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# The ROOT Framework for Setting Boundaries

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







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Step	Action	Empowerment Goal
 <b>1. R – Reveal</b> —❤—	Identify personal patterns of overcommitment and how your body feels (for example: tight jaw, fatigue).	Recognize that your needs are valid data points.
 <b>2. O – Offer</b> —❤—	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.
 <b>3. O – Outline</b> —❤—	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.
 <b>4. T – Take Note</b> —❤—	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:

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## I CHOOSE PEACE

Affirmation or reminder for when I need it most:

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# References

Sources supporting *The Boundary Blueprint Violet Sheet*



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2.

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.*

