

Sunday, Sunday, Sunday

Food • Faith • Family • Freedom

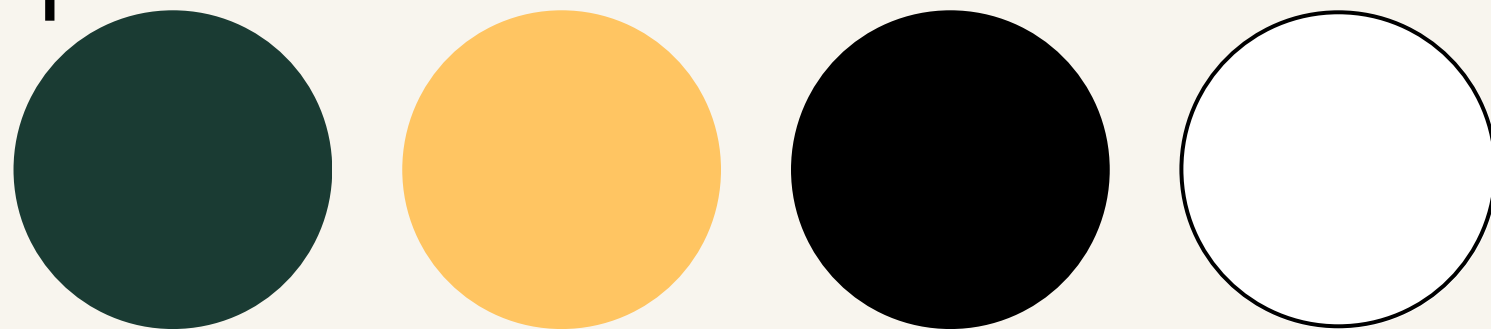
Living for a Meaningful Sunday



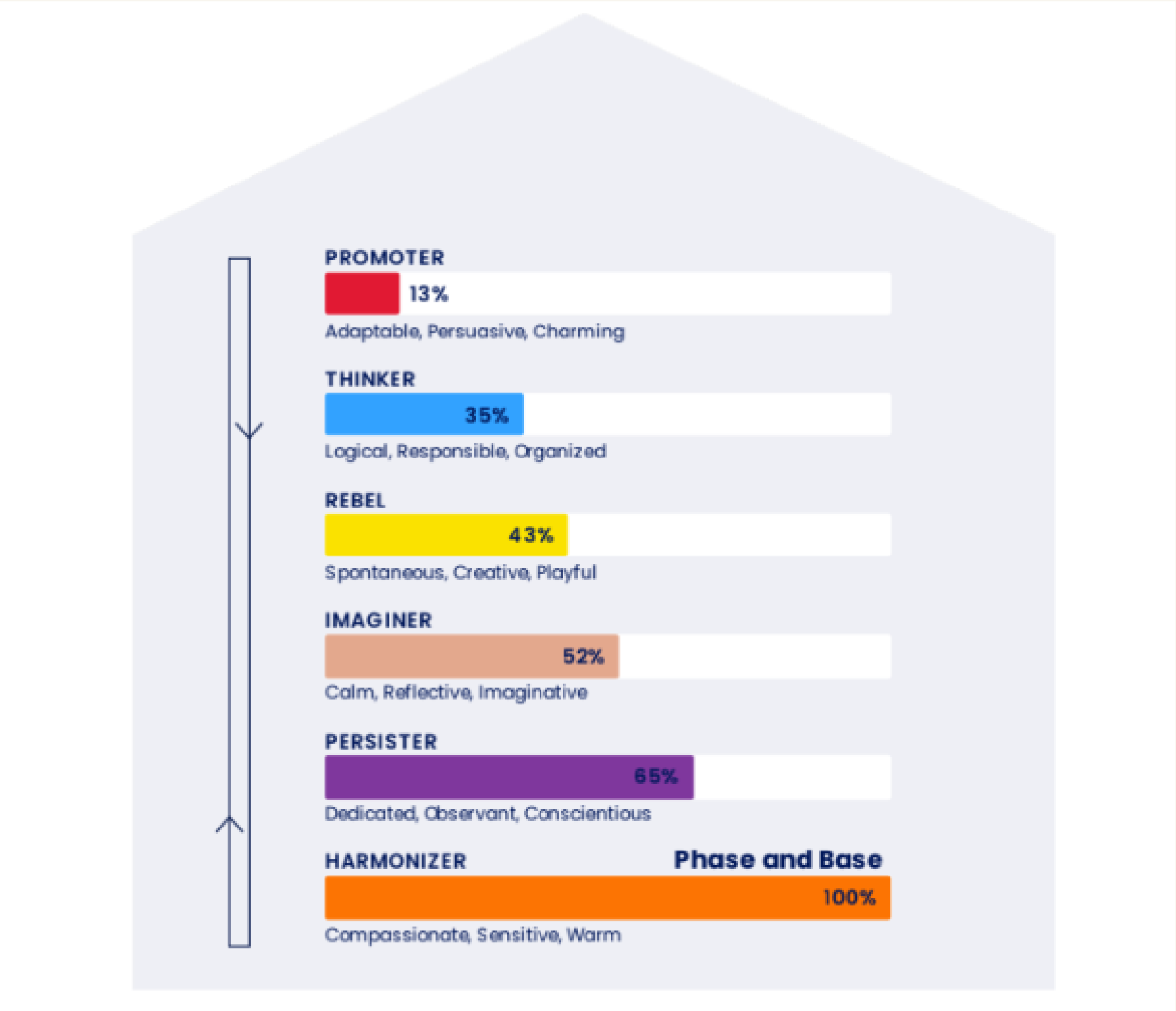
My Wondering

If I meet my phase needs, on Sundays by spending time with family and doing things I enjoy, will I be a better leader during the week?

