

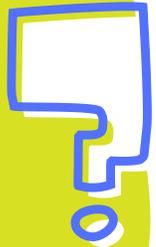
Before I **Speak**,
Is it...

Honest



My words:

- are truthful
- are not gossip



Helpful



My words:

- are on-topic
- encourage others



Holy



My words:

- show love for God and my neighbor
- are pleasing to God

