

Principal Name: Amanda Choinacky

School Name: Madison STEAM Academy

Principal's Email Contact: achoinacky@sbcsc.k12.in.us

Background Leading to My Inquiry

- On mornings where school related items were not prepared, the day began unorganized and “behind”.
- I wanted to be more alert and awake each morning.
- District mandate: Administrators are in classrooms 70% of the time.
 - Every certified staff member receives one walkthrough every week

The Purpose of My Inquiry

Therefore, the purpose of my action inquiry was to become more prepared and efficient personally and professionally.

My Wondering

With this purpose, I wondered if I “habit stacked”, would I get more accomplished?

My Actions

1.) Identified habits that would bring professional & personal organization and efficiency.

2.) Read *Atomic Habits* Written By: James Clear

- The following helped me determine whether the habits I chose fit the criteria.
- Four Laws of Behavior:
 - **Make It Obvious** - Pair the new habit with specific time and location.
 - **Make It Attractive** - Temptation bundling (pair bad habit w/ something you want to do)
 - **Make It Easy** - Prepare environment to make future actions easy.
 - **Make It Satisfying** - Habits are repeated if rewarded.
- 2 Minute Rule: When you start a new habit, it should take less than 2 minutes to do.

3.) What will I be doing?

- Everytime I pack my school bag at night, I'll pack my lunch.
- Every morning I will complete a minimum of a 30 second cold plunge.
- Each time I walk out of my office, I will complete a walkthrough for a certified staff member.
 - Chose these habits because I found myself not well rested, packing my lunch in the morning, and getting behind in weekly walkthroughs.

Data Collection

A Google Spreadsheet with X's tracking progress for every task completed successfully.

- Weekly reflections after looking at spreadsheet
 - Did the new learned habits bring clarity and/or peace to my day?
 - Has this helped me get organized personally and professionally?

My Data

Timeline: January - March

- [Habit Stacking Results](#)
 - Bag/Lunch = 56/56 = 100%
 - Cold Plunge = 55/56 = 98%
 - * Walkthroughs = 26/56 = 46%

My Discoveries

- Learning Statement One: My future self appreciated the preparedness of organizing school items the previous night.
 - With 100% success of habit stacking my school bag with packing my lunch the previous night, my mornings were much smoother and I no longer felt rushed.
- Learning Statement Two: Cold plunging was a beneficial added morning routine.
 - With 98% success of habit stacking my cold plunge with showering, mornings started more alert with minimal brain fog.
- Learning Statement Three: As an administrator, you cannot control all variables.
 - With 46% success rate of one walkthrough each time I walked out of my office, I determined the plan was neither efficient nor effective. I altered the plan by blocking out uninterrupted time in my schedule specifically for walkthroughs only.

Where I Am Heading Next

- This action research project has:
 - Helped me recognize habits that left negative impacts on personal and professional routines.
 - Helped develop a plan that supported a change in practice where micro shifts in behavior created positive improvements in daily routines.
- Final Thoughts:
 - Atomic Habits 1% Rule: If you can get 1% better each day for one year, you'll end up thirty-seven times better by the time you're done.
 - Focus on the 1% each day.
 - Reflection is key to becoming thirty-seven times better.

Bibliography

Clear, James. (2018). *Atomic Habits*. New York, New York: Penguin Random House

Habit Stacking



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