- Have I nurtured relationships that I care about?
- Have I taken care of me?
- Have I asked for what I want?
- Have I maintained my personal boundaries?



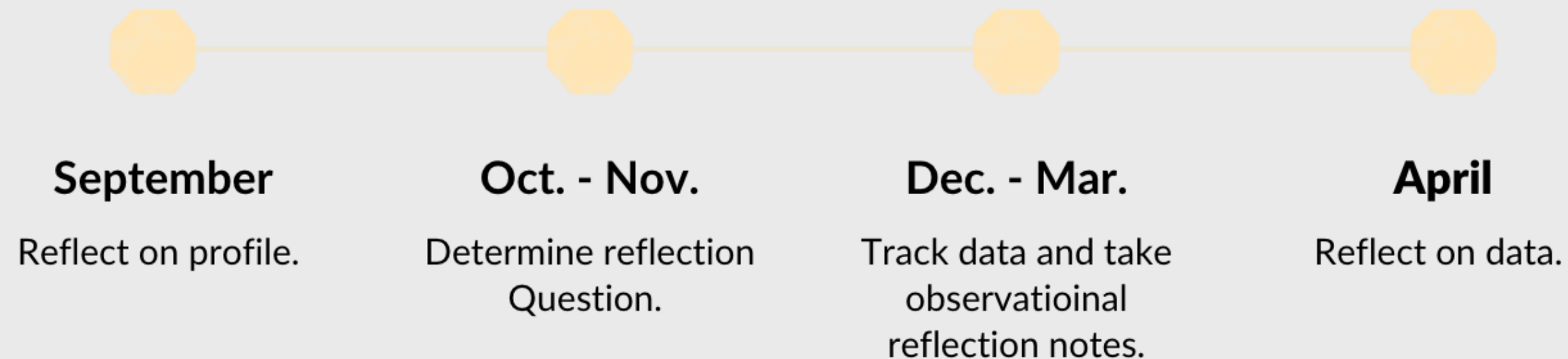
My Phase Needs



My Base/Phase Needs

Inquiry Research

Method/Timeline



Collecting Data

Digital Reminder

Reflect on Weekend
Time

Review Results



Sunday, Sunday, Sunday: Living for a Meaningful Sunday

B *I* U  

Relax. Refresh. Engage. Live in the Moment on Sundays personally and with my family.

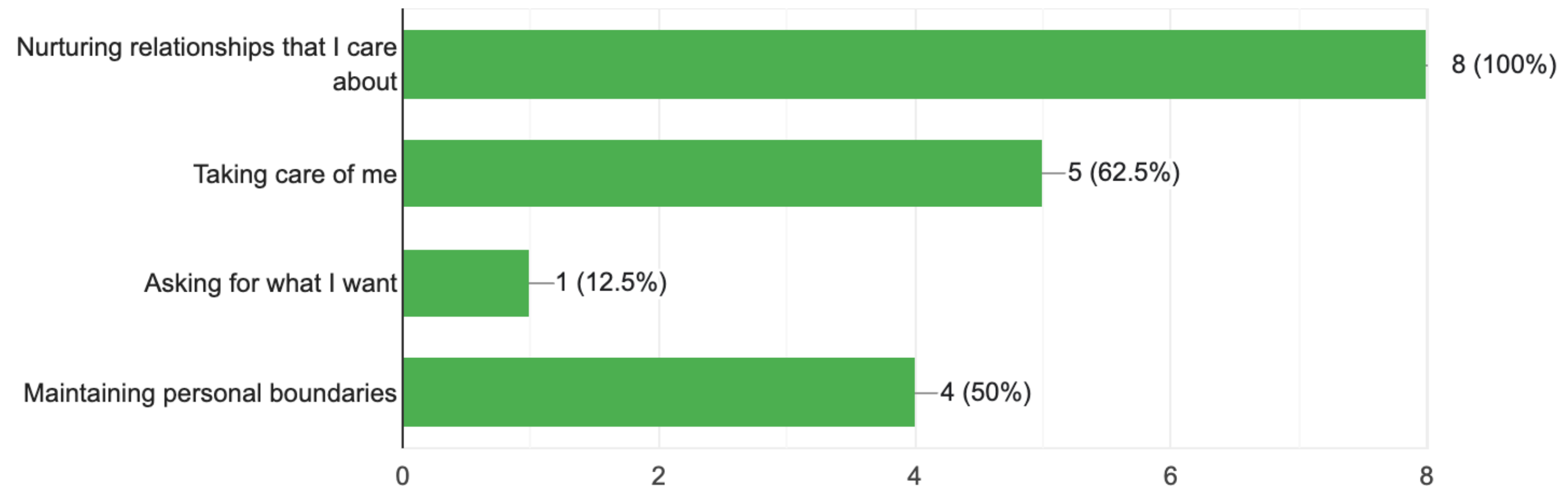
This form is automatically collecting emails for Greenfield-Central Community School Corporation users. [Change settings](#)

Collecting Data

I met my motivational phase need on Sunday by:

