Example 1. $0 = 0$.

Example 2. $0 < 1$.

Example 3. *Let $x \in \mathbb{R}$. Then $x^2 \geq 0$.*

Example 4. *Let $x \in \mathbb{R}$. Assume $x \geq 1$. Then $x - 1 \geq 0$.*