

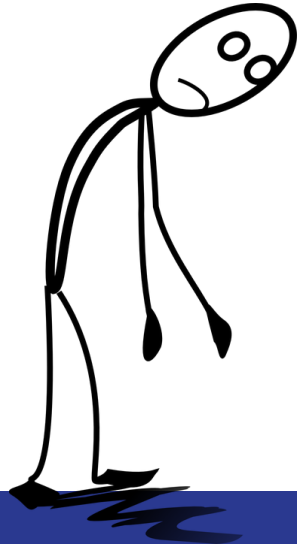
# Finding Balance

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# Background

Everyday I am exhausted by the end of the day. I feel like I don't have a lot to offer to my family when I leave school, and I am unable to keep up with my home responsibilities, etc...When I do have time, I feel guilty taking time away from my family and responsibilities to dedicate to myself.



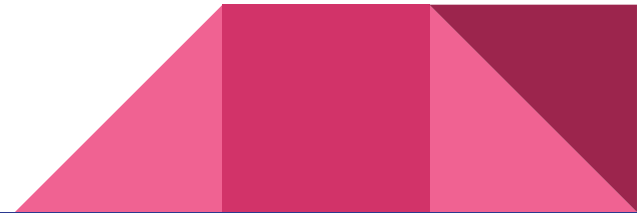
# Purpose of This Inquiry

To find out if by taking time for myself each day, will this impact my overall well being and accomplishments each day?



# Wondering

If I dedicate 30 minutes each day doing something that I enjoy, will I feel more balanced and have more to offer in all areas of my life?



# My Actions

Each day, I will choose one of the following items to commit to for 30 minutes. I will reflect at the end of the day to see how this impacted my overall daily productivity.

- Read
- Listen to a Podcast
- Exercise
- Take a nap
- Sit outside



# Data Collection

- Journal daily
- Daily checklists with dedicated time for myself
- Family Rating



# Data Sample #1

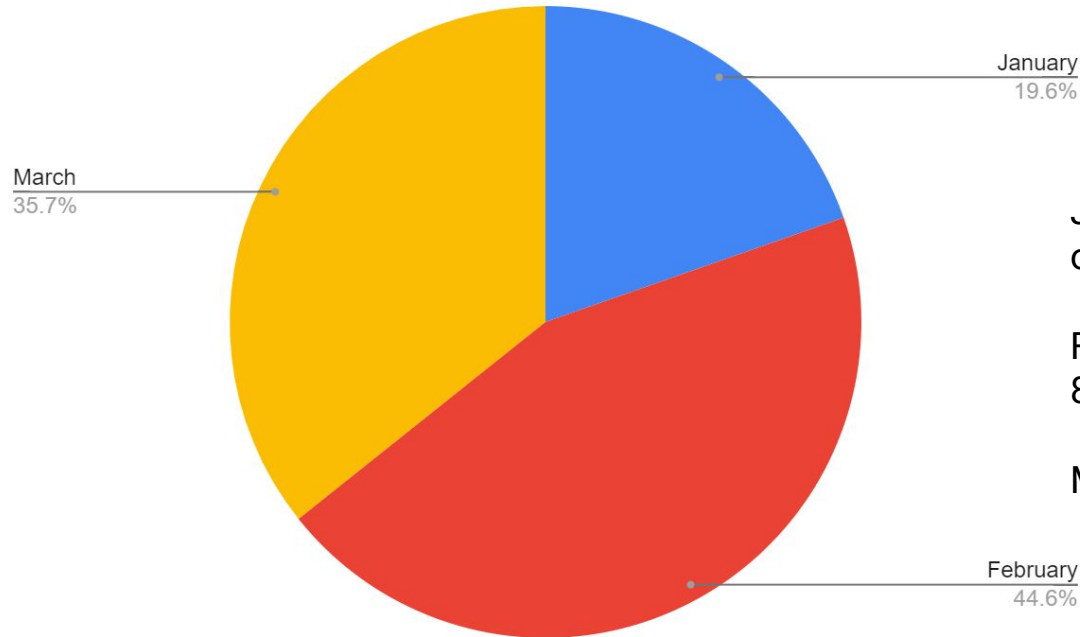
Jan 5th-Today I listened to a podcast (murder mystery) for 30 minutes on my drive home from Bloomington. Became distracted by a parent phone call and didn't finish completely. 2

Jan 6th-Decided to begin exercising today for my 30 minutes. I went for a walk. Took my phone to listen to music, but became interrupted by messages. 3

January 7th-Walked for 30 minutes with no phone or connectivity. My mind felt clearer and I had more energy when I returned home. Stayed up a little later and slept well. 5



# Journal Ratings Over a Period of Time



This graph represents the number of days that were rated a 4 out of 5 or a 5 out of 5.

