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.

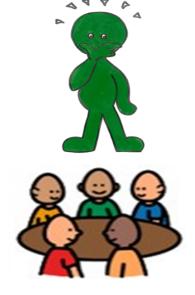
T- Is it true?

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.