

the T.H.I.N.K dare

I want to make the world a better place, and I can.

I hereby accept the challenge to ask myself the following before I speak or communicate in any capacity, be it in person or via texting/social media:

Is what I am about to say or do...

True?
Helpful?
Inspiring?
Necessary?
Kind?

I will remind myself that just because something might be true, it doesn't mean that it is helpful, inspiring, necessary or kind. If I cannot put a check mark next to each acronym for T.H.I.N.K, I will simply not say (or do) anything.

I will THINK, and I will understand that it is better to say nothing than it is to say something hurtful, unnecessary, harmful or simply unkind.

On the other hand, I will remind myself that it is better to say SPEAK UP for someone who is being picked on, bullied, or treated unfairly.

It is never too late to try again. Every single moment is a chance to start over.

SIGNED: _____ DATED: ___/___/___

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