



THE ROOT LIST

Daily roots to keep you
steady in chaos

ROT · EAT · MOVE COLLECTION

Every woman I know has felt life shifting under her feet.

One season you're steady,
the next you're unraveling.

Jobs change.
Relationships break.
Routines slip.

And suddenly, the lists you've been chasing
feel pointless.

Because here's the truth:
you don't need another to-do list.

You need proof that you can stay standing when
everything else moves.

That proof comes from roots — the daily, non-
negotiable practices that hold you steady.

Roots that keep you nourished, grounded, alive.

Roots that remind you who you are, even when
life feels like it's pulling you apart.

This guide will help you find yours.

How to Use This Guide

This is not a planner.

This is not another list of tasks you'll abandon halfway through.

This is a **root system** — the non-negotiables that keep you steady when everything else shifts.

The Rhythm of Roots

Roots don't grow overnight.

They grow quietly, underneath, one inch at a time.

That's how you should approach this guide:

1. Don't feed all 7 roots at once.

Trying to grow everything in a single season only leaves you exhausted.

2. Start with the weakest.

Look at the seven roots and be honest about which one feels hollow, shaky, or missing. Begin there.

3. Strengthen one at a time.

A single root — nourished, watered, and alive — is enough to hold you steady while you work on the rest.

Why This Matters

Because when even one root is alive, the whole system can survive.

This guide is here to remind you that survival doesn't come from juggling more tasks. It comes from tending to the foundation beneath you.

Once you start feeding your roots, your life stops shaking with every storm — and instead, begins to rise.

Reflection Prompt:

Take a breath and ask yourself:

Which of your roots feels the weakest right now?

Circle it, write it down, or simply whisper it to yourself.

That's where we'll begin.

Root One – Safety

The ground you stand on before you rise

Before you can dream, before you can build,
before you can rise — you need to feel safe.

Safety doesn't always look like a locked door or a quiet night.

Sometimes it's as small as knowing you have bus fare,
or that your phone is charged, Or that there's one person—
the one who will pick up when you call.

Safety is the root you reach for when your nervous system is
fried, when you're waiting for the next hit, the next crisis,
the next wave.

It's the foundation that says: not today. Not here. Not me.

What Safety Looks Like——

- A safe place to land (even if it's temporary — a couch, a friend's house, a shelter, a locked car where you can breathe).
- Boundaries that lock danger out — even if it's just blocking a number.
- A backup plan for nights when panic sets in (a grounding ritual, a person to text, a mantra that steadies you).



How to Feed This Root

Small Rituals

Keep one thing near you that signals calm — a candle, a cup of tea, a playlist that slows your heart.

Exit Plans

Know your doors, your routes, your options. Safety grows when you remind yourself you're not trapped.

6

Write down one name, one number, one lifeline you can reach for.

Truth Bomb

You don't need to feel brave to be safe.
You just need one root that says: you're not alone, and you're not in danger tonight.

Reflection Prompt:

What is one thing big or small you can do today to feel safer in your body, your space, or your routine?

Root Two- Shelter



The space where your heart can lower its guard

When your bones are weary, when your skin itches with exposure, you don't need a castle.

You need somewhere — somewhere — you can rest without fear.

Shelter is your body's permission to call a space your own. Shelter doesn't always mean permanence. Sometimes it's a rented room temporarily safe.

Sometimes it's a friend's couch, or a hostel, or a low-cost housing program while you build toward something better.

What you need is protection, stability, and a physical space where your heart can lower its guard.

What Shelter Looks Like

- A roof that doesn't leak. Walls that close out the cold and the noise.
- A bed that isn't on the floor. Sheets you can touch without recoiling.
- A space that lets you fall apart without shame.
- Doors that lock, windows that close, a lock on your mind knowing you are secure here.



How to Feed This Root

One Safe Corner- Claim even a small space — the far end of a couch, a chair in your room, the seat of your car, a blanket you pull over your lap. Anywhere your body feels a little less exposed.

Reach Out- Tell someone where you'll be tonight. Ask for a check-in text. Let someone else know you exist in this moment.

Support Systems- Keep a small anchor nearby — a bag with your essentials, a trusted friend on speed dial, or a note on your mirror that reminds you you're not carrying this alone.

Shelter Ritual- Something you do when you enter your space that says: "I'm home, I'm safe." It could be lighting a candle, shutting the blinds, plugging in a diffuser.

Truth Bomb

You deserve shelter not because you've earned it.
You deserve it because you're already alive.

Reflection Prompt:

What would make your current space feel more like home, safety, shelter — even if just a corner of a room?

Name three small changes you can make this week (big light, extra blanket, better lock, clean sheets, etc.).

Root Three – Survival

The ground that carries you forward 

Before you can thrive, you have to survive.

And survival is more than breath in your lungs — it's food in your belly, strength in your body, energy in your bones.

You can't dream if you're starving.

You can't rebuild if you're running on fumes.

Survival is what makes you strong enough to take the next step.

What Survival Looks Like

- Food that nourishes instead of punishes.
- Groceries or meals that don't depend on anyone else's wallet.
- Movement that doesn't break you, but keeps you strong enough to carry your own weight.
- Water, rest, and medicine when you need them — not when it's convenient for someone else.



How to Feed This Root

- *Stock* your basics: rice, beans, oats, canned goods, eggs — the quiet backbone of survival.
- *Move* daily: not to shrink yourself, but to remind your body it's alive. Walk, stretch, lift what you can.
- *Plan* one meal ahead, not seven: survival doesn't need meal prep perfection. It needs proof you'll eat today.
- *Hydrate*: fill a glass, drink it, repeat. Simple, powerful, alive.

