





The ROOT Framework for Setting Boundaries

Apply our signature method to transform your lifestyle from reactive to proactive.



Step	Action	Empowerment Goal
 1. R – Reveal —❤—	Identify personal patterns of overcommitment and how your body feels (for example: tight jaw, fatigue).	Recognize that your needs are valid data points.
 2. O – Offer —❤—	Clearly articulate your noticed limits to family, bosses, or friends using specific, fact-based language.	Become an active contributor to your life story, not a passive participant.
 3. O – Outline —❤—	Define what you need (for example: no emails after 6 PM, scheduled naps) and express preferences for support.	Reclaim control over your care and energy.
 4. T – Take Note —❤—	Document shifts in your mood or energy after holding a boundary and reflect on what worked.	Turn advocacy into a daily habit that builds trust in yourself.

*Reveal. Offer. Outline. Take Note.
That is how boundaries become a blueprint for peace.*

Reveal & Offer

Inventory your patterns. Practice your soft life scripts.



1. Reveal: Your Mental & Physical Inventory

Take a moment to track your current "patterns of resistance."
Answer these questions honestly:



Where am I repeating the process of being "busy" instead of "building"?



Does my body feel "hollow" or "numb" when I say yes to another favor?



Am I wearing a "Double Mask" at work to appear unshakeable while internally feeling burnt out?

2. Offer: Practice Your "Soft Life" Scripts

Advocacy is a form of healing. Use these scripts to communicate your observations to others:



At Work

“ I’ve noticed that responding to requests after hours is impacting my sleep and productivity. I will be logging off at 6:00 PM to ensure I’m rested for tomorrow. ”



With Family/Friends

“ I am currently at my emotional limit and need to take a 'psychological vacation' from caregiving this weekend. I cannot take on this extra task right now. ”



With Healthcare Providers

“ I’ve noticed a pattern of jaw clenching and high heart rate during work meetings. I want to discuss how chronic stress is impacting my cardiovascular health. ”

“ *What you notice deserves language.
What you say can protect your peace.* ”



Outline & Take Note

Define your non-negotiables. Track what protects your peace.



3. Outline: Your Radical Non-Negotiables

Define what success looks like for you.
Check the boxes you will commit to this week:



Intentional Rest

Scheduled non-negotiable breaks or naps in my calendar.



The No-Guilt 'No'

Saying no to one request that drains my emotional energy.



Unplugging

Staying off social media for the first hour of every morning.



Seeking Support

Reaching out to a sister circle or a culturally competent therapist.



Tool Tip:

A non-negotiable is a promise you make to your peace.



4. Take Note: The Peace Tracker

Use the Loop-Back method to verify that your boundaries were heard.

“To make sure we are on the same page, do you understand my need for X?”

Date	Boundary Set	How I Feel (Physical/Mental)	Was It Respected?	Notes / Next Step
Example	Silenced work emails at 6 PM.	Felt less anxious; slept 7 hours.	Yes	Will keep this boundary next week.

Boundaries get stronger when you notice what changed.





My Boundary Blueprint

Plan Your Boundaries. Protect Your Peace.

WHAT DRAINS ME

People, situations, or behaviors that drain me:

- _____
- _____
- _____
- _____
- _____

WHAT I NEED

Boundaries I want to set:

- _____
- _____
- _____
- _____
- _____

MY BOUNDARY PLAN

How I will communicate my boundaries:

I CHOOSE PEACE

Affirmation or reminder for when I need it most:






Rooted in Violet & Co.

References

Sources supporting The Boundary Blueprint Violet Sheet



- 
1. Rooted in Violet & Co. (2026). The Rooted in Violet & Co. Strategy & Advocacy Playbook: A Blueprint for Health Equity.
 2. Rooted in Violet & Co. (2026). The ROOT Framework Program Description.
 3. Plummer, L. R. (2026). The Essential Guide for Counseling Black Women. Onyx Therapy Group.
 4. Woods-Giscombé, C. L. (2010). Superwoman schema: African American women's views on stress, strength, and health. *Qualitative Health Research*, 20(5), 668–683.

Knowledge supports advocacy. Advocacy supports healing.