The Five BOUNDARIES

Every African Must Set Abroad

(Without Seeming Aggressive)

Don't be the 'grateful African,' the Easily underpaid & overworked.

Arrive with dignity, not desperation

www.gaoneronkwane.com

You're not too nice — you're too unprotected.

As a Pleaser, you think patience and gratitude will earn you respect. The truth? It teaches others that your dignity is negotiable. This checklist gives you 5 essential boundaries that command respect without aggression. Use them now — and see how much power you've been giving away.



Boundary #1: Say My Name, Say It Right

Do not shorten or accept lazy mispronunciations of your name. Every time you let it slide, you're telling them your identity is optional. Correct firmly, with a smile, and move on.

Script to use: "I'll say it once clearly so you get it — because my name matters."



Boundary #2: Stop Performing Twice as Hard

Working harder to "prove" yourself validates their belief you don't belong. Excellence is your standard, not your excuse. Deliver with confidence, not desperation.

Script to use: "This is what I do — it speaks for itself."



Boundary #3: No More Thanking Ignorance

When they say: "You speak English so well!" — don't reward ignorance. Instead of gratitude, respond with neutral acknowledgment. Respect isn't earned by being flattered by stereotypes.

Script to use: "I should — it's my language too."



Boundary #4: Decline Silent Exploitation

Don't accept unpaid "extra duties" to prove loyalty. Boundaries make them value you more, not less.

Script to use: "Happy to help once expectations are fair and clear."



Boundary #5: Respect Is Non-Negotiable

If microaggressions or dismissals happen, name them once, then move forward. Your silence doesn't buy peace — it buys permission for more disrespect.

Script to use: "I don't accept being spoken to like that. Let's reset and continue."

Boundaries Are Just Step 1 of Mental Armor

You've just equipped yourself with 5 boundaries to stop exploitation. But boundaries are only one part of the Dreamer's achilleis heel.

Soon, My **5 day Email Mini-Course**, tailored for you to stop the exploitation cycle will be launching.

Here's what we'll cover in the Email Mini Course Series:

- Day 1: Why good Africans get used (and how to stop the cycle)
- Day 2: The self-worth trap that keeps you seeking their approval
- Day 3: The assimilation lie that's slowly killing your soul
- Day 4: How to build strategic boundaries that command respect
- Day 5: Your complete transformation from pleaser to powerhouse

Stay Tuned.