

# Making Time for Me!



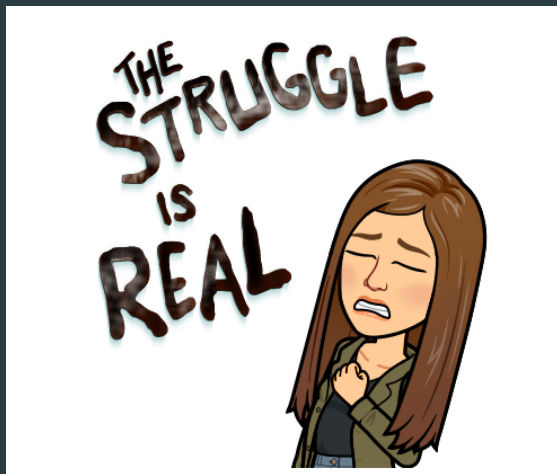
Northeastern Middle School

Dawn Sonsini

[dsonsini@nws.k12.in.us](mailto:dsonsini@nws.k12.in.us)

# Background Leading to this Inquiry

- The demands of the principal's job – internal and external – often make work-life balance impossible, which can often lead to principal burnout.



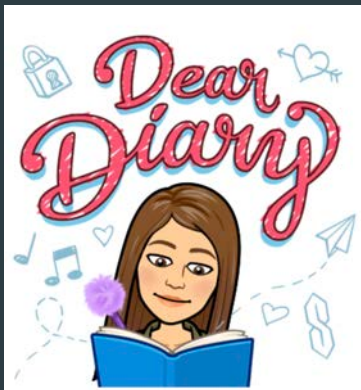
# Purpose of This Inquiry

- Therefore, the purpose of my action inquiry was to examine how my own self-care (emotional, physical, and mental) impacts my leadership and ability to care for others.



# My Wondering

- ▶ With this purpose, I wondered how bullet journaling might fit into my daily routine and how this activity might encourage my self-care and foster personal reflection.



# My Actions

## Journaling

- Traditional Journal - One Good Thing & Highs/Lows
  - This felt like a chore! (December)
- Bullet Journaling - Inspirational Quotes, Bible Verses, & Personal Reflection (January to Present)

## Self-Care

- Working out is great, but I need something else! (November)
  - Listening to Podcasts During Workouts (December to Present)

## Professional Literature

- Collect a list of articles that resonate and share with other building leaders.
  - Articles were a GOOD reminder of my WHY!

## Survey

- Ask my family members to reflect on and rate my ability to be present with them on a weekly basis.
  - My daughters, Madison (11) and Ashtyn (7), joined the fun with bullet journaling monthly.



# Data Collection

## Bullet Journaling

- Inspirational Quotes
- Bible Verses
- Personal Reflection (A Grateful Heart/One Line a Day)

## Sources for Ideas

- Pinterest
- Teachers (Stencils, Pens, Paper, & Mid Liners as Gifts)

