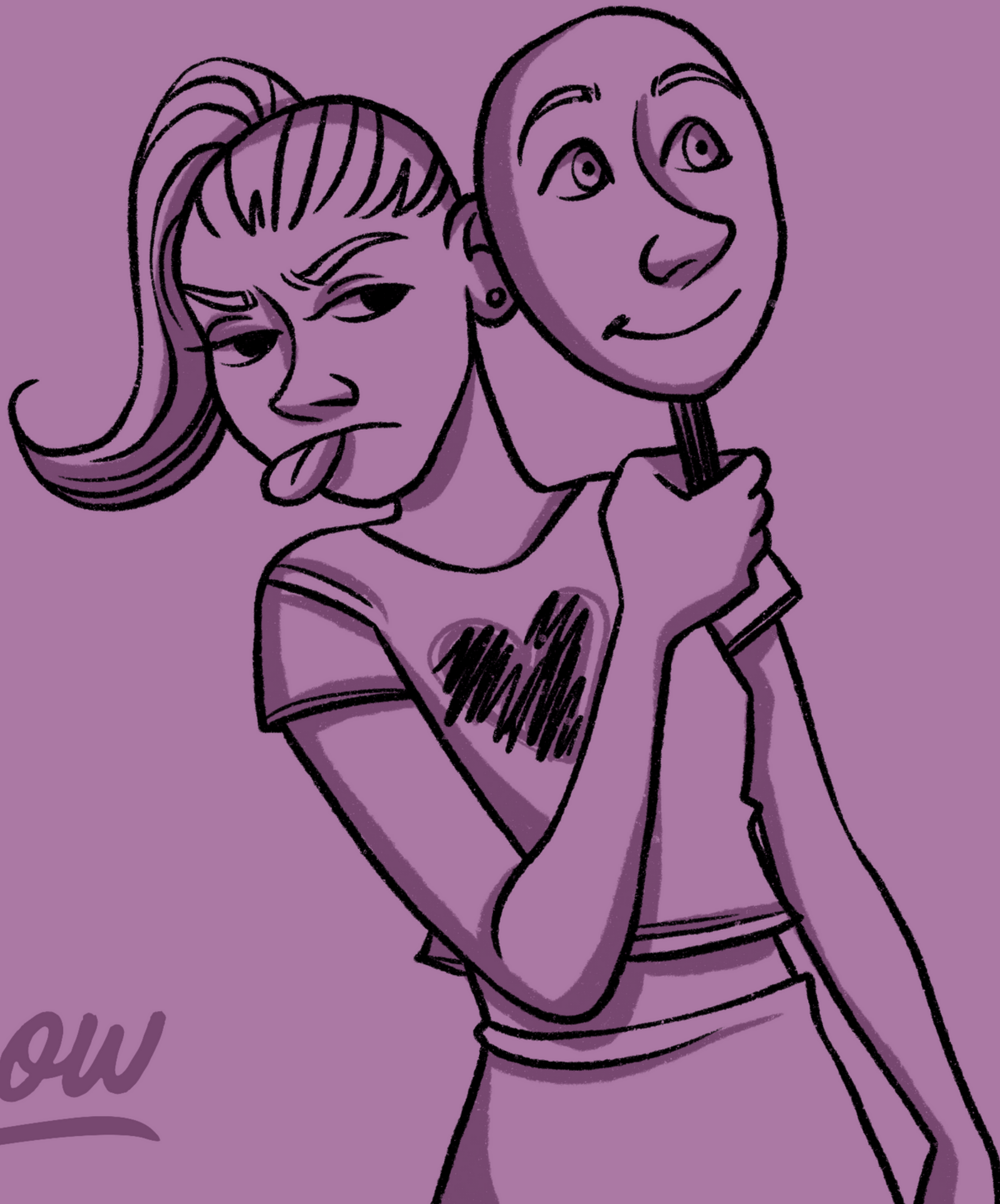


Did you know that there's a big  
difference between being nice and  
being kind?



