



# Focus of the week: Say It In Your Head

I don't need to say everything that comes into my head, sometimes its better to be like Thelma and **THINK** before you speak.

T- Is it true?



H- Is it helpful?



I- Is it inspiring?



N- Is it necessary?



K- Is it kind?



If I **THINK** before I speak I know that I will be making the right choices at Bridge Road.