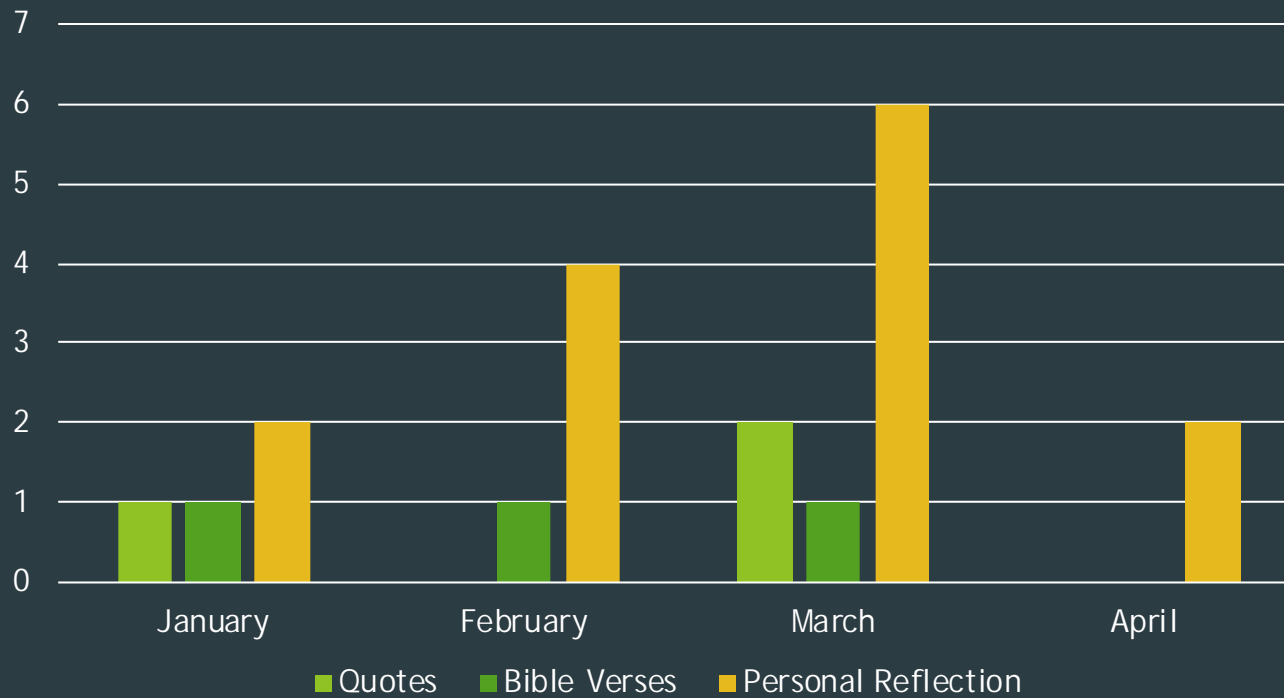
## Professional Literature

- Self-Care Articles
- Mindfulness Magazine (from IPLI Mentor)



# My Data

## Bullet Journal





# Bullet Journal

The Lord **BLESS**  
 & keep YOU;  
 the LORD make  
 his face to shine  
 upon you & be gracious to you;  
 THE LORD LIFT UP HIS  
 countenance <sup>UPON</sup> YOU  
 & GIVE YOU PEACE

**WHAT Energizes ME**

GREAT JOB!  
 a word of encouragement

a cup of coffee

A ♥ HUG  
 especially from my family!

**PERSPECTIVE** <sup>a filter for life!</sup>  
 Our reaction to a situation literally has the power to change the situation itself. What you're not willing to walk away from is where you'll get stuck. If you don't let go of the wrong people, you'll never meet the right people. If someone is not adding value to your life, making you better, pushing you into your destiny, you need to make a change. Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. Happiness is not the absence of problems. It's the ability to deal with them. Whatever anybody says or does, assume a positive intent. You will be amazed at how your whole approach to a person or problem becomes very different. What do people say or do that makes you feel mad? Why do you think people say or do these things? What can you do differently next time people say or do these things? #selfcontrol

mystery student (K-T) book tasting  
 (Williams) room transformation (Detweiler)  
 revision stations; writing (Detweiler)  
 planet entat  
 comic theme (Mckin-  
 civiliz-  
 ch pro-  
 CAN-  
 project

**TREASURE HUNT**

EDU (Moreland) incentive volley-  
 ball game (students v. staff) shark tank  
 project (Mitchell) iron giraffe challenge  
 (emrick) primary source stations (Bevin's)  
 survivor-tribe games (Hendrickson) book  
 club takeaways (Cole, Detweiler, Holz, &  
 McKinley) staff data collection scavenger  
 hunt (Dill) march madness attendance  
 bracket (Vance) why try activity (Sonsini)

Sea Pines white Pizza

THE FROSTY  
 FROG CAFE  
 EST. 1998  
 Flounder & Peanut Butter Pie

THE SALT DOG CAFE  
 843-671-2233

Crazy Crab  
 clam strips & Harbour Town Pier

HUDSON'S

**One Line a Day** <sup>Captula</sup>

- 1 snow day, bowling, cards
- 2 lunch w/ charlee kate, cards w/ dad
- 3 madison's gymnastic meet, super bowl
- 4 madison's basketball game - basket
- 5 roscoe's w/ madison, bullet journaling
- 6 madison's thump jumper performance
- 7 challenge day proposal, valentines w/ K
- 8 read w/ kennedy, karaoke w/ m & a
- 9 ashtyn's basket, urban air, cheesecake
- 10 hotel, Jack's donut, madison's meet
- 11 classroom visits (10), taco bell w/ students
- 12 beech grove board mtg, dinner w/ tony
- 13 board process reflection, student voice
- 14 el rodeo w/ the family, pick your bracelet
- 15 nhs varsity pregame, ashtyn cheer
- 16 madison's thump jumper performance, ms dance
- 17 ihop w/ mimia pappy, visit w/ charlee
- 18 frischic w/ dad, nap w/ kennedy
- 19 manifest season finale w/ family
- 20 attendance brainstorming w/ hinkey
- 21 cope field trip w/ kennedy - syrup
- 22 attendance wrap-around mtg
- 23 hotel overnight @ tony's conference
- 24 budget assignment w/ dad, chinese
- 25 movie w/ kennedy, bath, law & order