 Copy

8 responses

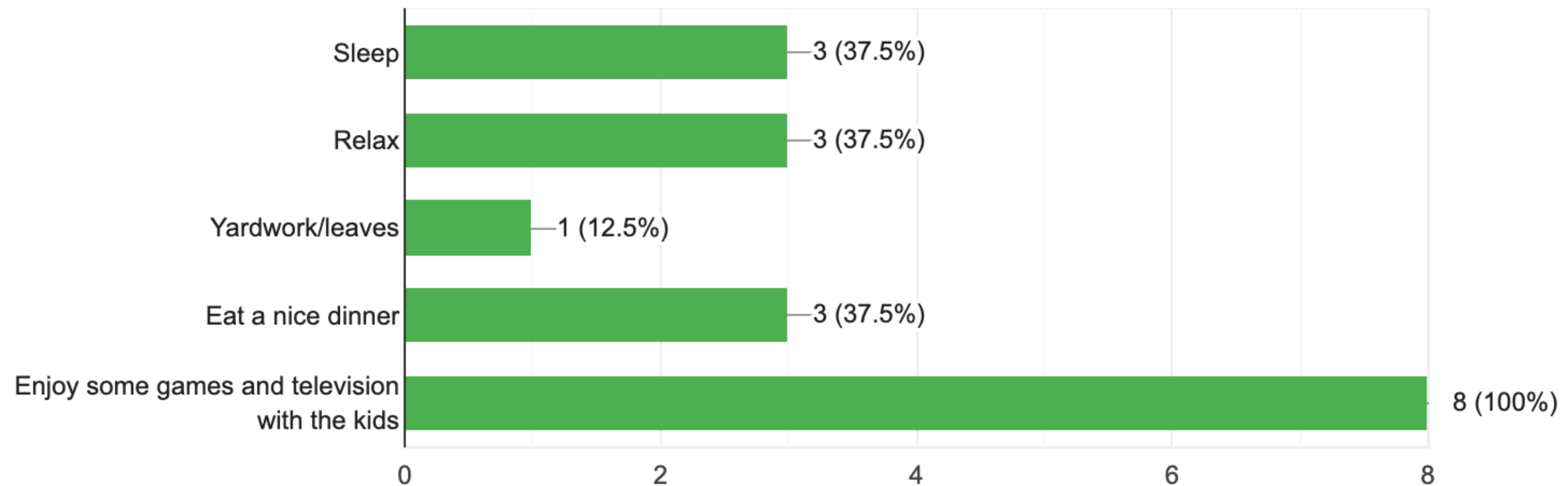


Collecting Data

Ways I met my phase motivational needs and spent my time on Sunday.

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8 responses

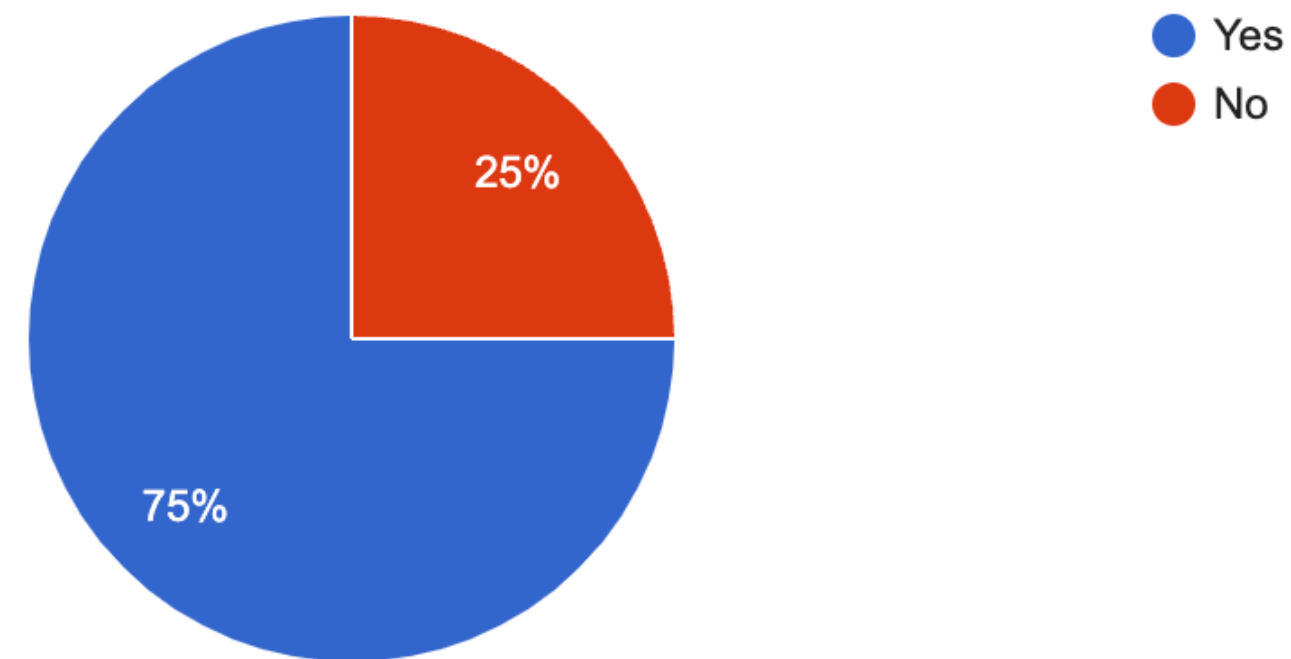


Collecting Data

Was I present with my family in the ways that I wanted to be on Sunday?

 Copy

8 responses



Collecting Data

If I selected "sort of" or "no", what made it difficult?

4 responses

Very busy day running errands, cleaning up bills, taxes, etc.

Winter blues, excessive errands, etc.

Felt stressed about things needed to be done and the thought of next week.

