

# The Making of a New Me

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## **Background That Led to Your Inquiry:**

I have never been the healthiest, fittest person. While I have always been a decent size, I have never really exercised or eaten healthy. I have noticed in this position, I am stressed and always tired. I find myself waking up between 2am-3am almost nightly. I am sluggish and my body has already quit on me once this year.

My life has changed dramatically in the last 5 years. I have went from being a classroom teacher to assistant principal was my first career jump, which I had mentally prepared for this transition . My second jump career move was very unexpected. I left on fall break as the assistant principal and returned the principal, when is the seat I still occupy today.

I am still a fun-loving person but I am sometimes too exhausted to do anything. I am the one who takes care of everything and everyone...but now it is time to start taking care of me! Therefore, the purpose of my action research was to determine if taking care of myself would enable me to better take care of others.

## **Statement of Your Wondering:**

With this purpose, I wondered if I begin to take better care of myself, how will it assist me in better taking care of my life and responsibilities inside and outside of school?

## **Methods/Procedures:**

To gain insights into my wondering, I began to exercise (at least, 3 times a week), pack a healthy lunch and breakfast daily (staying under 500 calories), removing soda from my life, and limiting fatty sweets.

I also began tracking my food intake and daily steps with two apps on my phone. I began to journal daily how I felt and my energy level. One other important piece of data that interested me was tracking the number of sleepless nights that occurred during this process.

## **Stating Your Learning and Supporting it with Data:**

As a result of analyzing my data, I learned that my weight and the number of sleepless nights decreased significantly. The amount of energy that I had throughout the day increased and I was able to enjoy the evenings doing things that I personally enjoy.

## **Providing Concluding Thoughts:**

I have learned through his process that taking care of me helps me to take care of the ones I love. I have more energy and I have found myself enjoying life and not just living.

In the future, I will continue with this process. I will continue to monitor what I put in my body and exercise regularly. While I understand that I will occasionally slip and fall on my journey, I now know that the hardships of the journey is definitely worth it.

**References:**

N/A