# My Data

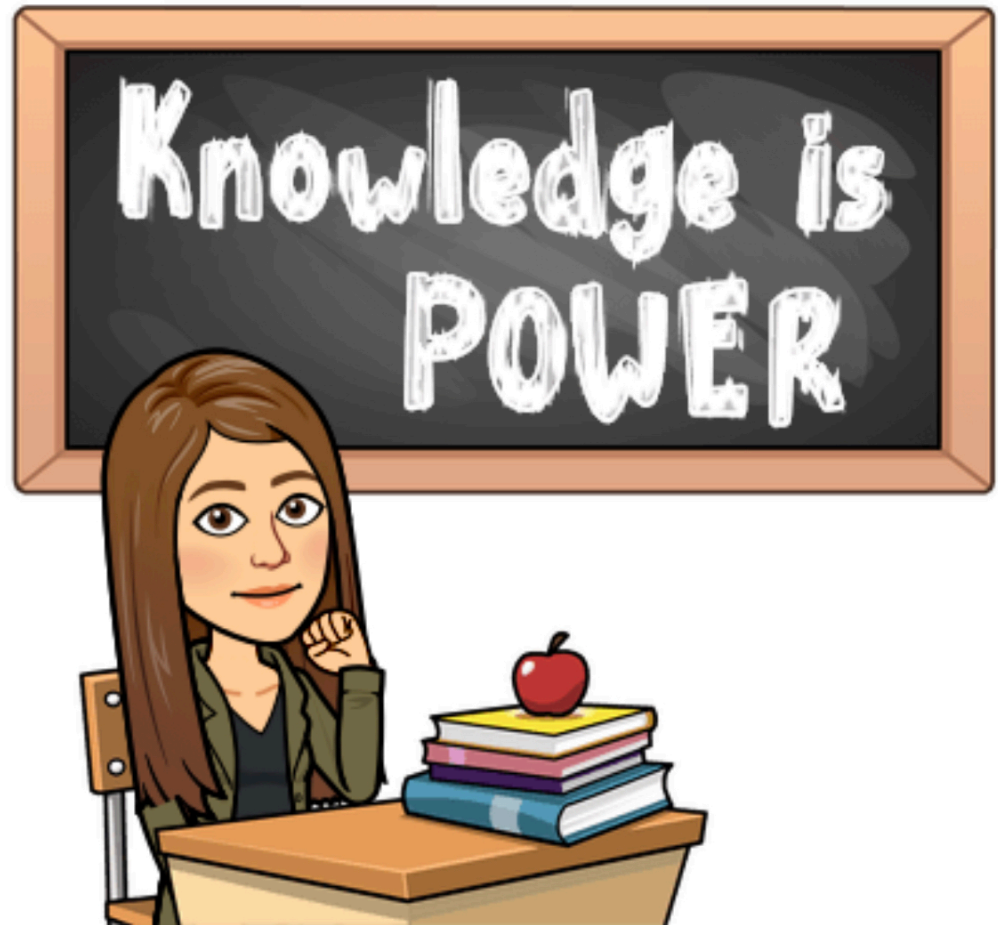
- ▶ Self-Care
  - ▶ <https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>
- ▶ Tips for Self-Care
  - ▶ [https://gallery.mailchimp.com/423320005b/files/self\\_care\\_cheatsheet.pdf?mc\\_cid=0ff479ebdd&mc\\_eid=1dd155ba7d](https://gallery.mailchimp.com/423320005b/files/self_care_cheatsheet.pdf?mc_cid=0ff479ebdd&mc_eid=1dd155ba7d)
- ▶ 12 Habits of Genuine People
  - ▶ [https://www.forbes.com/sites/travisbradberry/2016/05/10/12-habits-of-genuine-people/amp/?utm\\_source=TWITTER&utm\\_medium=social&utm\\_term=Malorie%2F&\\_\\_twitter\\_impression=true](https://www.forbes.com/sites/travisbradberry/2016/05/10/12-habits-of-genuine-people/amp/?utm_source=TWITTER&utm_medium=social&utm_term=Malorie%2F&__twitter_impression=true)
- ▶ 10 Things About Science of Meditation
  - ▶ <https://www.mindful.org/10-things-we-know-about-the-science-of-meditation/>