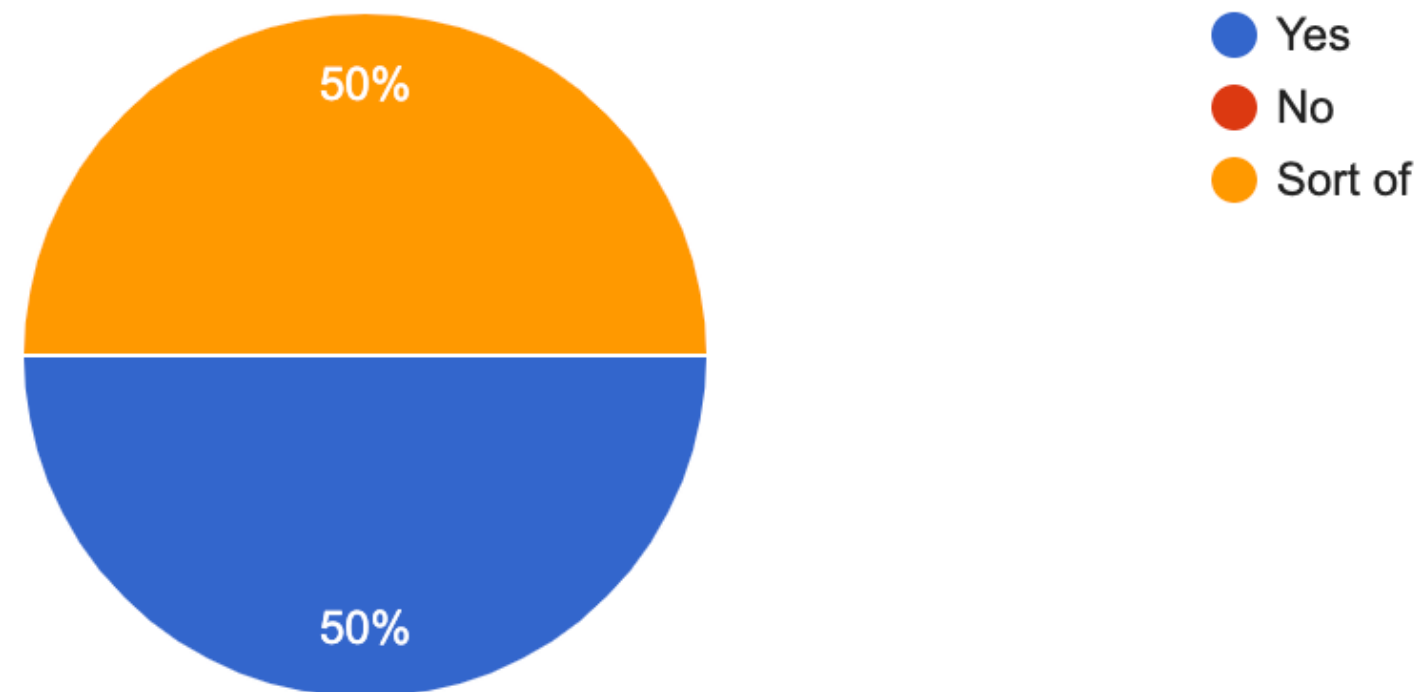
Not enough time to get to everything

Collecting Data

Did I meet my phase motivational needs on Sunday?

 Copy

8 responses

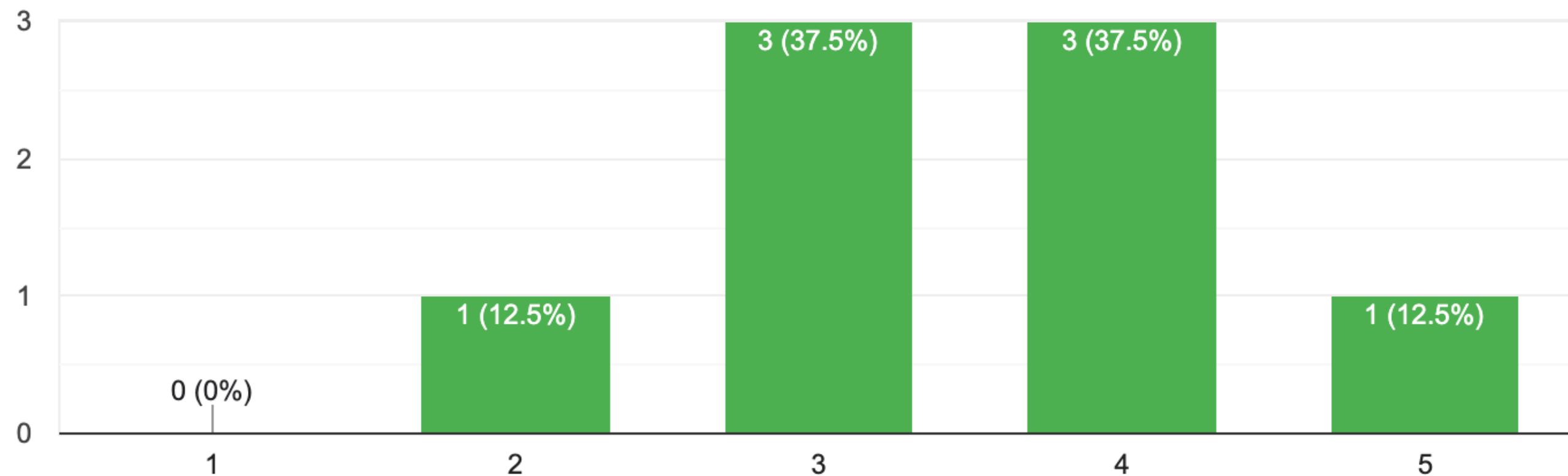


Collecting Data

How was my meal?!