January-Set time aside 70% of the time for myself

February-Set time aside 85% of the time

March-Set time aside 75%





Date: 2/15/22  
Daily Checklist:

1. ~~Extended Wednesday schedule~~
2. ~~I READ Prepare~~
3. ~~Career Day Committee-Create~~
4. ~~Read a book for 30 minutes~~
5. ~~+ load of laundry~~



Date: 2/16/22  
Daily Checklist:

1. ~~Career Day~~
2. ~~Laundry - + load~~
3. ~~Walk for 30 minutes~~
4. ~~FFA week Info~~
5. ~~Bulldog walk~~



Date: 2/17/22  
Daily Checklist:

1. ~~IEP schedule Meetings~~
2. ~~Walk 30 min.~~
3. ~~Clean car out~~
4. ~~Clean Refrigerator~~
5. ~~Assembly schedule~~

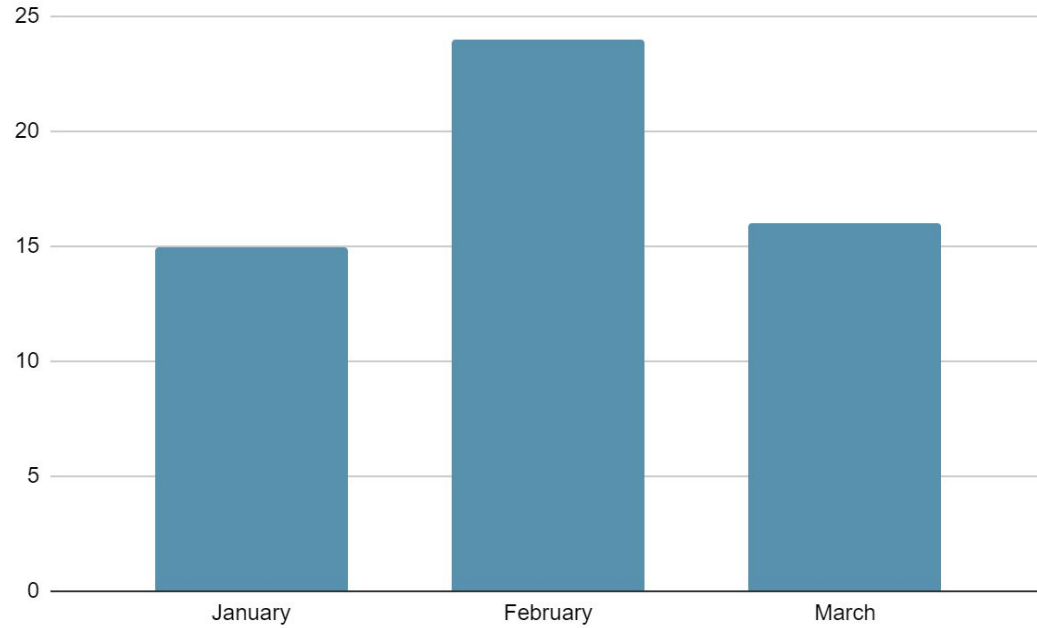


# Data Collection Sample #2

I made a task list each day and included the time for myself in the list.

I rated each day on whether it was an okay day or a great day.

# Daily Checklist Ratings Over Three Months



# Data Collection Sample #3

My family rated my mood for the evening to see if it correlates with my dedicated 30 minutes.....

