

Before you speak:

THINK

T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?

If it's not all of these things, don't say it!

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I have this tube of chapstick,
I'll put some on each day,
I'll do it to remind me,
To choose the words I say.

I'll try to speak with kindness,
To everyone I meet.
I'll try to spread some happiness,
To those that I may greet.

I want to live the gospel.
I will choose each word I say.
I'll speak in just the kindest words
And I won't forget to pray.



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