 Copy

8 responses

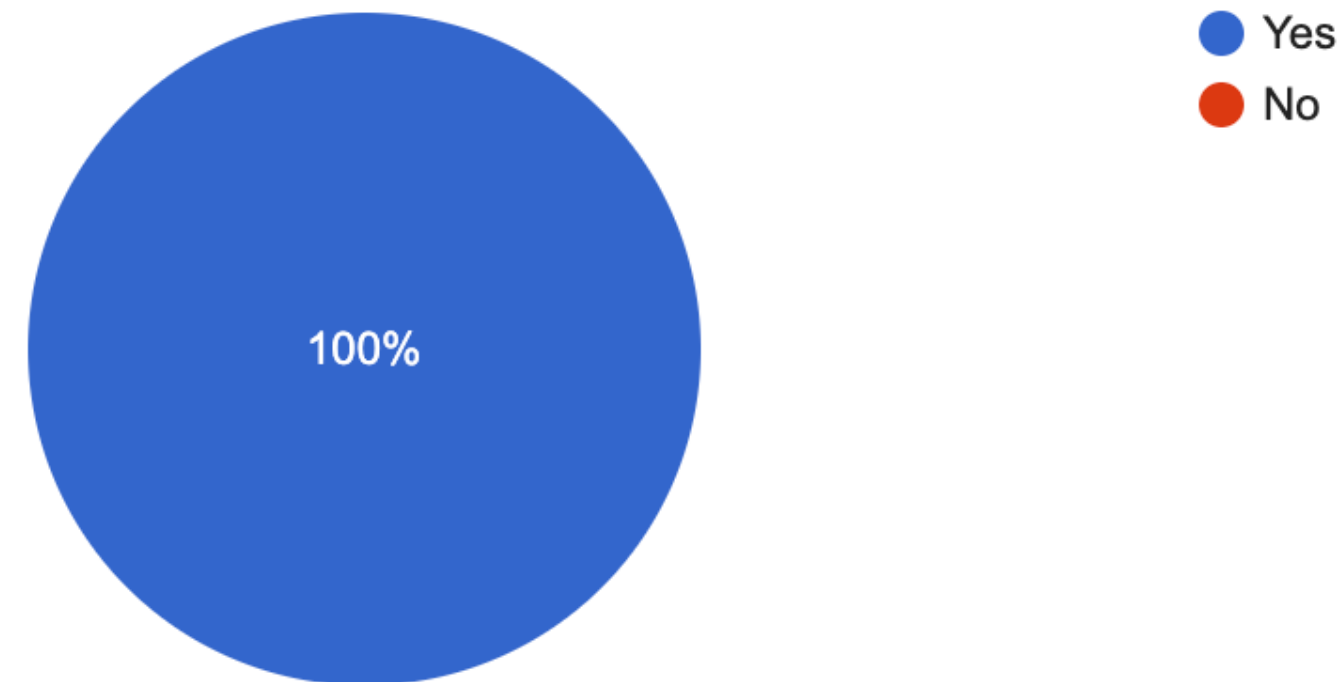


Collecting Data

If my phase motivational needs were met, was I more productive in the following work week?

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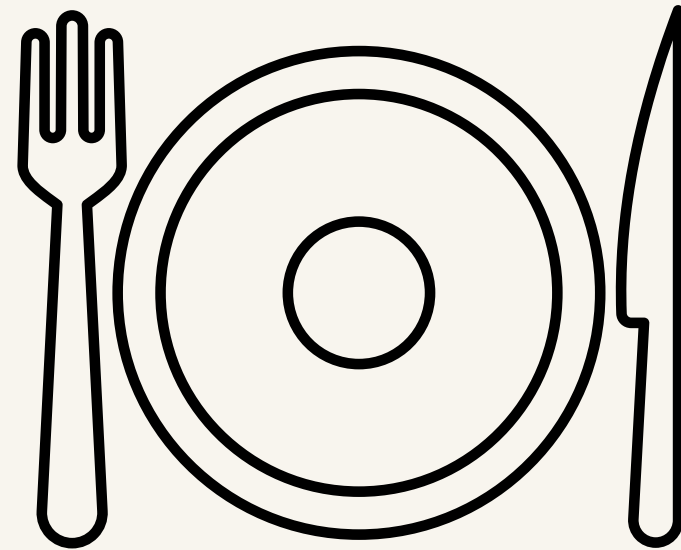
6 responses



