



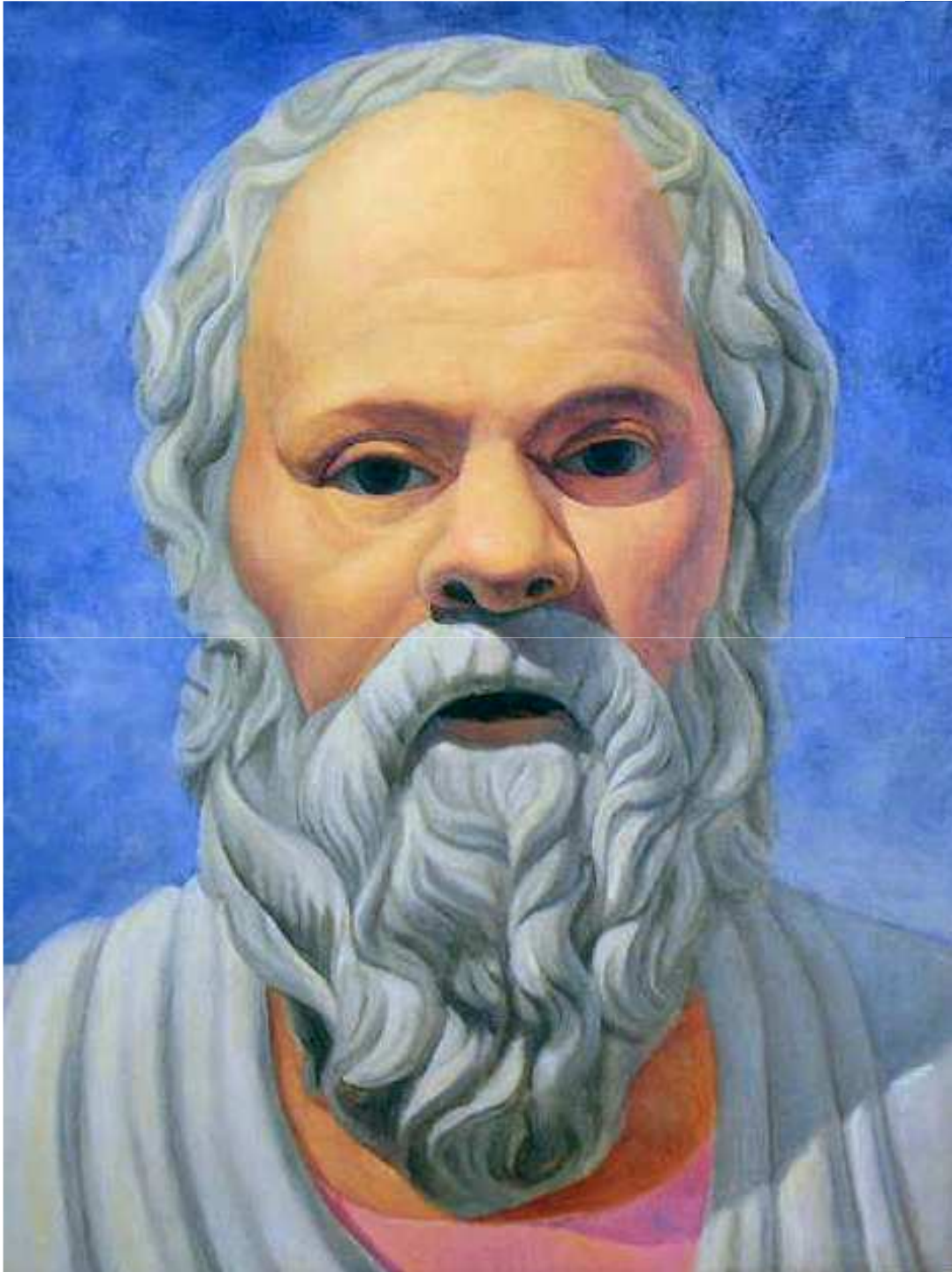
Say Good Things!!!

Our mouths often get us into deep and far more trouble than is sensible. Because they had it coming or from frustrations elsewhere seeping out or perhaps to put someone else down to (crazily) make ourselves look better.



