



*Before you speak,*

**THINK**

**T**HINK

Is it **T**True?



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.