✅ == means "same value"

It checks if the **contents** are the same.

🧠 Example:

```python
[1, 2, 3] == [1, 2, 3]  → ✅ True (values are same)
```

🔍 is means "same object in memory"

It checks if both variables point to the **exact same object**.

🧠 Example:

```python
a = [1, 2, 3] b = a a is b → ✅ True (both point to same list) b = [1, 2, 3] a is b → ❌ False (new list created, different memory)
```

🖼️ In your screenshot:

```python
n = [1, 2, 3] m = n
```

- m is n → ✅ True (same object)
- m == n → ✅ True (same value)

Then:

```python
m = [1, 2, 3]
```

- m == n → ✅ True (same value)

- `m is n` → ❌ False (now a different object)

Think of `is` as:

"Are they the same **thing**?"

And `==` as:

"Do they look the same (same value)?"