What I did to Prioritize Myself



Sleep



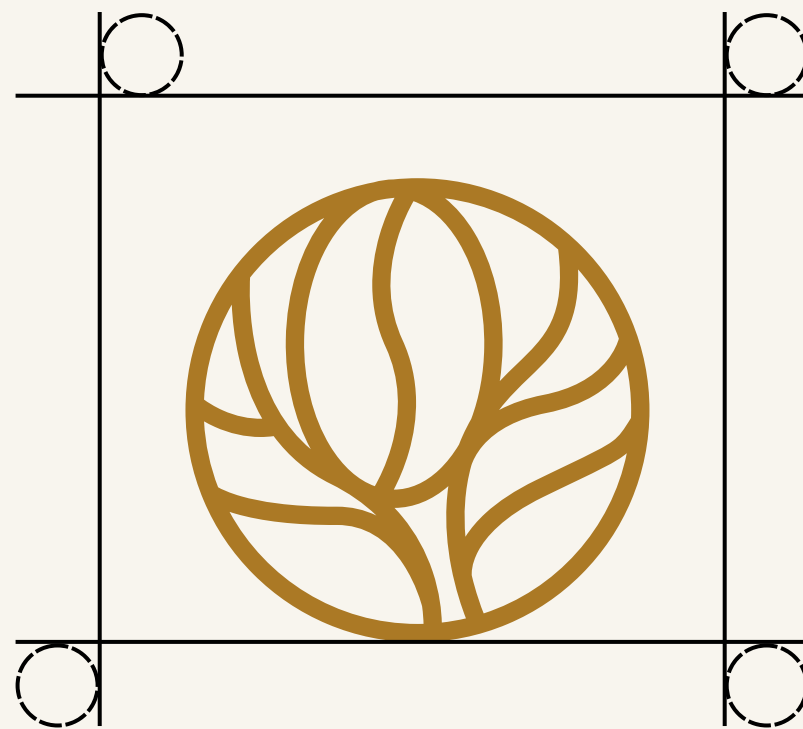
Eat



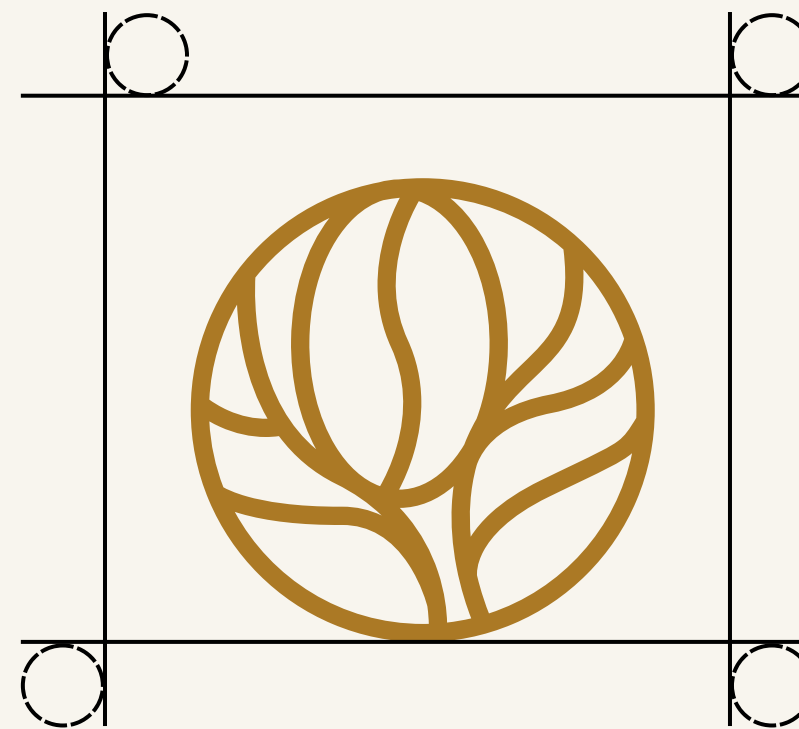
**Enjoy Games &
TV with family**



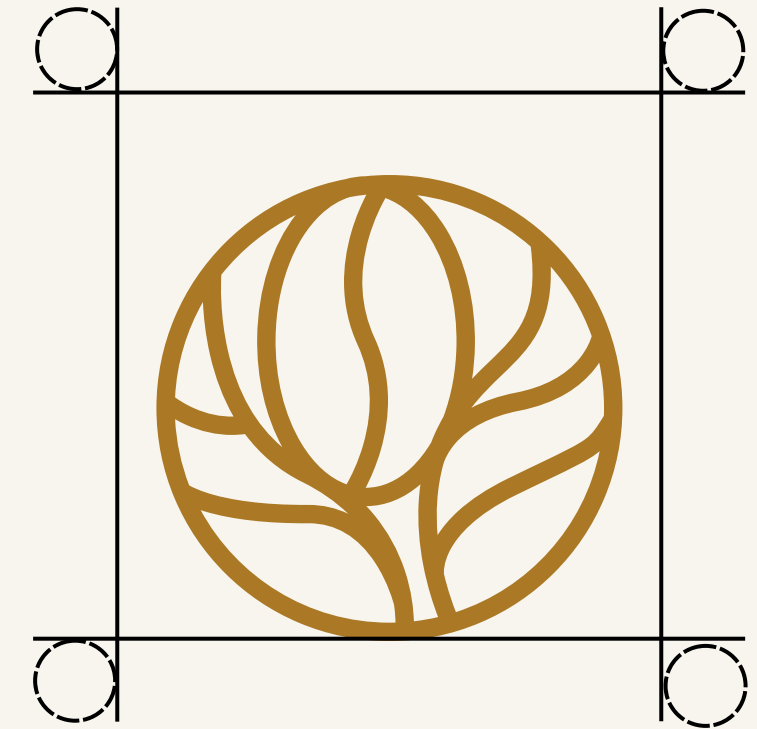
Where Did I Find My Successes?



