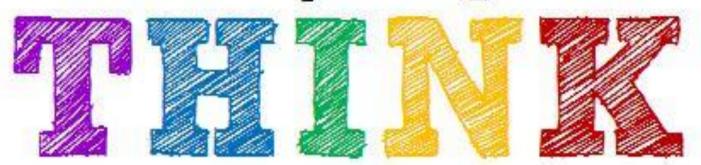
Before you speak:



I = Is it True?

= Is it Helpful?

I= Is it Inspiring?

= Is it Necessary?

= Is it Kind?