Truth is it rarely bears fruit and causes more repercussions than it's worth. In fact it's much wiser to bite your tongue and actually say the complete opposite even if you're dying to put the verbal knife in or give someone in particular both barrels. **Here is the test of three story from Socrates.**





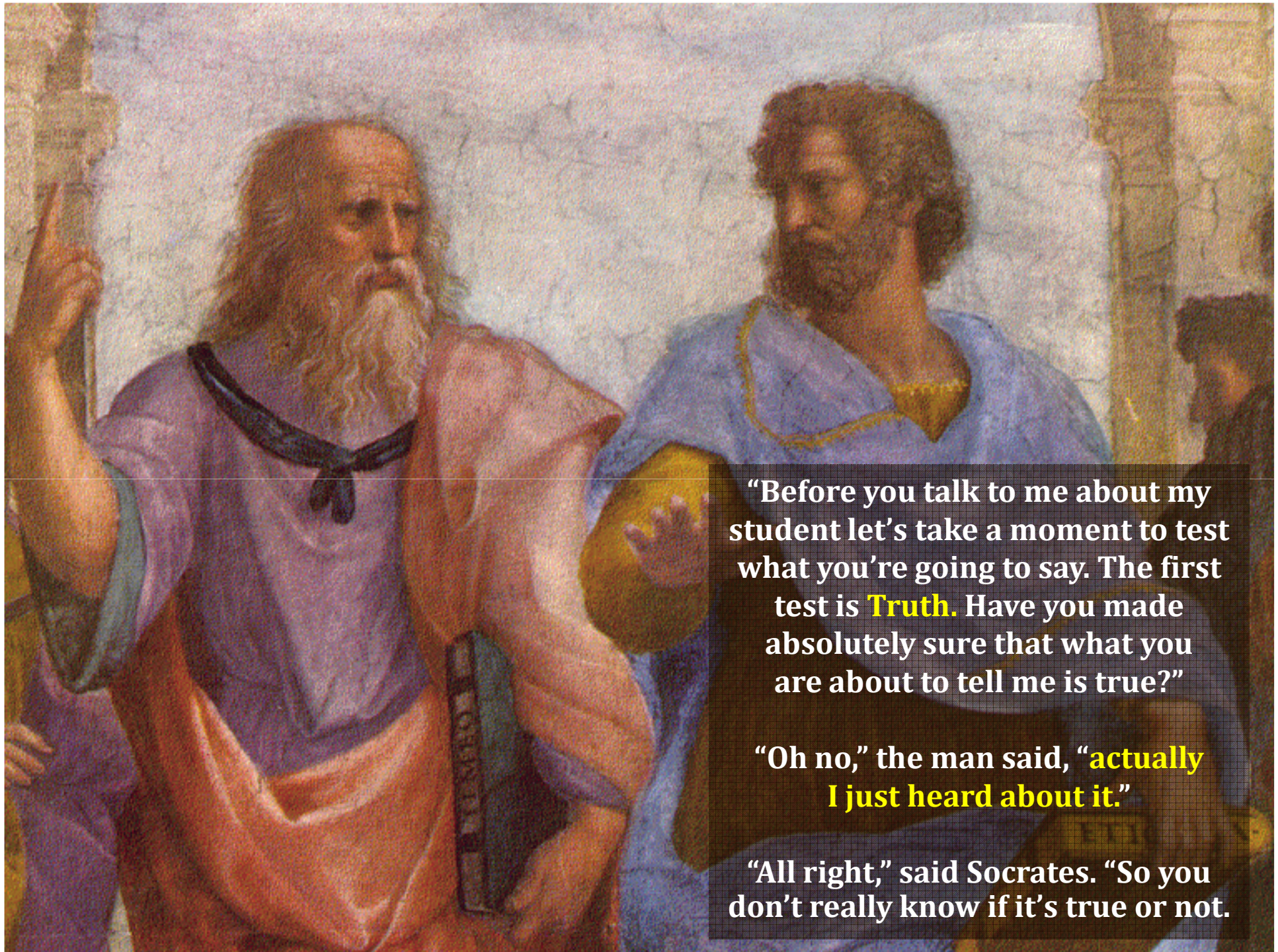
One day the great
Greek philosopher Socrates
(469 – 399 BC) came upon an
acquaintance who ran up to him
excitedly and said, “**Socrates,**
do you know what I just heard
about one of your students?”

**“Wait a moment,” Socrates
replied. “Before you tell me I’d
like you to pass a little test. It’s
called the **Test of Three.**”**

“Three?”, exclaimed the student.

