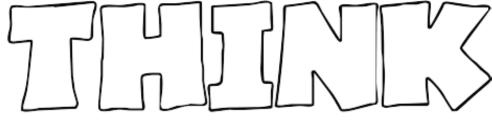
## Before you speak:





- Is it true?



- Is it helpful?



- Is it inspiring?



- Is it necessary?



- Is it kind?

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