Self
Time, Rest, & Food



Relationships
Being Present & Intentional

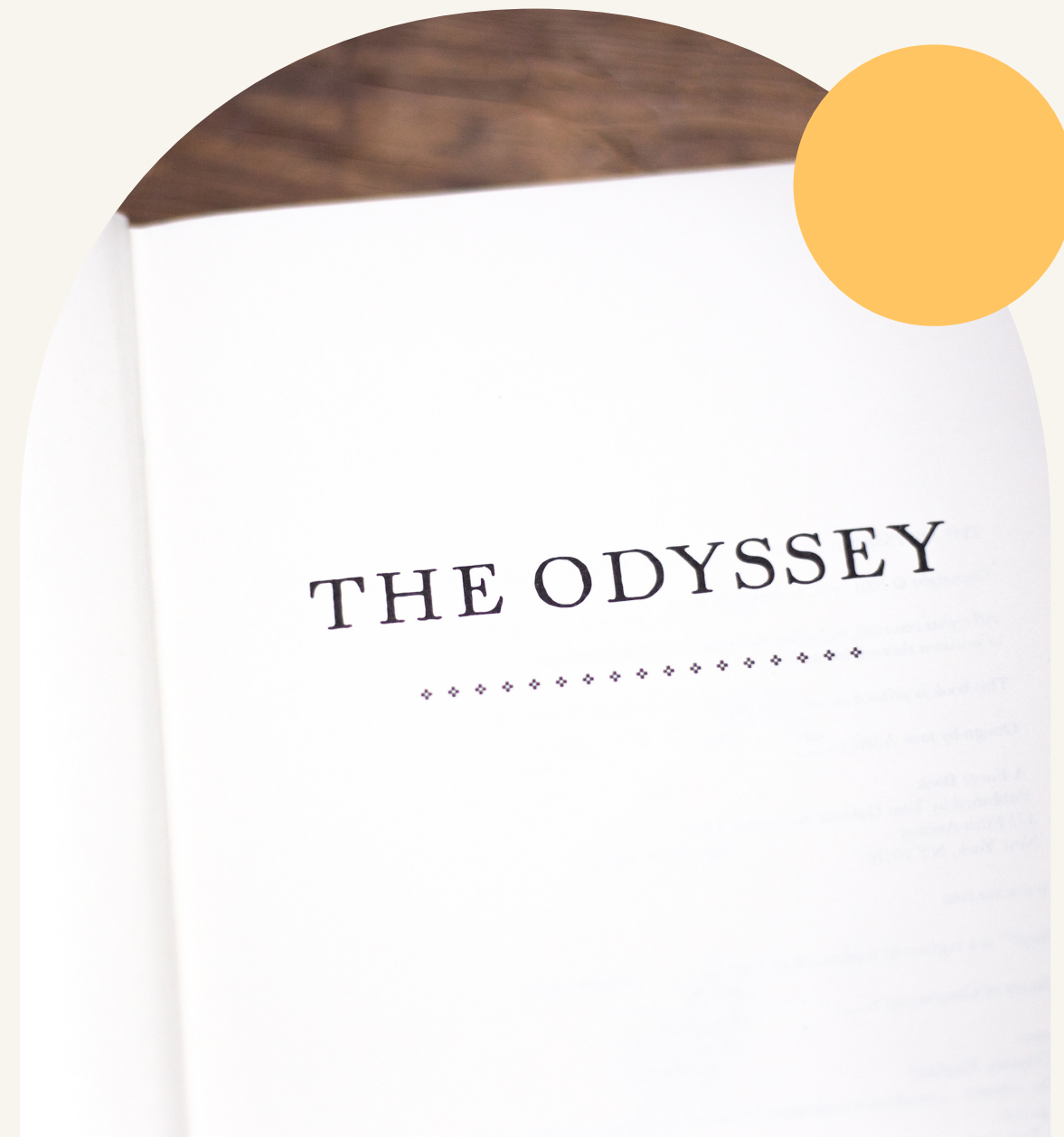


Boundaries
Limit emails & Work Items

Why was this important to me?



My Family!



Conclusions

Conclusions: Having a meaningful Sunday is not easy for me – but being present and intentional on that day has helped me be present and focused during the following work week!



Next Steps

This has been an ongoing project (now a way of life) during these last few months. I feel a strong sense of accomplishment that I have made important steps to live in the moment on Sundays and beyond! Progress Made but still improvements necessary!

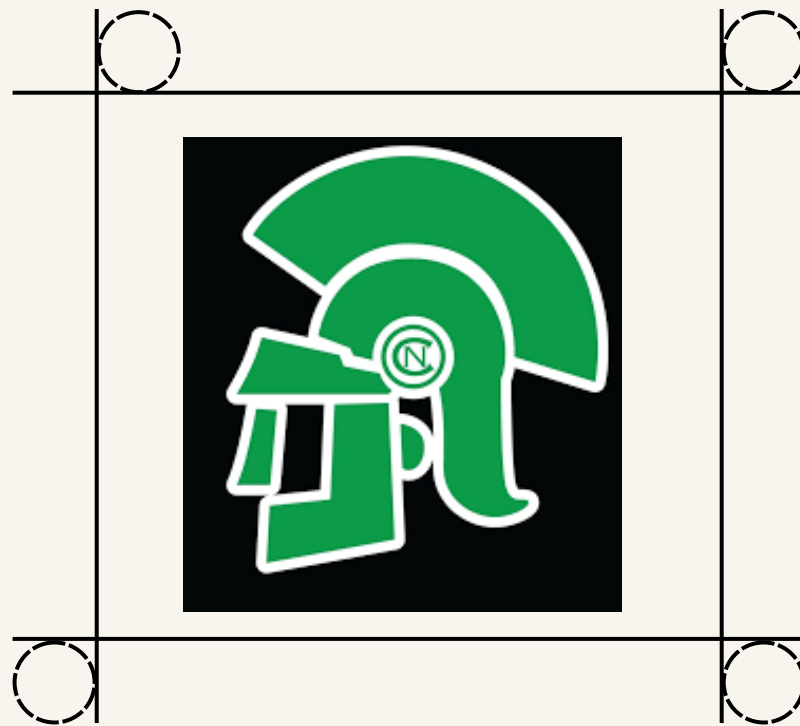


Zooming to better Sundays

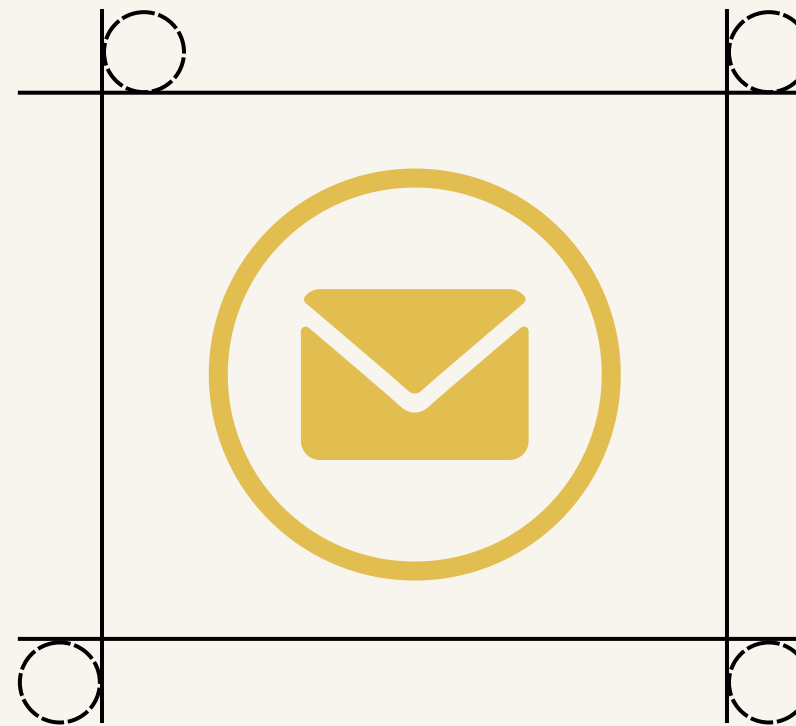
and better balance and leadership.