**“That’s right,” Socrates
continued.**

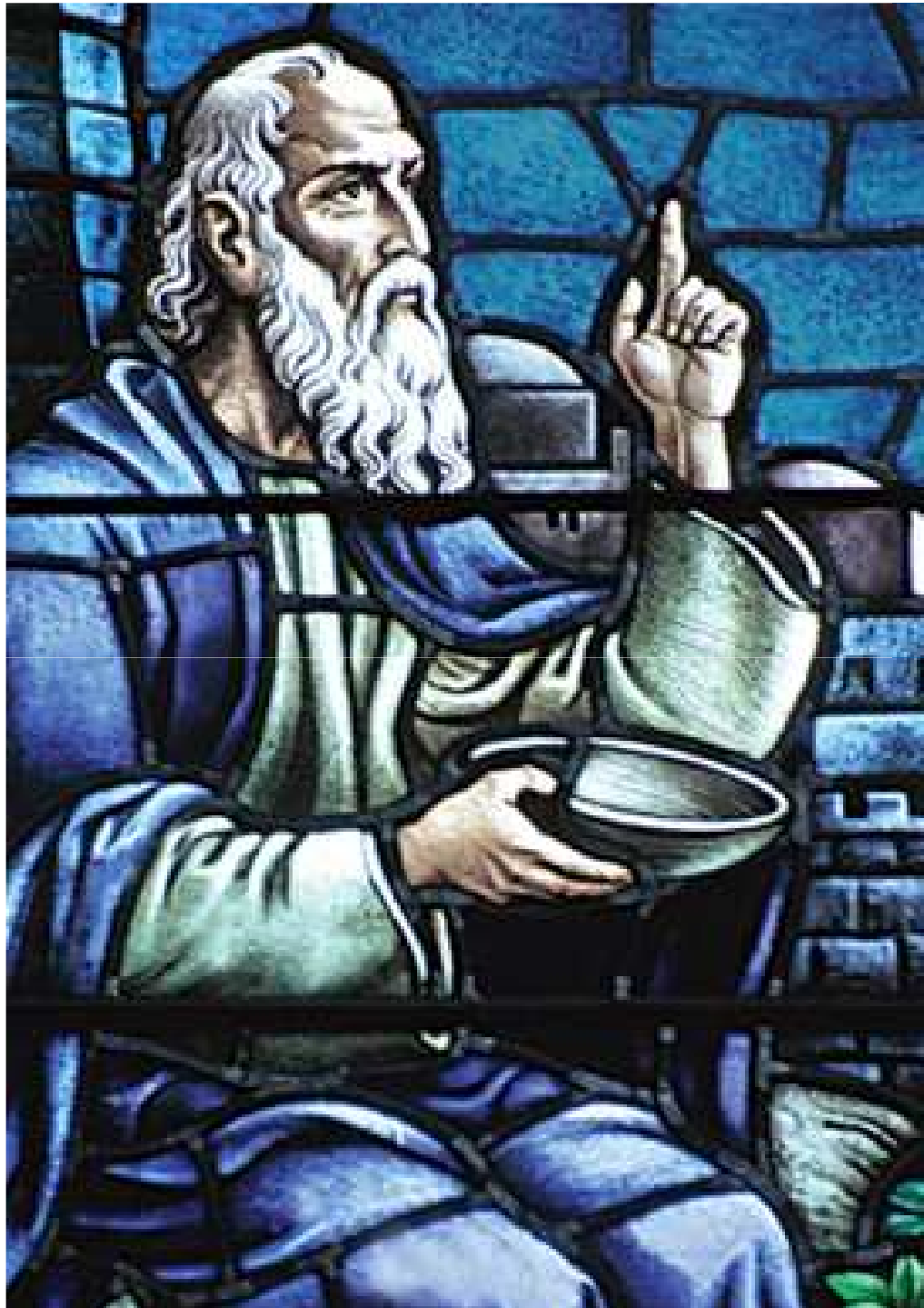




“Before you talk to me about my student let’s take a moment to test what you’re going to say. The first test is **Truth**. Have you made absolutely sure that what you are about to tell me is true?”

“Oh no,” the man said, “**actually I just heard about it.**”

“All right,” said Socrates. “So you don’t really know if it’s true or not.”

