

**No Excuses... Making time to get better!**

**Prosser Career Education Center**

Nancy Campbell  
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# Background Leading to this Inquiry

- **Acceptance of New Position as Building Principal**
- **Family Move, Building Renovation/Construction, Adapting to a New School and Corporation.**

# Purpose of This Inquiry

- Therefore...

**The purpose of my action inquiry was to spend QUALITY time with my family and spend QUALITY time on myself and maintain balance of professional and personal life.**

# My Wondering

- **With this purpose, I wondered . . .**

***Would I* be able to create time for journaling, exercise, and family time?**

***I wondered* how this time would impact my “day job”?**

***Would I* feel better?**

***Would I* communicate more and contribute in a positive way to my building?**

# My Actions

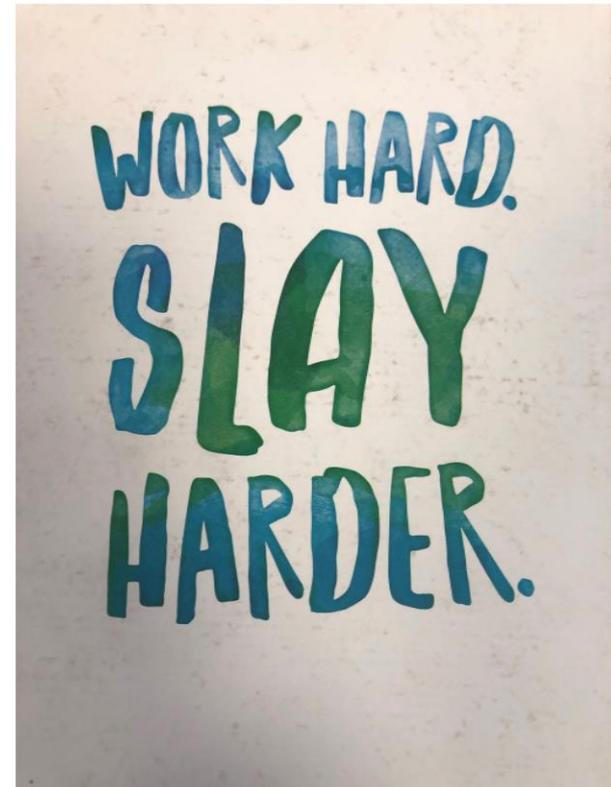
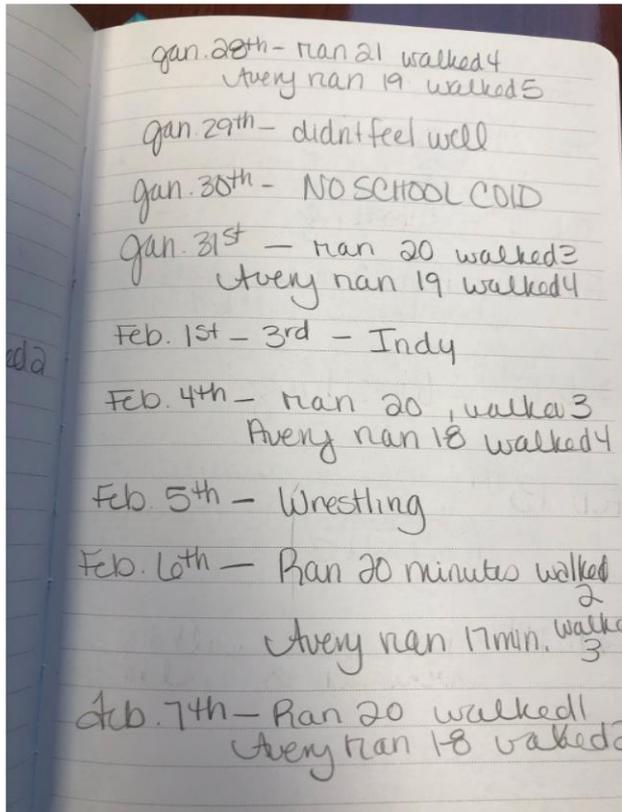
- I decided to *“get to work”*...
  - I set aside time each day to exercise...not stress about the amount of time... to just *“make”* time.
  - During the exercise time, I decided to make it about quality, so I decided to exercise with my oldest son who happens to have Autism.
  - I also decided to keep track of my time by journaling...I told myself that it didn't need to be much, meaning it could be phrases and sentences, but that I would include the time spent doing the action.
- \*Added bonus, looking at health benefits (weight loss, vitals, demeanor) and professional benefits (monitoring how I felt at the beginning and end of each work day).