flow

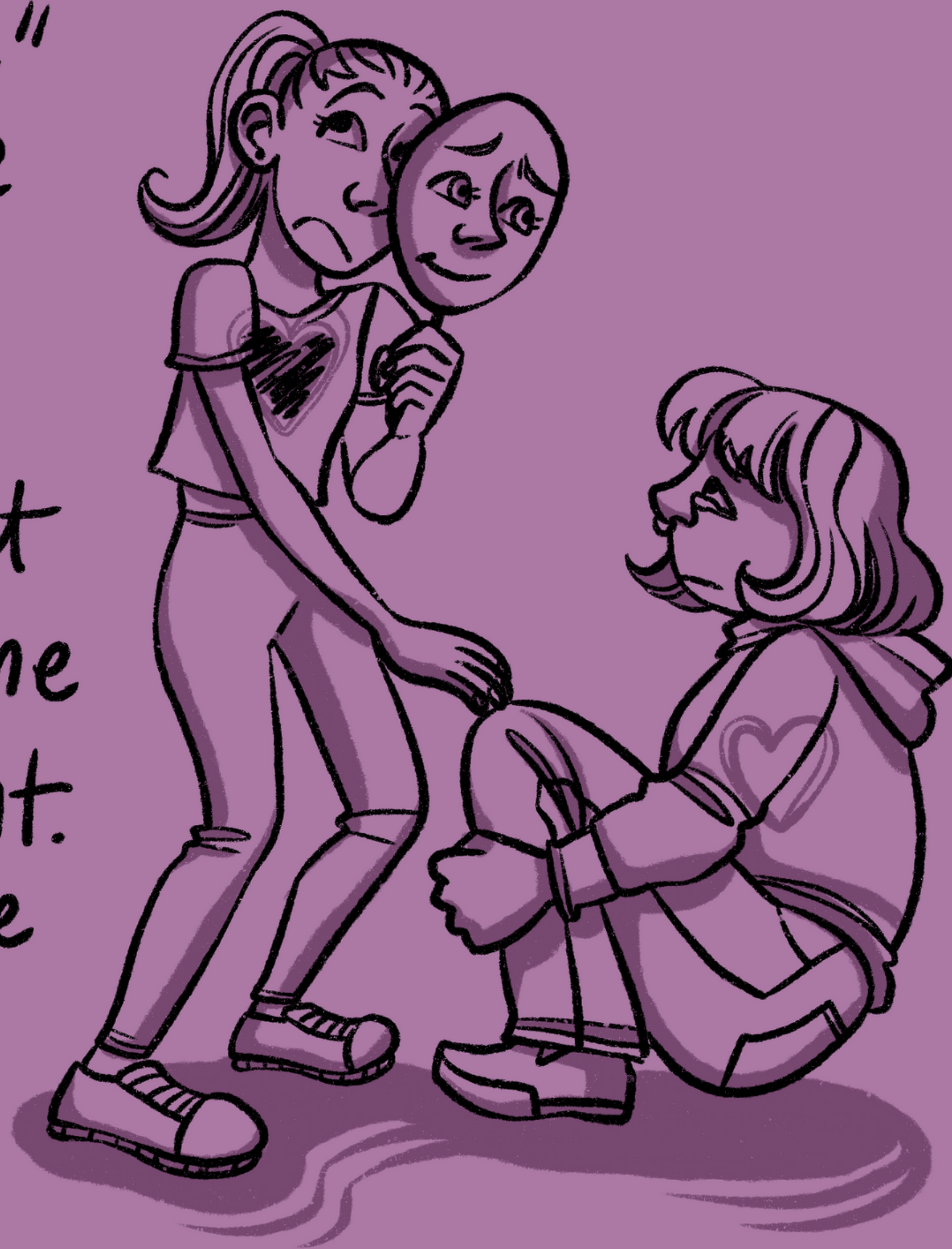




I know, it sounds like it's the same thing  
but it's super different.



Think of "nice" as a surface level thing. This isn't a bad thing, but "niceness" alone holds no weight. You can be nice and not truly mean it.