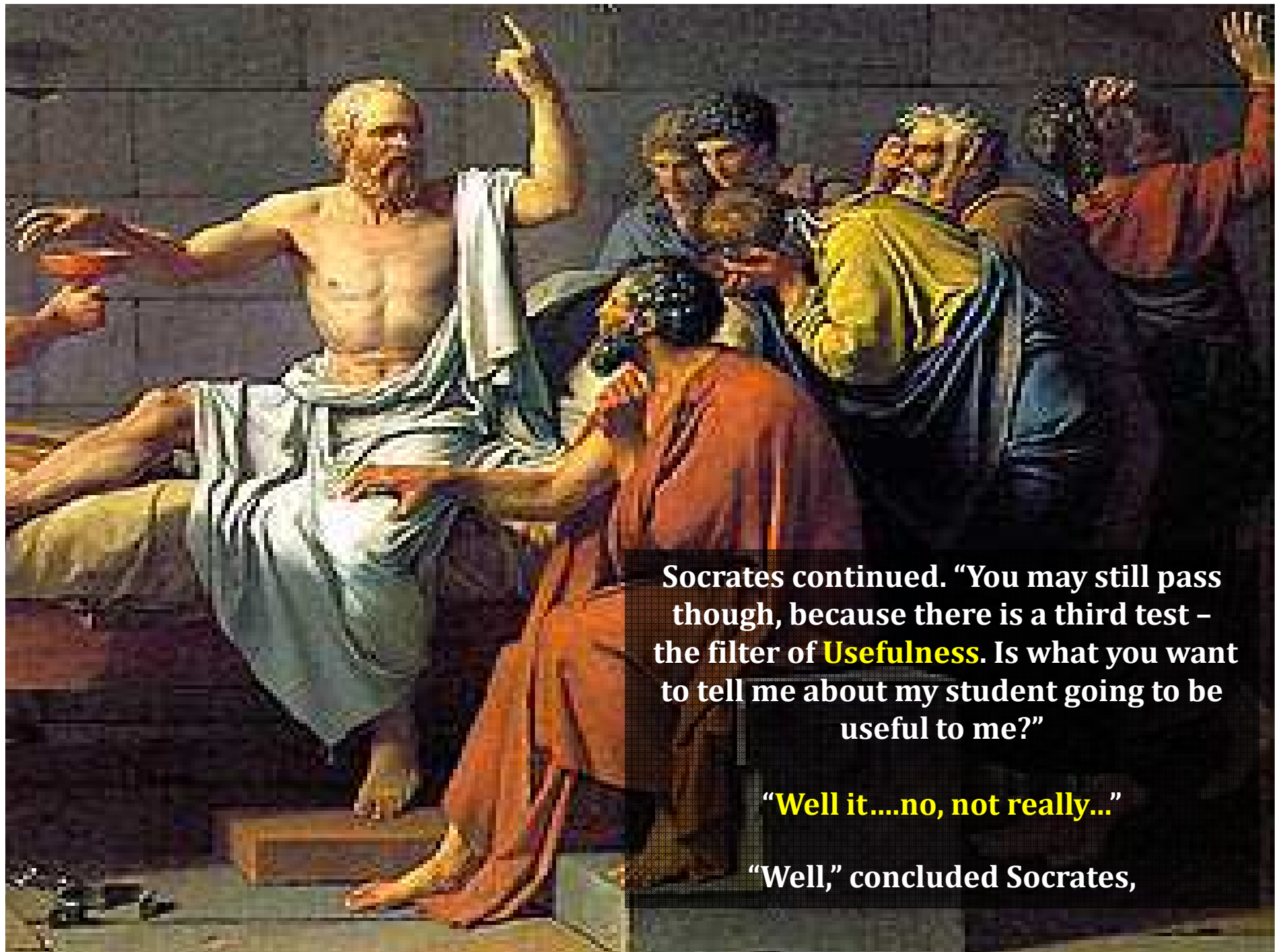


Now let's try the second test, the test of **Goodness**. Is what you are about to tell me about my student something good?"

"No, on the contrary..." Student replied.

"So," Socrates interrupted, "you want to tell me something bad about him even though you're not certain it's true?"