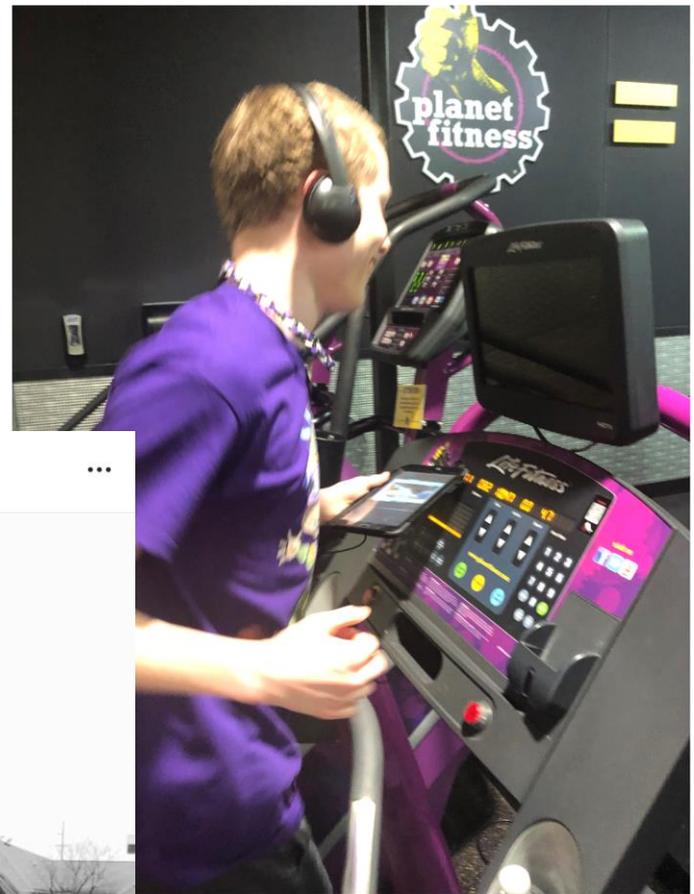
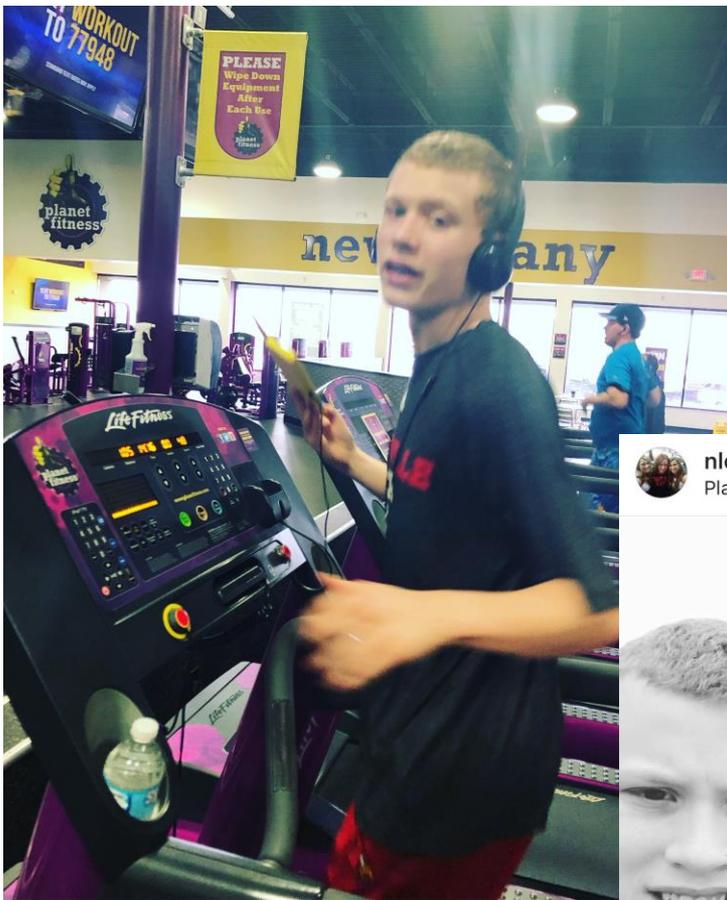
# Data Collection