# My Data

- ▶ Learning to Relax Can Be Life-Changing
  - ▶ <https://www.theguardian.com/lifeandstyle/2018/dec/26/relax-life-changing-how-to-find-comfort-zone>
- ▶ The Search for Harmony Between Work and Life
  - ▶ <https://mandyfroehlich.com/2018/12/26/the-search-for-harmony-balance-between-work-and-life/>
- ▶ 10 Best Leadership To Dos
  - ▶ <https://www.forbes.com/sites/palomacanterogomez/2018/12/26/the-10-best-leadership-to-dos-for-2019-used-by-highly-successful-people/#2b169fa6230c>

# My Discoveries

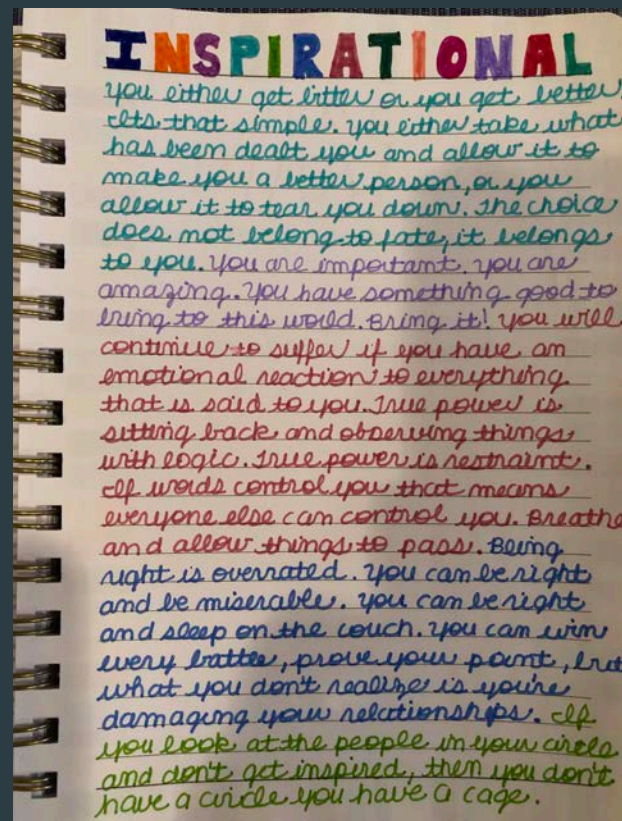
- ▶ Learning #1: What have I learned about myself?
- ▶ Learning #2: Is there a pattern to which self-care practices I engage in the most?
- ▶ Learning #3: What impacts has my self-care had on my confidence? How has practicing mindfulness improved my focus?





# Learning #1: What have I learned about myself?

- ▶ Bullet journaling allowed me to combine my favorite inspirational quotes, bible verses, and daily reflection in one place.



## Learning #2: Is there a pattern to which self-care practices I engage in the most?

- Being mindful of my personal needs encouraged me to find ways to reduce stress. Pinterest was a great resource for new bullet journal ideas!



# Learning #3: What impacts has my self-care had on my confidence? How has practicing mindfulness improved my focus?

- ▶ On days that I lacked confidence, I left my journal open to an inspirational quote that intentionally focused me on the things in my control. This was extremely helpful!