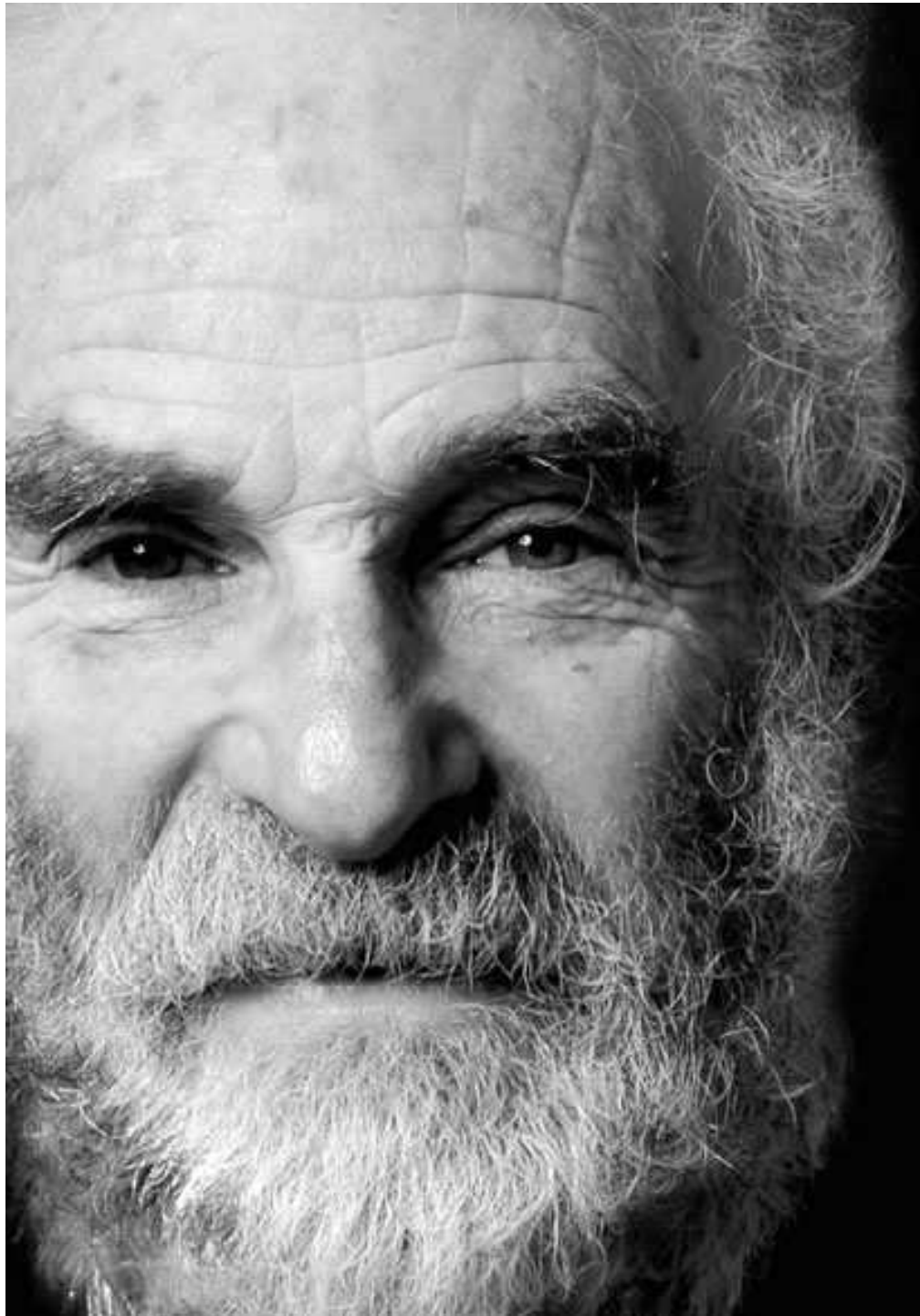
The man shrugged, a little embarrassed.



Socrates continued. "You may still pass though, because there is a third test – the filter of **Usefulness**. Is what you want to tell me about my student going to be useful to me?"

"Well it....no, not really..."