Kindness is a deeper thing.





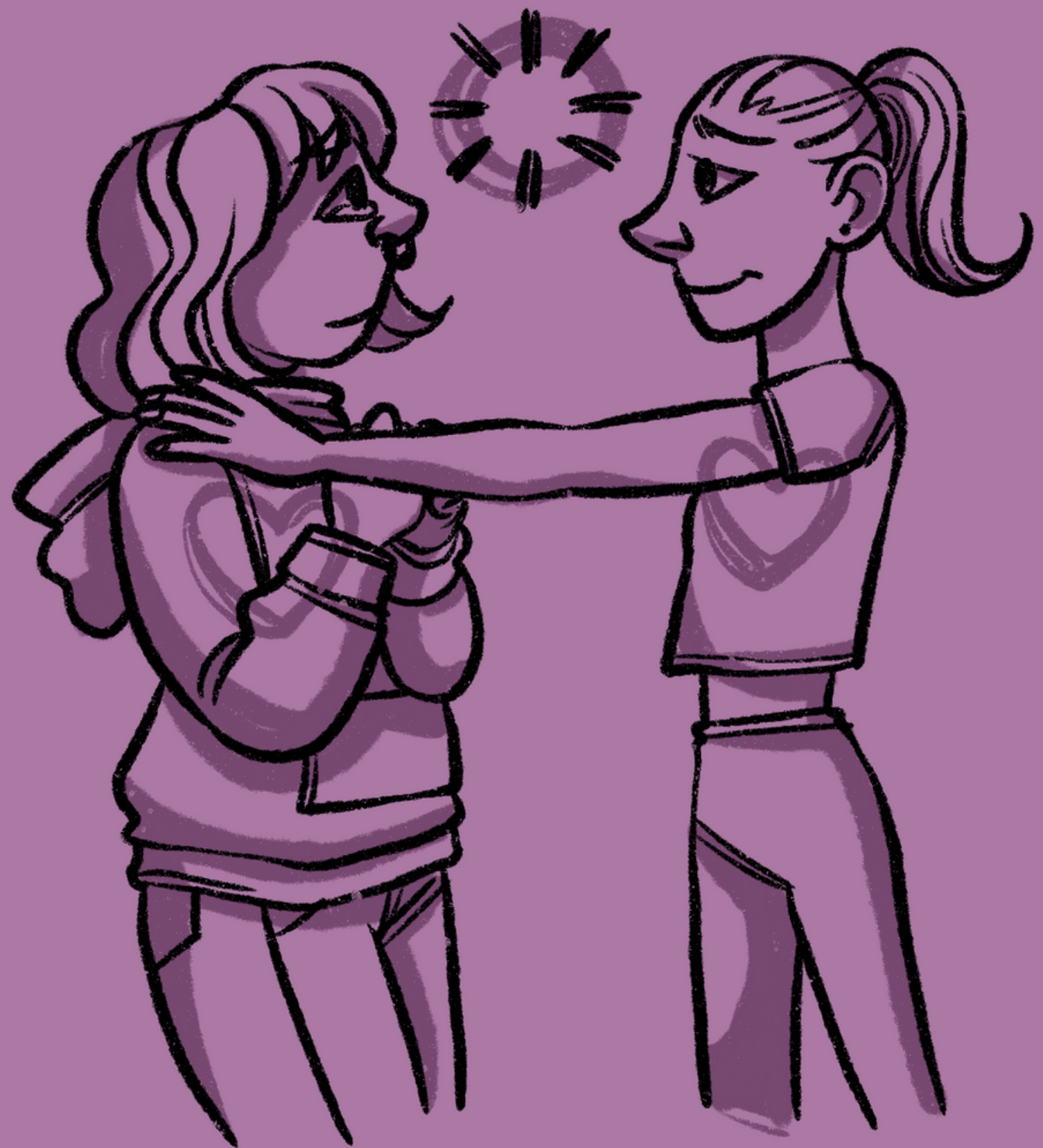
Think of it this way:

"Nice" may lie about something to your face....



...But say something different behind your back.