**I collected data by journaling and taking pictures/videos.**

# My Data

- I journaled each day and took pictures every so often to document the time and activity.





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nlcamp46 Keeping Momma accountable... #AveryJ #theboycanrun #mommaistraying

# My Discoveries

- **Learning Statement One: I can make the time for *quality* time during each day.**
- **Learning Statement Two: I can make time with my family and not stress about it.**
- **Learning Statement Three: I do feel better in my professional life because my health and overall demeanor has improved.**

# Where Am I Heading Next

**The benefits have been numerous and so to prioritize this time is a must...not only for me, but for my family!**

- **I will continue...**
  - To use a weekly planner.**
  - To journal (with words and pictures).**

**I plan to...**

**-Show this project to my Administrative Team (first) then staff. *This will be of great benefit for them as well to make personal/work balance a priority. This will help to create a culture of well-being and positivity in my building.***

**-I plan to discuss this time with my family and encourage more members of my family to be included and to help to choose the activities.**



“Make time daily  
for your well-being.”

~Lailah Gifty Akita

SABRINA'S  
Admin Services



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**Principal Name:** Nancy Campbell  
**School Name:** Prosser Career Education Center  
**Principal's Email Contact:** nlcampbell@nafcs.k12.in.us

### **Background Leading to My Inquiry**

- Acceptance of New Position as Building Principal
- Family Move, Building Renovation/Construction, Adapting to a new school and corporation.

### **The Purpose of My Inquiry**

Therefore, the purpose of my action inquiry was to . . . spend QUALITY of time with my family and spend QUALITY time on myself and maintain balance of professional and personal life.

### **My Wondering**

With this purpose, I wondered . . . Would creating time for journaling, exercise, and family time. I wondered how this time would impact my "day job." Would I feel better? Would I communicate more and contribute in a positive way to my building?

### **My Actions**

I decided to "get to work"...

-Set aside time each day to exercise...not stress about the amount of time... to just "make" time.

-During the exercise time I decided to make it about quality, so I decided to exercise with my oldest son, who happens to have Autism.

-I also decided to keep track of my time by journaling...I told myself that it didn't need to be much, meaning it could be phrases and sentences, but that I would include the time spent doing the action.

\*Added bonus, looking at health benefits (weight loss, vitals, demeanor) and professional benefits (monitoring how I felt at the beginning and end of each work day).

### **Data Collection**

I collected data by journaling and taking pictures/videos.

## My Data

I will put pictures in of my Journal and pictures I have shared on social media of Avery and I during our exercise times. I also thought of putting a few pictures of my building.

## My Discoveries

- Learning Statement One: I can make the time a quality time during each day.
- Learning Statement Two: I can make time with my family and not stress about it.
- Learning Statement Three: I do feel better in my professional life because my health and overall demeanor has improved.

## Where I Am Heading Next

The benefits have been numerous and so to prioritize this time is a must...not only for me, but for my family!

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*-I plan to discuss this time with my family and encourage more members*

## Bibliography

None