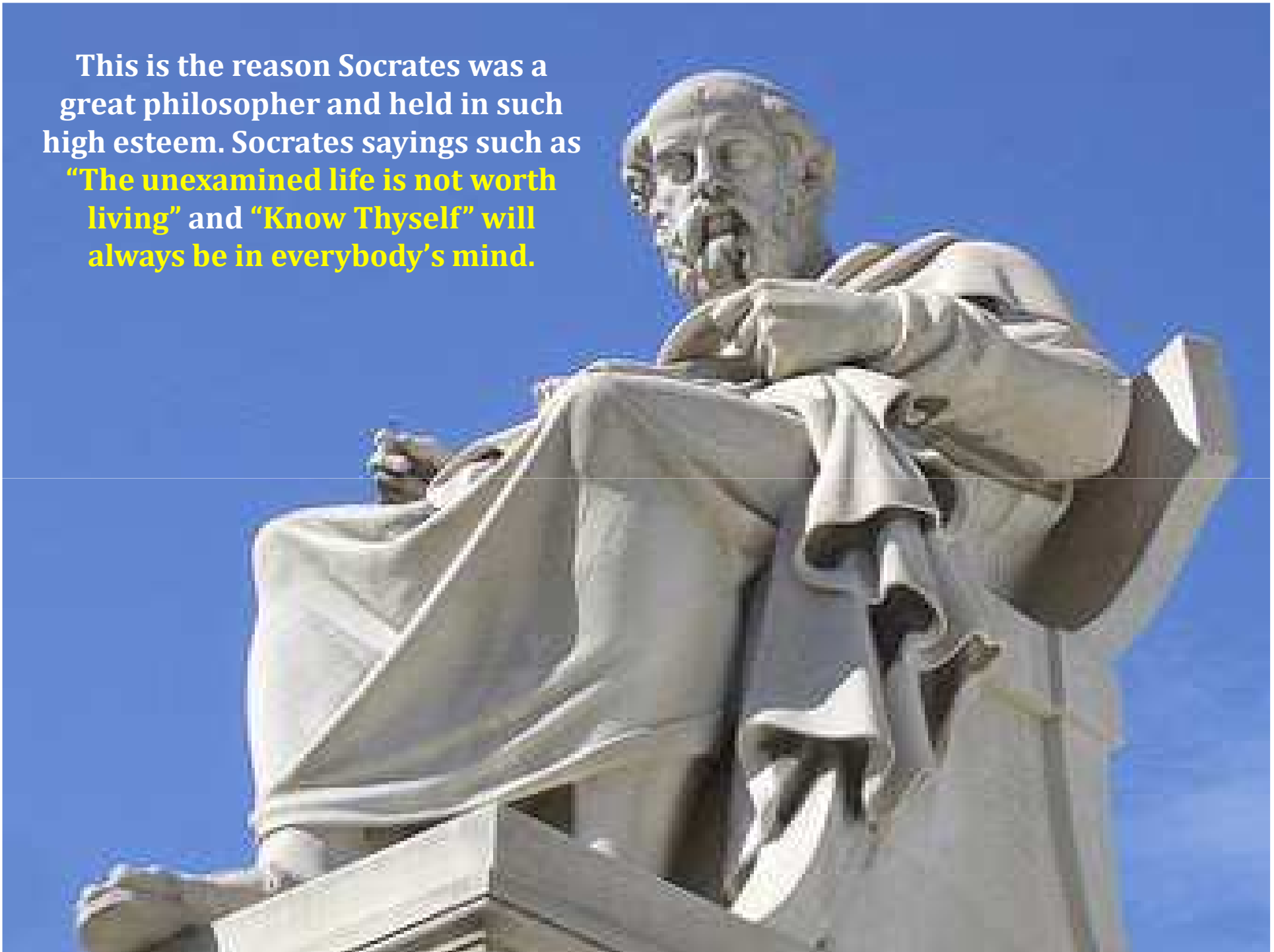
"Well," concluded Socrates,



“If what you want to tell me is neither **True** nor **Good** nor even **Useful**, why tell it to me at all?”

The man was defeated and ashamed.

This is the reason Socrates was a great philosopher and held in such high esteem. Socrates sayings such as **“The unexamined life is not worth living”** and **“Know Thyself”** will always be in everybody’s mind.



Moral Lesson # 1 : They say more about you than anyone else.

You may believe that bad mouthing others will make the world view them in a bad light, but, in reality, it is you my friend that will have the tarnished image. You will develop an undesirable reputation (and reputations are renowned for being very hard to shift) for being a negative, unfriendly type of girl or guy and plenty will soon begin giving you a wide berth.



If you want a good reputation
only **say good things.**

Moral Lesson # 2 : Your body benefits.

Words have an energy so using harsh ones creates a toxic reaction within the body. When you communicate with aggrieved language you are only feeding poisonous emotion into your own system because speaking negative leads to feeling negative. If this persists it festers and the only sufferer will be yourself as your health will reflect your mood.



Good health stems from **speaking in a good manner** which make you feel good all over.

Moral Lesson # 3 : Popularity soars.

It's in our DNA. People who say likeable words develop a likeable personality and we all love to be around good-natured, considerate folks who spread happiness with their warm words and kind comments. It rubs off on everyone around them and you'll find that amounts to plenty, all drawn to the nice soul with nice things to say.