# Where Am I Heading Next

- ▶ Continue to Bullet Journal
  - ▶ Spend Time with Madison & Ashtyn
- ▶ Add Calendar to Bullet Journal
- ▶ Meet Monthly with Staff who Bullet Journal & Share Ideas!
- ▶ Share Self-Care Articles w/ Other Building Leaders on Twitter
- ▶ Inspire Friend/Colleague to Bullet Journal

# Bibliography

- ▶ *Bullet Journal Ideas* (Pinterest Board). Retrieved January 1, 2019 from [https://www.pinterest.com/search/pins/?rs=ac&len=2&q=bullet%20journal%20ideas&eq=Bullet%20Journal&etslf=7999&term\\_meta\[\]=bullet%7Cautocomplete%7C0&term\\_meta\[\]=journal%7Cautocomplete%7C0&term\\_meta\[\]=ideas%7Cautocomplete%7C0](https://www.pinterest.com/search/pins/?rs=ac&len=2&q=bullet%20journal%20ideas&eq=Bullet%20Journal&etslf=7999&term_meta[]=bullet%7Cautocomplete%7C0&term_meta[]=journal%7Cautocomplete%7C0&term_meta[]=ideas%7Cautocomplete%7C0)
- ▶ Carroll, Ryder (2015). *How to Bullet Journal*. Retrieved from <https://www.youtube.com/watch?v=fm15cmYU0IM>
- ▶ Carroll, Ryder (2018). *The Bullet Journal Method: Track the Past Order the Present Design the Future*. New York: Penguin Random House LLC.



## **Making Time for Me!**

**Principal Name:** Dawn Sonsini

**School Name:** Northeastern Middle School

**Principal's Email Contact:** dsonsini@nws.k12.in.us

### **Background Leading to My Inquiry (Slide 2)**

The demands of the principal's job – internal and external – often make work-life balance impossible, which can often lead to principal burnout.

### **The Purpose of My Inquiry (Slide 3)**

Therefore, the purpose of my action inquiry was to examine how my own self-care (emotional, physical, and mental) impacts my leadership and ability to care for others.

### **My Wondering (Slide 4)**

With this purpose, I wondered how bullet journaling might fit into my daily routine and how this activity might encourage my self-care and foster personal reflection.

### **My Actions (Slide 5)**

#### **Journaling**

- Traditional Journal - One Good Thing and Highs/Lows
  - This felt like a chore! (December)
- Bullet Journaling - Inspirational Quotes, Bible Verses, and Personal Reflection (January to Present)

#### **Self-Care**

- Working out is great, but I need something else! (November)
- Listening to Podcasts During Workouts (December to Present)

#### **Professional Literature**

- Collect a list of articles that resonate and share with other building leaders.
  - Articles were a good reminder of my WHY!

#### **Survey**

- Ask my family members to reflect on and rate my ability to be present with them on a weekly basis.
  - My daughters, Madison (11) and Ashtyn (7), joined the fun with bullet journaling each month.

### **Data Collection (Slide 6)**

#### **Bullet Journaling**

- Inspirational Quotes
- Bible Verses

- Personal Reflection (A Grateful Heart/One Line a Day)

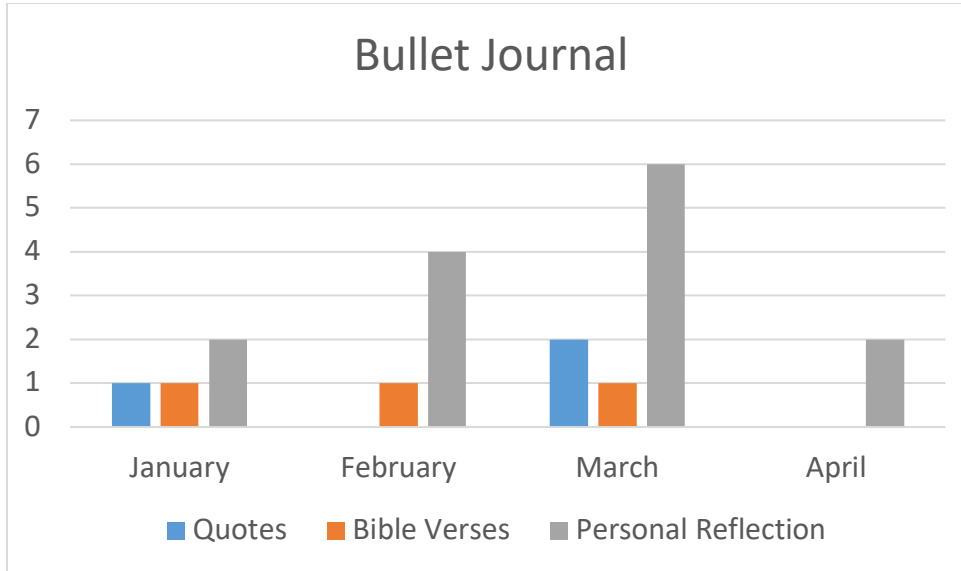
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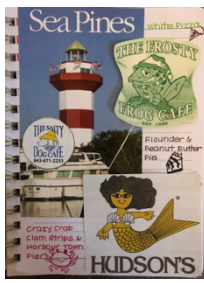
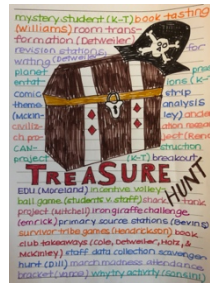
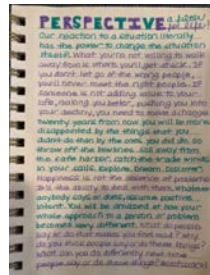
#### Professional Literature

