"You get back what you give out" is all about the idea that the energy and effort you put into something will often come back to you someday. It's like the saying, "What goes around, comes around." It's all about the energy and vibes we put into the world. When we spread positivity, kindness, and love. It tends to come back to us in different ways. On the other hand, if we give out negativity, judgment, and hate that's what we would attract into our lives.

In life, when you treat others with kindness, respect, and generosity, it often leads to positive outcomes. When you give love, you often receive love in return. When you support and help others, they tend to do the same for you. This can create a cycle of positivity and good vibes. Think about it: when you are kind and compassionate towards someone, it can brighten their day and make them feel good. And when they feel good, they're more likely to pass on that positive energy to others. It's like a chain reaction of goodness!

Not only does giving out positive energy impact our relationships with others, but it also has a profound effect on our well-being. When we choose to be kind, compassionate, and understanding, it doesn't only make others feel good, but it also boosts our new happiness and satisfaction. It's like a win-win situation. Think about it this way: have you ever noticed how when you smile at someone, they usually smile back? It's like a little ripple effect of happiness. When we give out positive energy, it has a way of spreading and influencing others. It's contagious! People are naturally drawn to those who radiate positivity, and they’re more likely to want to be around them. Have you ever noticed how when you’re in a bad mood, everything seems to go wrong? It's because what you put out into the world it comes back to you.

If you approach challenges with resilience, optimism, and a willingness to learn and grow, you'll often find that you come out stronger on the other side. So, the idea of "you get back what you give out" is about more than just the consequences of your actions. It's about the overall impact you have on yourself and the world around you. When you choose to give out positivity, kindness, and effort, you create a ripple effect that can lead to a more fulfilling and rewarding life.

As well as, when we give out negativity, it tends to come back to you as well. like the universe is reflecting our negative energy. That's why it's so important to be mindful of the energy that was outed into the world. If you're negative, rude, or selfish, it tends to have a negative impact on your relationships and experiences. People may not want to be around you or help you out if you're always bringing them down. It's like creating a barrier between yourself and others. But it's not just about how you treat others. It's also about how you approach life in general. If you put in the effort, work hard, and stay determined, you're more likely to achieve your goals and find success. If you give your best in everything you do, you're more likely to see
positive results. Of course, life isn't always fair, and sometimes bad things happen to good people. But even in those tough times, the way you respond and the attitude you have can make a difference.

Furthermore, another aspect of "you get back what you give out" is the idea of reciprocity. When we give love, support, and kindness to others, they're more likely to do the same for us. It creates a positive cycle of giving and receiving, where everyone benefits. It's like planting seeds of goodness and watching them grow into something beautiful. But it's important to remember that giving out positive energy doesn't mean we should expect something in return. It's not about keeping score or doing good deeds just to get something back. It's about genuinely caring for others and wanting to make a positive impact in their lives.

In conclusion, I agree that "you get back what you give out". Being considerate and respectful can provide multiple chances and opportunities but also being intensive and selfish may cause one's downfall. When we decide to spread positivity, consideration, and generosity it tends to come back in different ways. It's like a ripple effect of goodness. Therefore, let's keep shining our light and being the reason someone smiles.