



"Things don't get easier, you get stronger"

This quote to me means that as you learn and experience things, you get stronger. It's you that changes. This quote is very inspirational to me because it's telling me that I'm strong and I can do anything; everybody can get through anything.

The reason I chose this quote is because it's very true, it has very truthful and strong meanings, everybody should know they are very strong.

It's important to spread kindness because everybody needs kindness in their life. If you are kind to someone it makes you feel good and the person you were kind to feels good.

You can be kind to someone by helping them, complementing them and just genuinely being nice. There are so many ways you can be kind to people and being kind is not that hard.

STRÖNG

The word "STRÖNG" is rendered in a bold, black, rounded font. The letter 'O' is replaced by a pink heart. The letter 'R' has a yellow lightning bolt pointing downwards from its base. The letter 'G' has a blue lightning bolt pointing downwards from its right side. A yellow crown sits atop the 'O'. The word is surrounded by various decorative elements: a cluster of colorful dots and geometric shapes (stars, triangles) to the left; a yellow lightning bolt under the 'R'; a blue lightning bolt to the right of the 'G'; and a horizontal row of colorful dots below the word.