heart. So be careful with your words.