- Self-Care Articles
- Mindfulness Magazine (from IPLI Mentor)

#### My Data (Slides 7-10)



#### Bullet Journal Pages:



#### Articles:

## Self-Care

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

## Tips for Self-Care

[https://gallery.mailchimp.com/423320005b/files/self\\_care\\_cheatsheet.pdf?mc\\_cid=0ff479ebdd&mc\\_eid=1dd155ba7d](https://gallery.mailchimp.com/423320005b/files/self_care_cheatsheet.pdf?mc_cid=0ff479ebdd&mc_eid=1dd155ba7d)

## 12 Habits of Genuine People

[https://www.forbes.com/sites/travisbradberry/2016/05/10/12-habits-of-genuine-people/?utm\\_source=TWITTER&utm\\_medium=social&utm\\_term=Malorie%2F&\\_\\_twitter\\_impression=true](https://www.forbes.com/sites/travisbradberry/2016/05/10/12-habits-of-genuine-people/?utm_source=TWITTER&utm_medium=social&utm_term=Malorie%2F&__twitter_impression=true)

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## **My Discoveries (Slides 11-14)**

### Learning #1: What have I learned about myself?

- Bullet journaling allowed me to combine my favorite inspirational quotes, bible verses, and daily personal reflection in one place.

### Learning #2: Is there a pattern to which self-care practices I engage in the most?

- Being mindful of my personal needs encouraged me to find ways to reduce stress. Pinterest was a great resource for new bullet journal ideas!

### Learning #3: What impacts has my self-care had on my confidence? How has practicing mindfulness improved my focus?

- On days that I lacked confidence, I left my journal open to an inspirational quote that intentionally focused me on the things in my control. This was extremely helpful!

## **Where I Am Heading Next (Slide 15)**

### Continue to Bullet Journal

- Spend Time with Madison & Ashtyn

### Add Calendar to Bullet Journal

Meet Monthly with Staff who Bullet Journal and Share Ideas!

Share Self-Care Articles with Other Building Leaders on Twitter  
Inspire Friend/Colleague to Bullet Journal

### **Bibliography (Slide 16)**

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Carroll, Ryder (2015). How to Bullet Journal. Retrieved from

<https://www.youtube.com/watch?v=fm15cmYU0IM>

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### **Presentation**

Sonsini, D. (2019). Making Time for Me! Presented at the Annual Indiana Principal Leadership Institute Action Research Showcase, Indianapolis, IN.



**Making Time for Me!**  
**Presented By: Dawn Sonsini**  
**Northeastern Middle School**  
**dsonsini@nws.k12.in.us**

### **ACTION RESEARCH:**

*The demands of the principal's job – internal and external – often make work-life balance impossible, which can often lead to principal burnout. Therefore, the purpose of my action inquiry was to examine how my own self-care (emotional, physical, and mental) impacts my leadership and ability to care for others. With this purpose, I wondered how bullet journaling might fit into my daily routine and how this activity might encourage my self-care and foster personal reflection.*



### **WHY SELF-CARE IS IMPORTANT:**

Scan the QR code to access the following three articles: *Self-Care*, *10 Things About Science of Meditation*, and *The Search for Harmony Between Work and Life*.



### **HOW BULLET JOURNALING HELPED ME:**

Bullet journaling allowed me to combine my favorite inspirational quotes, bible verses, and daily personal reflection in one place. Being mindful of my personal needs encouraged me to find ways to reduce stress. Pinterest was a great resource for new bullet journal ideas! On days that I lacked confidence, I left my journal open to an inspirational quote that intentionally focused me on the things in my control. This was extremely helpful!

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