"Watch your thoughts for they become your words. Watch your words for they become your actions. Watch your actions for they become your habits. Watch your habits for they become your character. Watch your character for they become your destiny."

There is death and life in the power of the tongue though many of us unwillingly underestimate the power of our words. Words have tremendous power, especially if they are heard over and over again, and are instilled into a person's psyche. Words are like a powerful drug, because they have the power to either influence and inspire growth or to help cause destruction, words can weigh heavy on a person, and words may also help to liberate a person.

From knowing this we must all be willing to choose our words carefully. Though it may be easier said than done, we have to all make efforts to not speak out against anyone behind their backs, and to only speak so that they will be able to hear it, receive it, and grow from it. Your words are powerful, always make sure to think and use words that build instead of destroy.

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