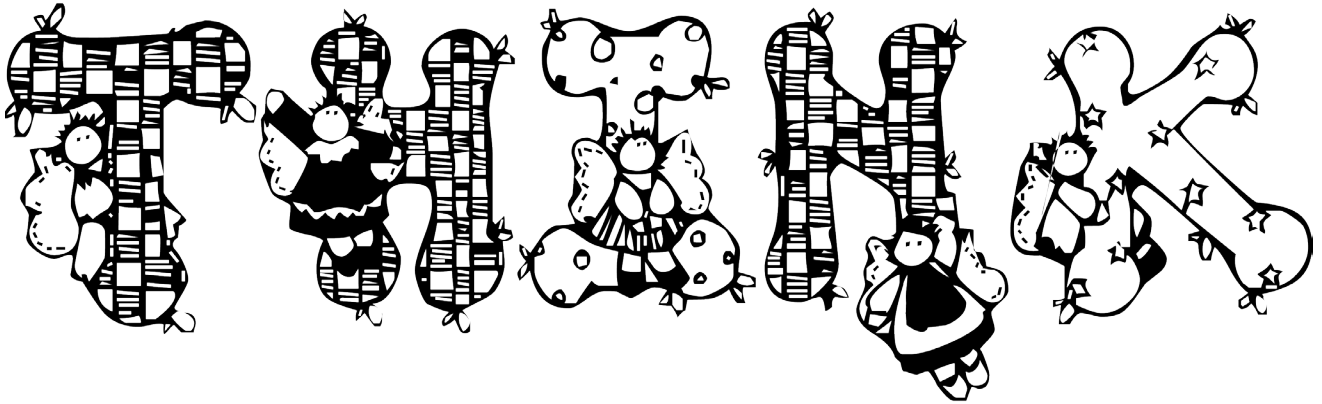


# Before you speak:



- Is it true?



- Is it helpful?



- Is it inspiring?



- Is it necessary?



- Is it kind?