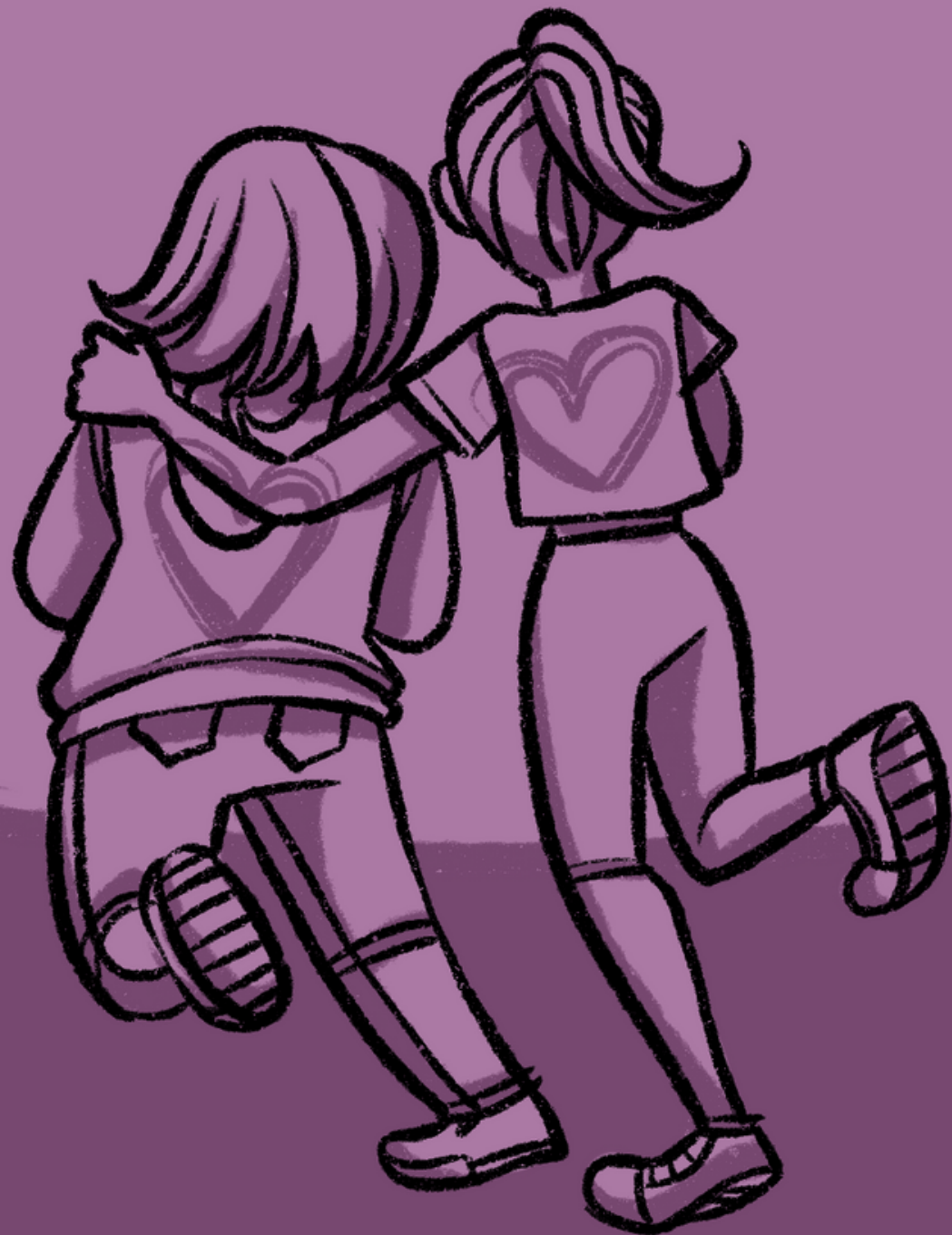
"Kind" will be honest with you up front,



But say things in a way that isn't hurtful.



Niceness is not bad, but without  
kindness at the root of it,



it is empty.