

Being Selfful to be a Successful Leader

Morocco Elementary

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Background Leading to this Inquiry

- I am a base harmonizer and phase thinker. I have been feeling overwhelmed and wore out. I had not been taking time for myself and was becoming more frustrated and agitated at the small things. I was hitting the ground running from the moment I got out of bed in the morning until I would fall asleep at night. How could I keep up at this pace in the crazy world we were living in? I had to find a way to balance.

Purpose of This Inquiry

- The purpose of my inquiry was how much of a better leader would I be if before I begin work each day if I took some time for self care first.

My Wondering

- With this purpose, I wonder if I take 20 minutes before I begin work in the morning will I be a more effective and productive leader

My Actions

- What I did the most was decided I was not going to do work at home in the morning before I left for work.
- When I got to work I would start my computer up and then proceed to do my morning devotion/meditation.
- After my time to focus I would then begin my work for the day.

Data Collection

- My data collection included reflective writing and talking with my secretary to see if she noticed a difference.

My Data (sample)

Date	Activity	How felt afterwards	How felt at end of day	:):(:	How did this affect my leadership?
1/10	Devotional	uplifted and ready to start day	okay. Was busy	:)	I felt I led well.
1/11	Devotional	Made me think about how I need to take care of myself more.	I felt okay	:)	The realization of taking care of me really hit home because I know I don't do it enough. I am the caregiver in all situations.

My Data

- Feedback from my secretary was all done in a discussion. Her and I talk often and when talking I explained my project to her. I asked her at the end of the day on days I did devotions and did not do them how she thought the day went. Many times in our discussions on days that I did not do the time, she would say that I seemed distracted and not focused on getting much done. On days I would do them she would say things seemed to run more smoothly and things seemed to be more productive.

My Discoveries

- I learned that I must start my day focused and grounded.
- I learned that taking time for me makes me more efficient and effective.
- I learned that reflective practices helped me to see how my attitude and behaviors affected not only myself but others.

Statement 1: I learned that I must start my day focused and grounded.

- On days that I would not start with my devotion/meditation I found myself more easily flustered and frustrated. I was less productive and had less motivation to accomplish tasks that would need to be completed. In my reflection from 1/12 I felt very disconnected. After taking the time to start over and reconnect by taking time for me and reflecting, I realized that when I start the day this way things do seem to be better and more purposeful.

Statement 2: I learned that taking time for me makes me more efficient and effective.

- When looking over my reflection sheets I noticed that on days that I took the time before I actually began work I was able to accomplish more. This was shared with me by my secretary in our follow up conversations about the project. It was also noted in my reflection about how did this affect me as a leader.

Statement 3: I learned that reflective practices helped me to see how my attitude and behaviors affected not only myself but others.

- By reviewing my reflection sheets and talking with trusted staff I realized that I need to be more reflective with myself and truly see how my attitude and behaviors rub off on my staff.
- The very last devotion I listened to I wrote “Listening to this this morning made me appreciate taking this time. I forgot what it was like to be in the moment and to take this time for me. “

Where Am I Heading Next

- I have learned that how I start the day can affect how my building functions. By offering the encouraging words and showing them that I am here to work with them has helped them see me as a leader who helps.
- I have learned that by taking time for me has helped me be more grounded and focused for the day and by taking some time in the evening I have started to sleep better too.

Where Am I Heading Next

- I will be continuing to take the time in the morning to focus on myself and prepare mentally for the day. I will also be taking the time in the evening to read and decompress the thoughts so I can keep my sleep improving.
- I do wonder that if I was to add exercise to my daily habits how much better would I feel and have better capabilities of being a more focused and effective leader.

Bibliography

- BethAnn (daily posts). Morning Devotions. retrieved from
- https://www.facebook.com/beppy4/videos/279731634347342/?notif_id=1649415814686802¬if_t=live_video_explicit&ref=notif



[Being Selfful to be a Successful Leader]

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Background Leading to My Inquiry (Slide 2)

Outline what led you to this particular inquiry. Include the following:

- I am a base harmonizer and phase thinker. I have been feeling overwhelmed and wore out. I had not been taking time for myself and was becoming more frustrated and agitated at the small things. I was hitting the ground running from the moment I got out of bed in the morning until I would fall asleep at night. How could I keep up at this pace in the crazy world we were living in? I had to find a way to balance.

The Purpose of My Inquiry (Slide 3)

Therefore, the purpose of my action inquiry was how much of a better leader would I be if before I begin work each day if I took some time for self care first.

My Wondering (Slide 4)

With this purpose, we wondered if I take 20 minutes before I begin work in the morning will I be a more effective and productive leader

My Actions (Slide 5)

What I did the most was decide I was not going to do work at home in the morning before I left for work.

When I got to work I would start my computer up and then proceed to do my morning devotion/meditation.

After my time to focus I would then begin my work for the day.

Data Collection (Slide 6)

I did a reflection journal and had discussions with my secretary to see if she noticed a difference.

My Data (Slides 7-8)

My data was qualitative.
Here is a sample entry of my reflection journal.

Date	Activity	How felt afterwards	How felt at end of day	:) :(:	How did this affect my leadership?
1/10	Devotional	uplifted and ready to start day	okay. Was busy	:)	I felt I led well.
1/11	Devotional	Made me think about how I need to take care of myself more.	I felt okay	:)	The realization of taking care of me really hit home because I know I don't do it enough. I am the caregiver in all situations.

In discussions with my secretary on days that I did not do the time for me, she would say I seemed distracted and not focused on getting much done. On days I would do the time, she would say things seemed to run more smoothly and things seemed to be more productive.

My Discoveries (Slide 9-12)

I learned that I must start my day focused and grounded.

On days that I would not start with my devotion/meditation I found myself more easily flustered and frustrated. I was less productive and had less motivation to accomplish tasks that would need to be completed. In my reflection from 1/12 I felt very disconnected. After taking the time to start over and reconnect by taking time for me and reflecting, I realized that when I start the day this way things do seem to be better and more purposeful.

I learned that taking time for me makes me more efficient and effective.

When looking over my reflection sheets I noticed that on days that I took the time before I actually began work I was able to accomplish more. This was shared with me by my secretary in our follow up conversations about the project. It was also noted in my reflection about how this affects me as a leader.

I learned that reflective practices helped me to see how my attitude and behaviors affected not only myself but others.

By reviewing my reflection sheets and talking with trusted staff I realized that I need to be more reflective with myself and truly see how my attitude and behaviors rub off on my staff.

The very last devotion I listened to I wrote "Listening to this this morning made me appreciate taking this time. I forgot what it was like to be in the moment and to take this time for me. "

Where I Am Heading Next (Slide 13-14)

I have learned that how I start the day can affect how my building functions. By offering the encouraging words and showing them that I am here to work with them has helped them see me as a leader who helps.

I have learned that by taking time for me has helped me be more grounded and focused for the day and by taking some time in the evening I have started to sleep better too.

I will be continuing to take the time in the morning to focus on myself and prepare mentally for the day. I will also be taking the time in the evening to read and decompress the thoughts so I can keep my sleep improving.

I do wonder that if I was to add exercise to my daily habits how much better would I feel and have better capabilities of being a more focused and effective leader.

Bibliography (Slide 15)

BethAnn (daily posts). Morning Devotions. retrieved from

•https://www.facebook.com/beppy4/videos/279731634347342/?notif_id=1649415814686802¬if_t=live_video_explicit&ref=notif