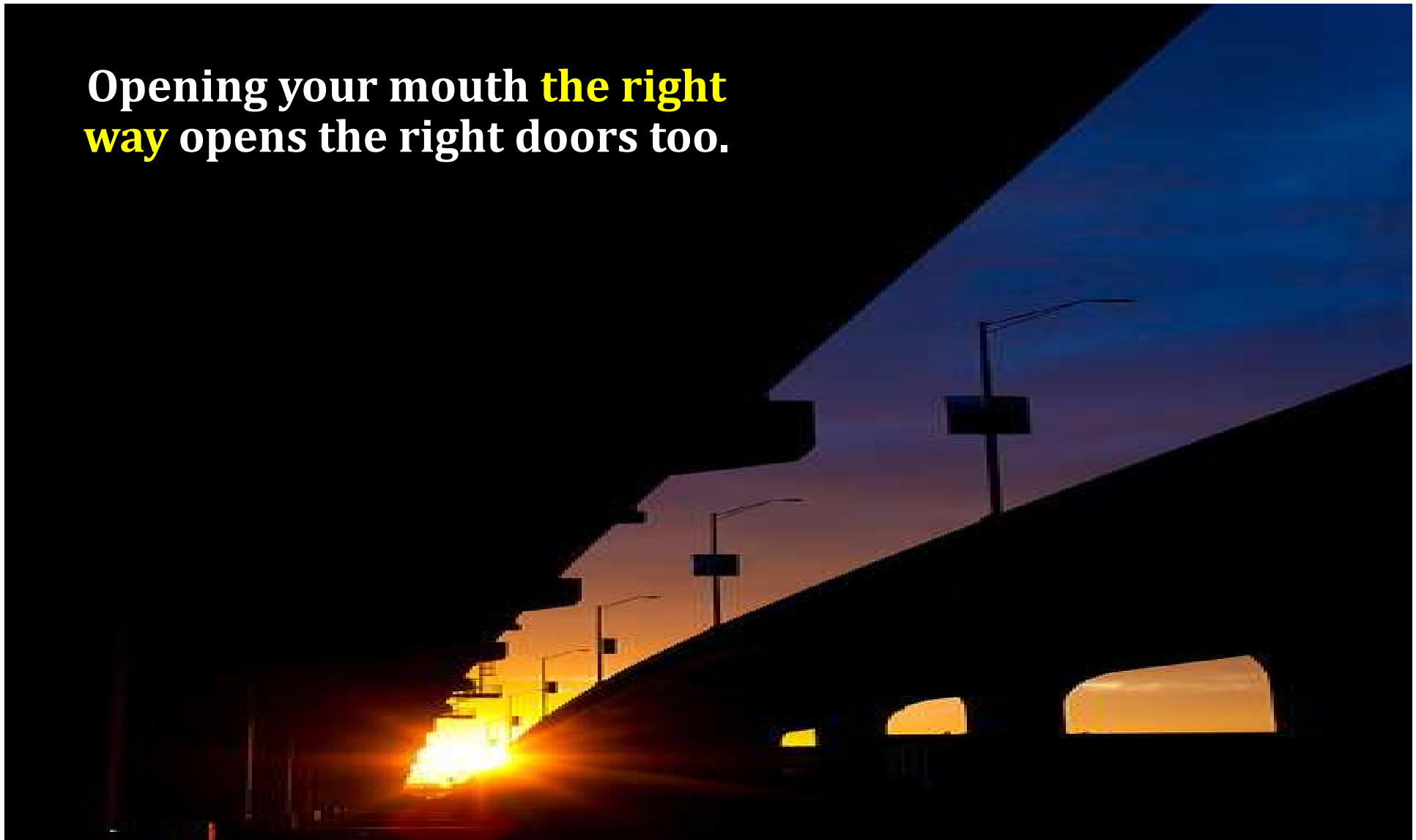


Your popularity increases in proportion to **the great words that come from your lips.**

Moral Lesson # 4 : It opens doors.