Food, Faith, Family & Freedom

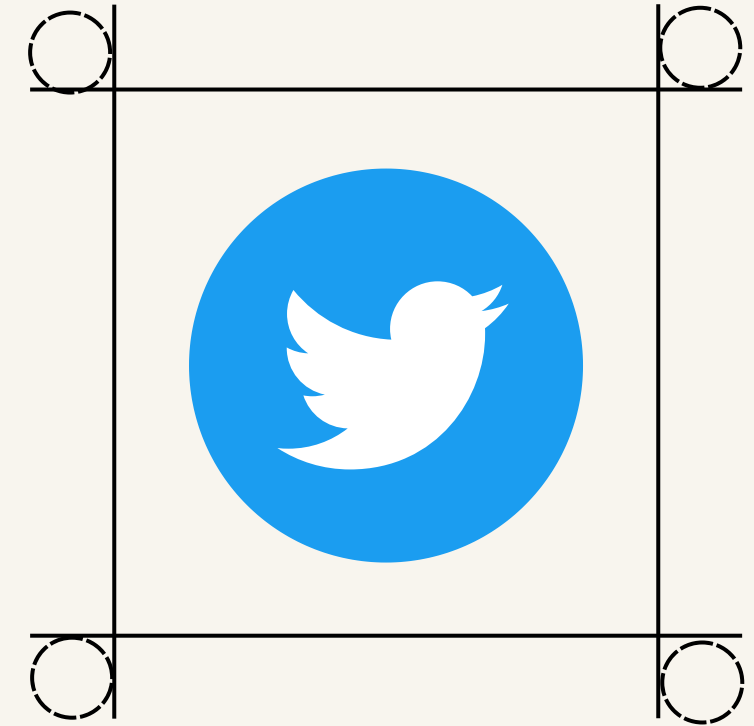
Sunday, Sunday, Sunday



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Method:	Utilized a Digital Calendar with goals, purposes, actions, reflections, next steps, etc.						
Data Collection:	Notes on a google spreadsheet - thoughts, actions, data that I hoped to achieve before Sundays. The follow-up was the data and reflections on how I did.						

Quantitative data is often presented in graphs/charts/tables. You may wish to give quantitative data in at least two kinds of graphs organized in different ways to help you explain various aspects of your learning.

Qualitative data is often presented as excerpts of text from a journal, teacher reflections, etc. You may wish to offer qualitative data by including one or more text samples to help you explain different aspects of your learning.

My Discoveries (Slide ?)

In this step, summarize your learning in two to three brief statements that illustrate the most critical facets of what you learned:

- Learning Statement One: **My findings showed that I experienced some success on Sundays with living in the moment, but I was not always consistent.**
- Learning Statement Two: **Using a simple google form to summarize my Sunday events was very useful and practical for me.**
- Learning Statement Three: **I was more effective at work the following week when I met my motivational needs on Sundays.**

Next, restate each learning statement and explain it. The explanation of your learning statement should refer to your data, and you should include actual data within the description.

Where I Am Heading Next (Slide ?)

In this step, reflect on your action research journey as a whole that accomplishes the following:

- General reflection on the specific action research cycle just completed (Some Questions to Consider: What have you learned about your school? What have you learned about your teachers? What are the implications of what you have learned for your work?) **I have learned that being fresh and fulfilled by my Sunday has helped me with all endeavors at school during the next week.**
- Generation of Directions for The Future (Some Questions to Consider: What changes will you make or have made in your practice? What new wonderings do you have?)

As you present your concluding thoughts, once again, consider weaving a reference or two into your conclusions to connect your findings to the field of administration at large.

The key for me is consistency and building this momentum into productive habits both at home and work. I have noticed that this type of approach is helpful to our teachers and staff as well!

Bibliography (Slide ?)

In this step, provide the bibliographic information for any references you cited in any of the previous actions. List your references in alphabetical order by author's last name. Follow APA, 6th Edition, to enter information about each of your references. Some examples are provided below. Examples of other reference types can be found here:

<http://owl.english.purdue.edu/owl/resource/560/06/>. You may also find the Citation Machine helpful (<http://citationmachine.net/>).

Books

- Author, A. A. (Year of publication). *Title of work: Capital letter also for subtitle.* Location: Publisher.

Single Author Article

- Author, A. A. (Year of publication). Title of article. *Name of journal, volume (number)*, page numbers.

Multiple Authors Article

- Author, A. A. & Author B.B. (Year of publication). Title of article. *Name of journal, volume (number)*, page numbers.

Websites

- Author, A. A., & Author, B. B. (Date of publication). Title of document. Retrieved from <http://Web address>

Citing Your Presentation and Publication

Congratulations on completing the Year 1 Action Inquiry process! You can list your project as both a professional presentation and a professional publication on your resume. Here are examples of the correct ways to cite:

Presentation

Andrews, K. (2022). Providing effective feedback. Presented at the annual Indiana Principal Leadership Institute Action Research Showcase, Indianapolis, IN.

Publication

Andrews, K. (2022). Providing effective feedback. Retrieved from <https://Web address>

Amman, K. (2023). Sunday, Sunday, Sunday – Living for a Meaningful Sunday. Presented at the annual Indiana Leadership Institute Action Research Showcase, Indianapolis, IN.