

## EVERYDAY GREETING

Be prepared and strong!

This greeting means to be strong physically and spiritually in order to be able to face any adversities in life.

This greeting reminds us that we should prepare yourself for good and bad situations, including hard work, uncomfortable situations and fear. Life is not always how we want it to be and we need to prepare ourselves to handle the trials and tribulations life throws up to us so that we can achieve our goals.



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