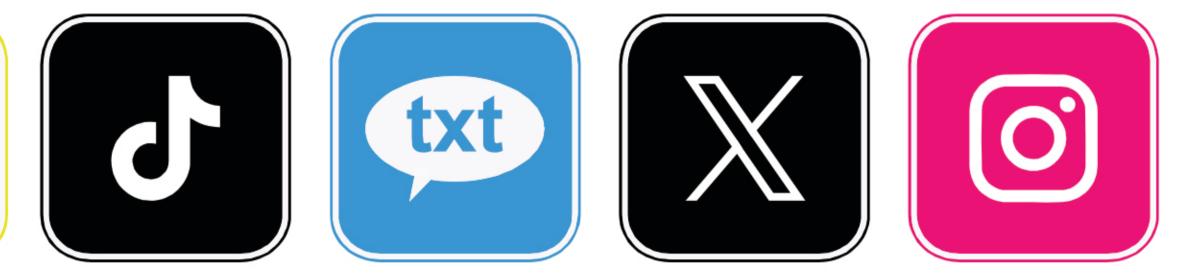
Before You Speak

or











is it true?

is it helpful?

is it inspiring?

is it necessary?

is it kind?