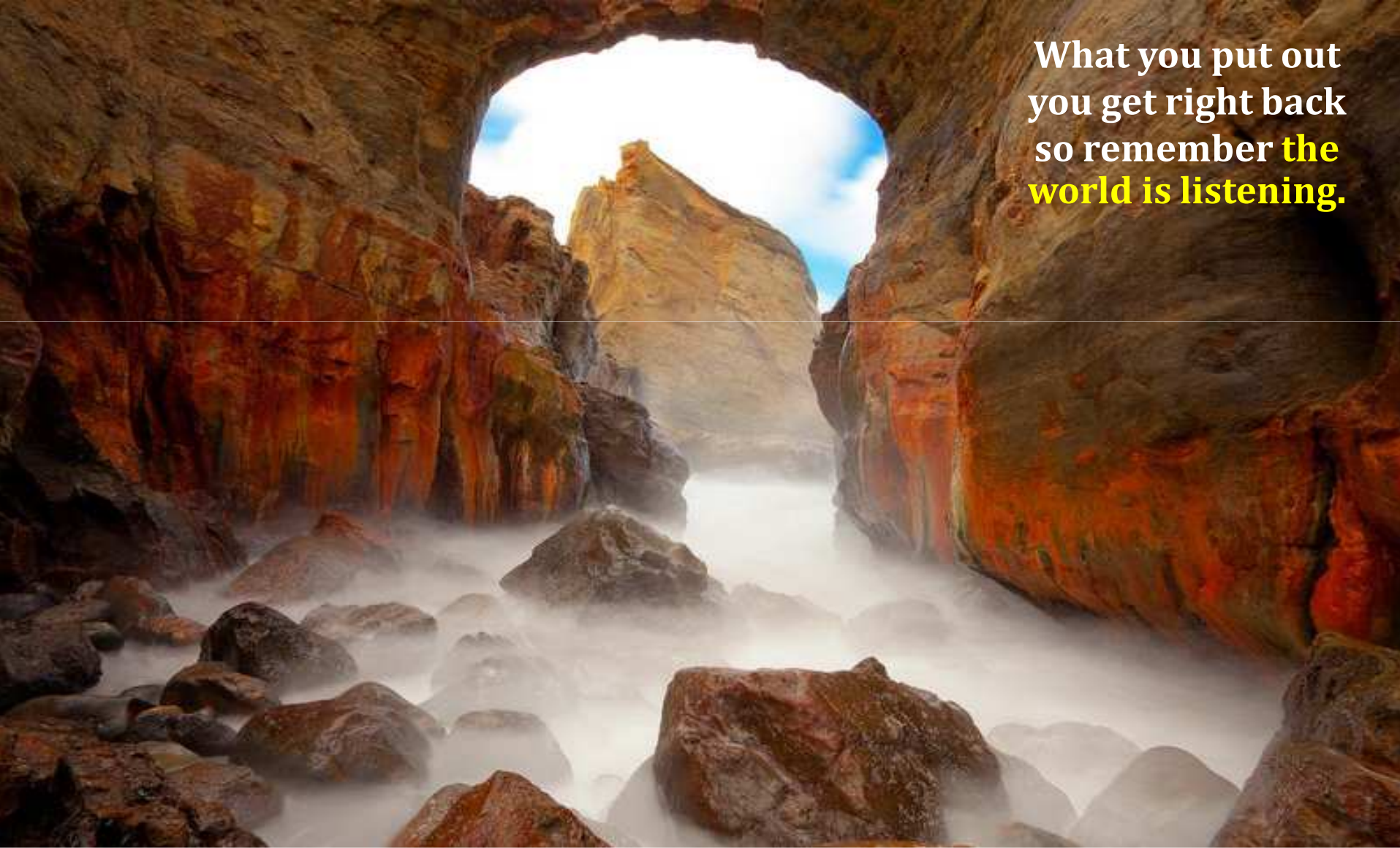
When you converse on the positive and supportive you show people your credentials as a human being. And since people 'buy into' other people this will open doors of opportunity. Doors that were once closed or you never knew were even there suddenly swing wide open in the form of invites, openings, offers, and requests. It's the key in the lock.

Opening your mouth **the right way** opens the right doors too.



Moral Lesson # 5 : Like attracts like.

It's amazing how lovely people have so many amazing things happen to them. They seem to constantly draw magical situations and fun experiences into their orbit. This is the ripple effect of speaking well about the world and all those in it. It's like a luck spell that wafts out across the globe making upbeat encounters appear. Like attracts like so say it with love and watch what comes back to you.



What you put out
you get right back
so remember **the
world is listening.**

Moral Lesson # 6 : You become a key influencer.

Every day we are influencing many people around us. Neighbors, partners, family, children, work colleagues, the community, social connections, new introductions and so on. With such a wide network of contacts you are a key influencer on life so it's wise to make that influence as optimistic, stimulating and favorable as possible.



Every day people are listening to you **so influence their lives only with helpful words.**

'If you can't say anything nice, then don't say anything at all.' It's one of the finest pieces of wisdom of all time and will probably last forever. So, if you follow it you will be in the same class as Plato, Winston Churchill, Mother Teresa, and Napoleon Hill. Remember that good words are great words and those that say them are great people!



“It is better **to remain silent and
be thought a fool, than to speak
out and remove all doubt”.
- Abraham Lincoln.**

**Thank You Very Much
Sompong Yusoontorn**