

I speak with kindness

I speak with kindness.

My words are powerful, so I only speak with kindness. My words affect others. They can help or hurt people, so it is important to make them kind. I know my conversations matter and have an impact.

I avoid sarcasm or a mocking tone while speaking.

I avoid negative language and hurtful words that create pain. The way I speak to my loved ones matters. I treat them with respect and love.

I am careful with my words and focus on positivity.

I think about my words before I speak. If I am upset, I pause and reframe my thoughts to keep anger, resentment, or jealousy from taking over.

I understand that brutal honesty is better with kindness mixed in. **I know that others deserve to hear the truth, but it is better to share it with love.** I am careful with how I express my feelings and thoughts.

Today, I pay attention to the words I use and ensure that I speak with kindness. I get rid of harsh feelings, so my words are kind. I eliminate the negative thoughts that can adversely affect my conversations.

Self-Reflection Questions:

1. How can I speak with kindness while dealing with anger or other negative feelings?
2. What can I do to make it easier for others to speak with kindness?
3. How can I teach my family and children to speak with kindness?