

The image features a central white rectangular box with a green border. This box is set within a larger, colorful frame. The frame's top and bottom edges consist of a row of four triangles, alternating in color between light blue and light red, with a small teal dot in the center of each blue triangle. The left and right sides of the frame are composed of a grid of squares, alternating between light green and light red. In each of the four corners of the frame, there is a square containing a black spiral design. The text inside the white box is written in a bold, purple, sans-serif font.

**Practice
Makes Permanent!
So, be careful!
Now you practiced!!**