



*“I am loving, easy-going, honest, kind and compassionate,  
But I also have strong boundaries.*

*I love myself and protect my energy when needed.  
I know my worth and I don't tolerate any less than I deserve.”*

*- Lukas Notes*

*“I respect myself enough  
to know that I deserve to be  
treated with love and integrity.*

*I no longer allow and I no longer  
tolerate lies, mind games and  
any form of mistreatment.*

*I protect my energy.”*

*- Lukas Notes*