Truth Bomb

You don't need gourmet. You need fuel.

Survival is not about luxury — it's about proving to your body you're worth keeping alive.

Reflection Prompt:

What is one simple shift you can make today — a meal, a stretch, a glass of water — to strengthen your survival root?

Root Four – Stability

The rhythm that holds when life tilts.



Survival keeps you alive today.

Stability makes sure you can keep going tomorrow.

Stability isn't about luxury or excess.

It's about not having the rug pulled out from under you every time a bill comes due or someone else changes their mind.

It's knowing you can stand on your own two feet without waiting for the next collapse.

What Stability Looks Like

- Bills handled with systems, not panic.
- A small stream of money that no one else can cut off overnight.
- A budget that buys freedom, not just survival.
- Knowing you're not one emergency away from unraveling.



How to Feed This Root

- Automate what you can: one bill on autopay, one reminder set, one system that doesn't depend on your memory.
 - Build a trickle of income: sell one thing online, take one side gig, create something that repeats money without repeating your labor.
 - Track what matters: not every penny, but the three things that keep you standing (rent, food, utilities).
 - Name your safety number: the amount of money that, if covered, lets you breathe. Start aiming for that, not perfection.
-

Truth Bomb

Stability doesn't come from having everything.

It comes from knowing the ground won't drop out from under you when you least expect it.

Reflection Prompt:

What's one system you could put in place this week — however small — that would make your life feel steadier?

Root Five — Support

The hands that steady you when yours are shaking

No root system grows in isolation.
Even the strongest tree weaves its roots into the soil of others.

Support doesn't mean weakness.
It means you were never meant to carry the weight of survival alone.

Sometimes support is a friend who answers the phone on the first ring.

Sometimes it's the neighbor who brings soup.

Sometimes it's a mentor, a group, or a circle that says: you're not crazy, you're not weak, you're not alone.

Support is the reminder that connection is survival, too.

What Support Looks Like

- One person who shows up when you ask.
- A community — online or in person — where your story makes sense.
- Resources you can lean on when your strength runs thin (childcare, a sponsor, a support group, a sister).
- Someone who sees you without asking you to explain yourself.



How to Feed This Root

- Name your lifeline → Write down one person you can reach for, today.
- Practice asking → Send one text: “Can you talk?”
“Can you help?”
- Build your circle → Seek out the places where women gather and remind each other of their strength.
- Offer support back → Every time you steady someone else, you remind yourself that you’re steady, too.

Truth Bomb

Strength doesn’t mean standing alone.

Strength is knowing which hands will catch you when you fall.

Reflection Prompt

Who is one person you can call without apology?

Write their name here.

Root Six — Vision

The horizon that pulls you forward

Once your body is fed and your feet are steady, you need something to move toward.

Vision is the root that reminds you: you are not only surviving — you are becoming.

Vision doesn't always arrive as a five-year plan. Sometimes it's a flicker of an image: a kitchen table where laughter feels safe.

A job that doesn't crush you'd
A quiet morning where no one's shouting your name.

Vision is possibility.
It's the seed you plant in the dark, trusting it will rise.

What Vision Looks Like

- A picture in your mind of a life where you feel steady, safe, alive.
- A goal so small it almost feels silly — and yet it sparks a shift.
- A notebook page filled with “someday” ideas you no longer dismiss.
- The courage to imagine more, even if you're not there yet.



How to Feed This Root

- Write it down → Capture even the fragile daydreams. Writing them gives them weight.
 - Make it visual → A single photo, a word on your mirror, a sketch — anything that reminds you of what's possible.
 - Take micro-steps → One phone call, one application, one walk toward the version of yourself you want to meet.
 - Protect it → Don't let anyone else's disbelief uproot your vision.
-

Truth Bomb

You don't need proof it's possible.

You only need permission to imagine it.

Reflection Prompt

What is one vision — big or small — that keeps you moving forward? Write it here, even if it feels fragile.

Root Seven — Worth

The root that cannot be taken from you

Before the world told you to earn it, before anyone made you prove it, your worth was already written.

This root doesn't come from a paycheck, a relationship, a title, or an apology.

It comes from the simple, unshakable truth: you are here, and that is enough.

Worth is the root that steadies you when you fail, when you're rejected, when you're overlooked.

It reminds you that no matter what breaks above ground, your foundation remains.

What Worth Looks Like

- A voice inside you that says: you are not disposable.
- The ability to say no without explanation.
- Taking up space without shrinking, apologizing, or justifying.
- Knowing your value is not tied to what you produce, but to the fact that you exist.



How to Feed This Root

- Affirm daily → Whisper one sentence each morning: “I am worthy of being here.”
- Release comparison → Catch yourself when you measure your value against someone else’s. Let it go.
- Claim rest → Worth means you do not have to earn your right to pause.
- Keep receipts → Write down the ways you’ve already survived. Proof that you are strong, proof that you matter.



Truth Bomb

Your worth is not up for debate.

It was never earned, and it can never be taken away.



Reflection Prompt

If nothing had to be earned, what would you allow yourself today?

You don't have to grow them all at once.

One steady root is enough to hold you until the
next takes shape.

Safety. Shelter. Survival. Stability. Support. Vision.
Worth.

Together, they form your root system — the quiet
foundation that makes everything else possible.

Because storms will come.

Jobs will shift.
People will leave.
But roots remain.
Feed them slowly.
Strengthen them one at a time.

And trust that when your roots are alive, you will
be too.

Final Reflection Prompt

Which root feels strongest in you right now?

Which root feels most fragile?

How will you feed them this week?