Nightly Rating:  
Date: 2/21/22 (Didn't spend 30 min for myself)  
1 2 (3) 4

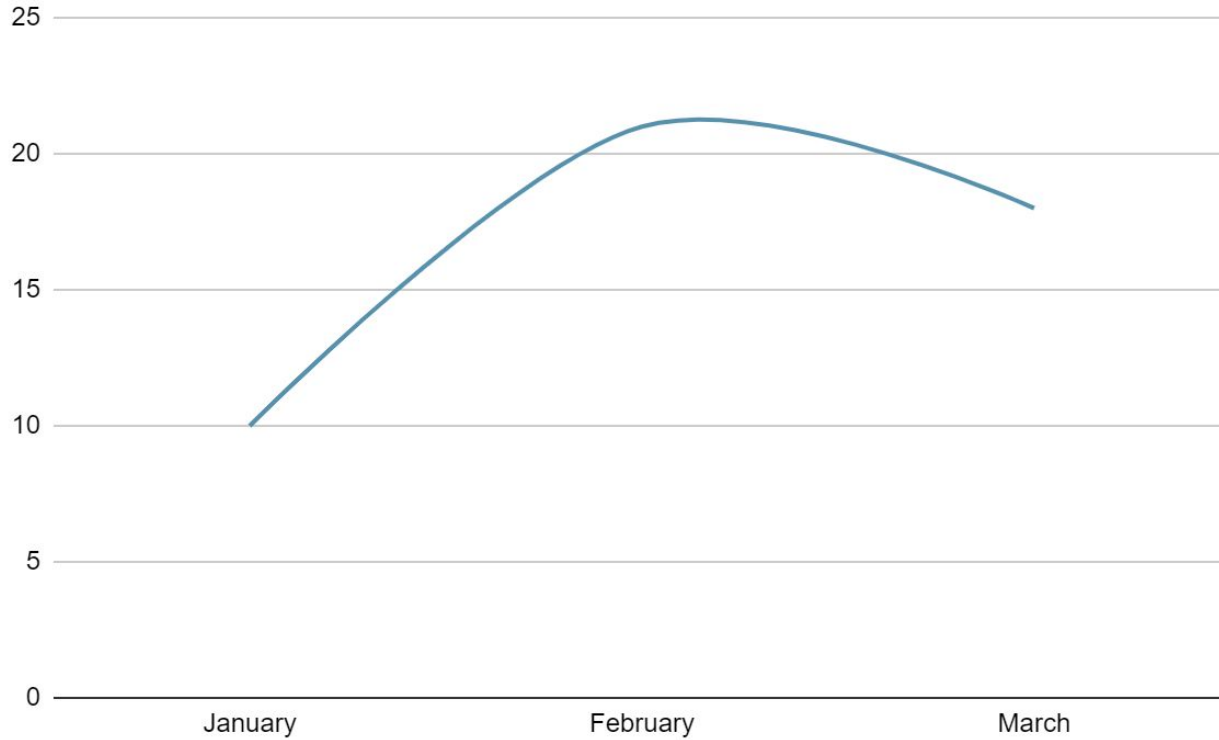
Nightly Rating:  
Date: 2/22/22 30 min walk  
1 2 3 (4)

Nightly Rating:  
Date: 2/23/22 Read 30 min in Munny  
1 2 3 (4)

Nightly Rating:  
Date: 2/25/22 Walked 30 min  
1 2 3 (4)

Nightly Rating:  
Date: 2/26/22 nothing for myself  
1 (2) 3 4

# Nightly Family Ratings Over a Period of Time



# Discoveries.....

- ★ 30 minutes is tough to find
- ★ Being intentional with time, can help ease the stress of trying to find time
- ★ When I spend 30 minutes doing something I enjoy, my overall mood and productivity is much better



# Where I am Heading Next.....

- I am going to continue dedicating 30 minutes to myself daily
- I am going to continue to use checklists that have 30 minutes to myself built into the list



## **How can using 30 minutes a day dedicated to myself help me have balance in all aspects of my life?**

### **Slide One**

Everyday I am exhausted by the end of the day. I feel like I don't have a lot to offer to my family when I leave school, and I am unable to keep up with my home responsibilities, etc...When I do have time, I feel guilty taking time away from my family and responsibilities to dedicate to myself.

### **Slide Two**

The purpose of this inquiry is to find out if by taking time for myself each day, will this impact my overall well being and accomplishments each day?

### **Slide Three**

I wonder if I dedicate 30 minutes each day doing something that I enjoy, will I feel more balanced and have more to offer in all areas of my life?

### **Slide Four**

Each day, I will choose one of the following items to commit to for 30 minutes. I will reflect at the end of the day to see how this impacted my overall daily productivity. Some of the activities that I can choose from are reading, walking, listen to a podcast, taking a nap, or sitting on my porch.

### **Slide Five**

I will collect data in three ways:

1. Daily journaling and rating the entries
2. Daily checklists
3. Nightly ratings completed by my family

### **Slide Six**

Journal samples collected represent my reflection on the day. I then went through and rated each journal entry 1-5. 1 being a very unproductive day and 5 being a great day.

### **Slide Seven**

The pie chart represents the journal collection data. You can see that in January, I had a minimum of 4 out of 5s or 5 out of 5s. February was a great month in which I had 44.6% productivity. February, I dedicated more time for myself and this supports these actions.

### **Slide Eight**

This is a sample of my task lists. Each day I created a list of things to complete. This allowed me to be focused and intentional with my time. I made a list each morning and included my 30 minute activity of my choice.

**Slide Nine**

This is a representation of the daily checklist data. As you can see February had the largest number of days that I rated as a good day.

**Slide Ten**

This slide has a sample of my family surveys that rate my overall mood of the day or evening if it was a work day. My husband and children would fill out one each night.

**Slide Eleven**

This slide shows the amount of days that were rated a 4. As you can see February, once again is the best month.

**Slide Twelve**

One big discovery I made was that I noticed that the month that I dedicated the most time for myself, I had the highest ratings personally and from my family. This means that they felt I was a happier person who was able to dedicate time to them.

My second discovery was that when I was not intentional with my time by making lists that included the 30 minutes of self care, I did not always get to it during the day or evening. This then caused me to score lower on my scales and my family scale.

**Slide Thirteen**

I am going to continue using the checklists to hopefully increase the time I spend doing something I enjoy. I will look for ways to tie in my family so that way I can combine the two on busy days and still do something that I enjoy.