

***There is no "I" in Team, but
there is a "ME".**

James Bishir
Northwestern Middle School
james.bishir@nwsc.k12.in.us

Background leading to this Inquiry

1 | New School

I'm in my 2nd year leading Northwestern Middle School. We have approximately 150 students per grade level and I am the only administrator.

2 | Increased Demands

Since March 13, 2019 when schools began to close due to Covid there have been increased demands:

- Contact Tracing
- Staff Shortages
- Virtual/Live Learning Mandates
- Attendance Issues
- Multiple Policy Changes or Mandates

3 | Recognition

I was recognizing that my work/life balance was not being maintained to a healthy degree.

My Wondering:

My wondering was will an intentional focus

on myself impact increase my overall attitude towards my work.

My Actions: (ID that which is most important)

1 | Family

Purposeful planning of:

- Game Nights
- Time with each child
- Family Dinner



2 | My Health

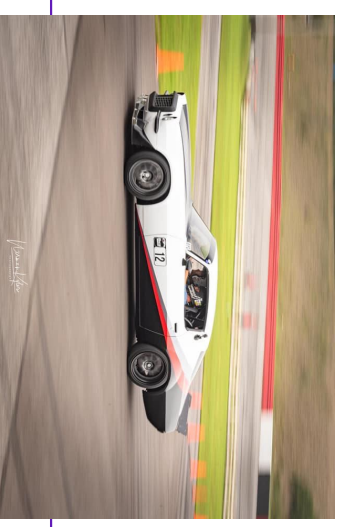
Increase:

- Time on equipment at home. Hydrow/Elliptical.
- Walks with Family



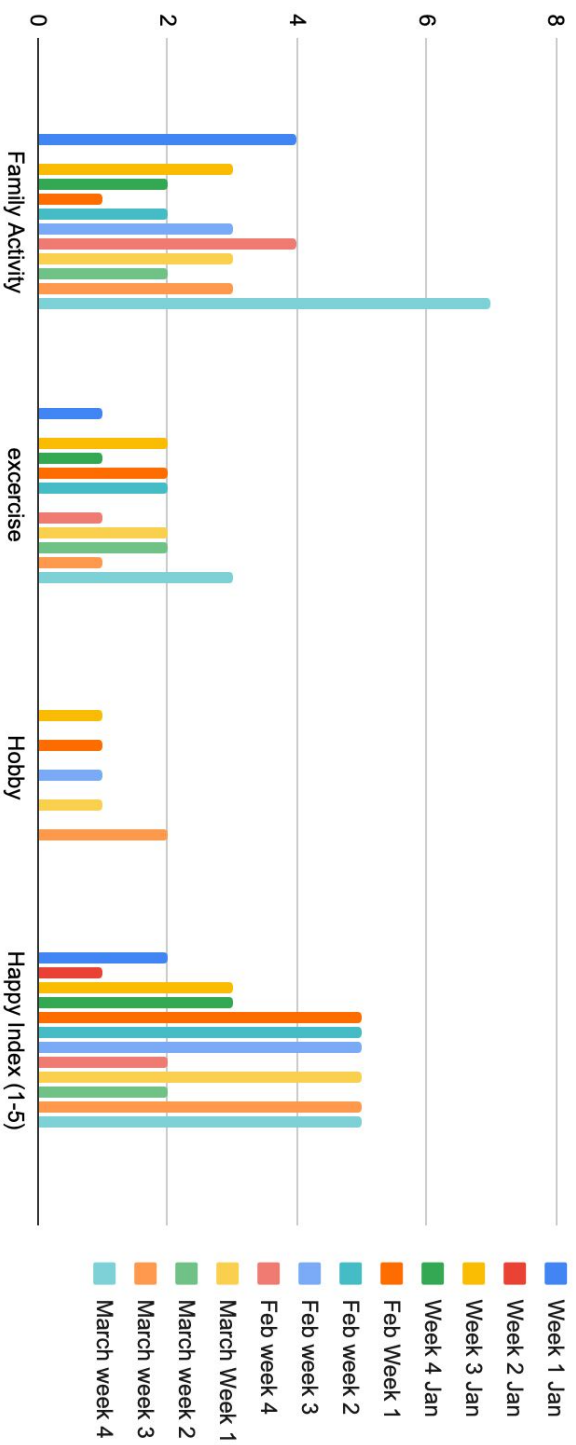
3 | My Hobbies

Time spent towards planning, working on, or participating in my hobby.



Data Collection:

Data Log Frequency



Data Collection:

- 60 activities focused on myself
- Week with zero documentations due to Covid / overall worst happiness rating.
- Focus on Hobby minimal due to two factors: Out of season and car was in shop.

My Discoveries

1 | Home activity increased attitude:

The more I was able to focus on the 3 items seemed to correlate with overall happiness towards my work. Family time was the most important with 34 intentional activities planned.

2 | Being Intentional

I discovered if I wasn't intentional I tended to 'put off' items that were not work related. Weeks with fewer activity were usually a result of not planning. Weeks with 1 activity were a result. One week with zero activity I had covid.

3 | Outside factors

Many of the demands due to easing of covid restrictions undoubtedly had some affect on my 'happiness' rating and just overall 'tough' weeks. Multiple 5 ratings were unexpected, but I believe some outside factors played a role as well.

Conclusion:

This project has made me realize the importance of maintaining a healthy work life balance. I discovered that I must continue to be intentional about designating time for myself.

I do not plan to continue this project at this time, however I plan to continue to apply the lessons I have learned about myself to continue to offer a healthier balance.