Think Before You Speak

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before you speak
THINK

T - is it TRUE?
H - is it HELPFUL?
I - is it INSPIRING?
K - is it KIND?

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"Before you speak... Think... Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it kind?"

So many of us are used to speaking before we actually think about what we say. Before we come out with a verbalized thought we should always make sure that the thought in which we are attempting to verbalize is one that actually means what our heart wants to tell. When we speak before we are truly ready things start to happen that we often wished didn't happen.

Learning to think before you speak is something that many must practice before they get a real grasp of the concept. Remember that you are who you are, and it isn't with your words that you will prove anything, most of the time, the proof is in how you act anyway, for that is what people truly examine. Remember that each word you speak is a seed that you plant for the future, be sure to plant the right ones.

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