

**WONDERING**

**ACTIONS**

**DATA  
COLLECTION**

**MY DATA**

**MORE DATA**

**PURPOSE**

**HELP! I NEED TO ASK FOR HELP,  
BUT I'M A HARMONIZER!**

**DISCOVERIES**

**BACKGROUND**

**SCOTT MIDDLE SCHOOL**

**JILLIAN KEMP**

**JLKEMP@HAMMOND.K12.IN.US**

**WHAT'S  
NEXT?**

**WHAT LEAD ME HERE?**

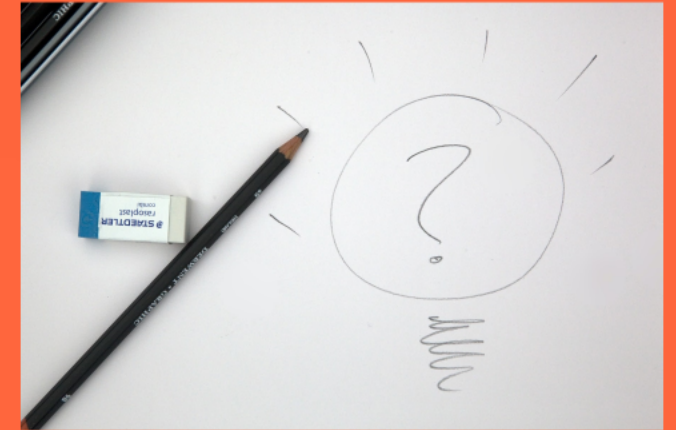
**MY DAYS ARE ALWAYS FILLED WITH A MILLION ITEMS ON MY PLATE. BEING A HARMONIZER, I ALWAYS FIND IT HARD TO ASK FOR HELP, EVEN WHEN FACED WITH BEING EXTREMELY OVERWHELMED, I WILL NOT ASK OTHERS TO TAKE OVER.**



# MY PURPOSE!

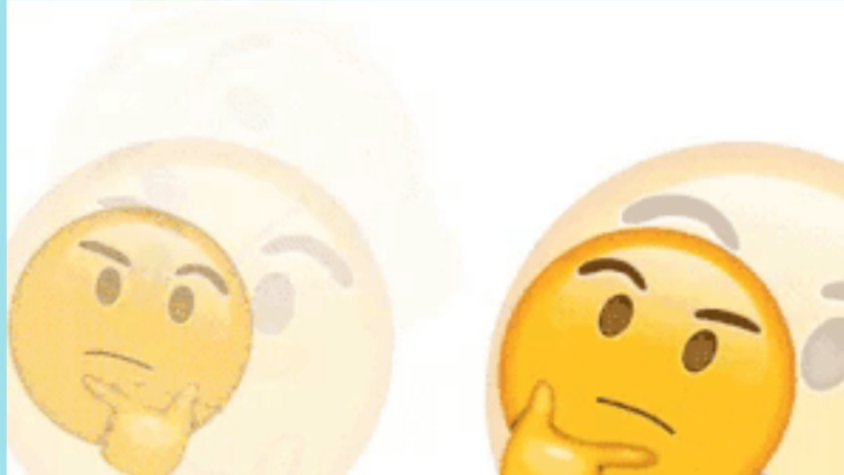
As a Harmonizer, I tend to focus more on the feelings and needs of others verses my own. I will make sure that everyone around me (work and home) are good and not overwhelmed. This will force me to place more on my plate and ultimately overwhelm myself in the process.

By asking for more help, delegating more responsibilities and refusing to take on certain tasks, I hope to strengthen my bandwidth as a Persister.



# MY WONDERING?????

When I strengthen my band with as a Persister, by asking for help and become more comfortable with delegating responsibility, how will this help me feel less stressed and more energized?



# WHAT WILL I DO?

I tracked my weekly responsibilities along with how often I asked for help with them, how many times I delegatd them and how many times I said "no" or prioritizes them. I simply used a journal to write down dates of responsibilities and my reaction to them along with how I felt after.

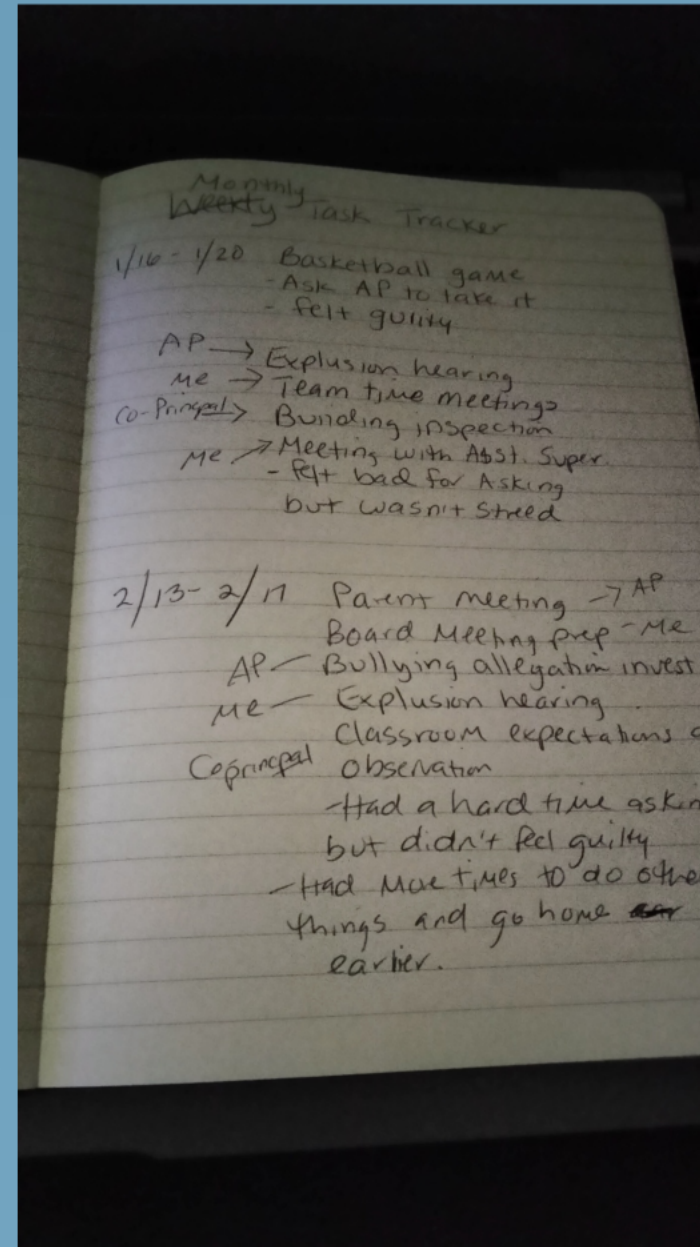




# DATA COLLECTION

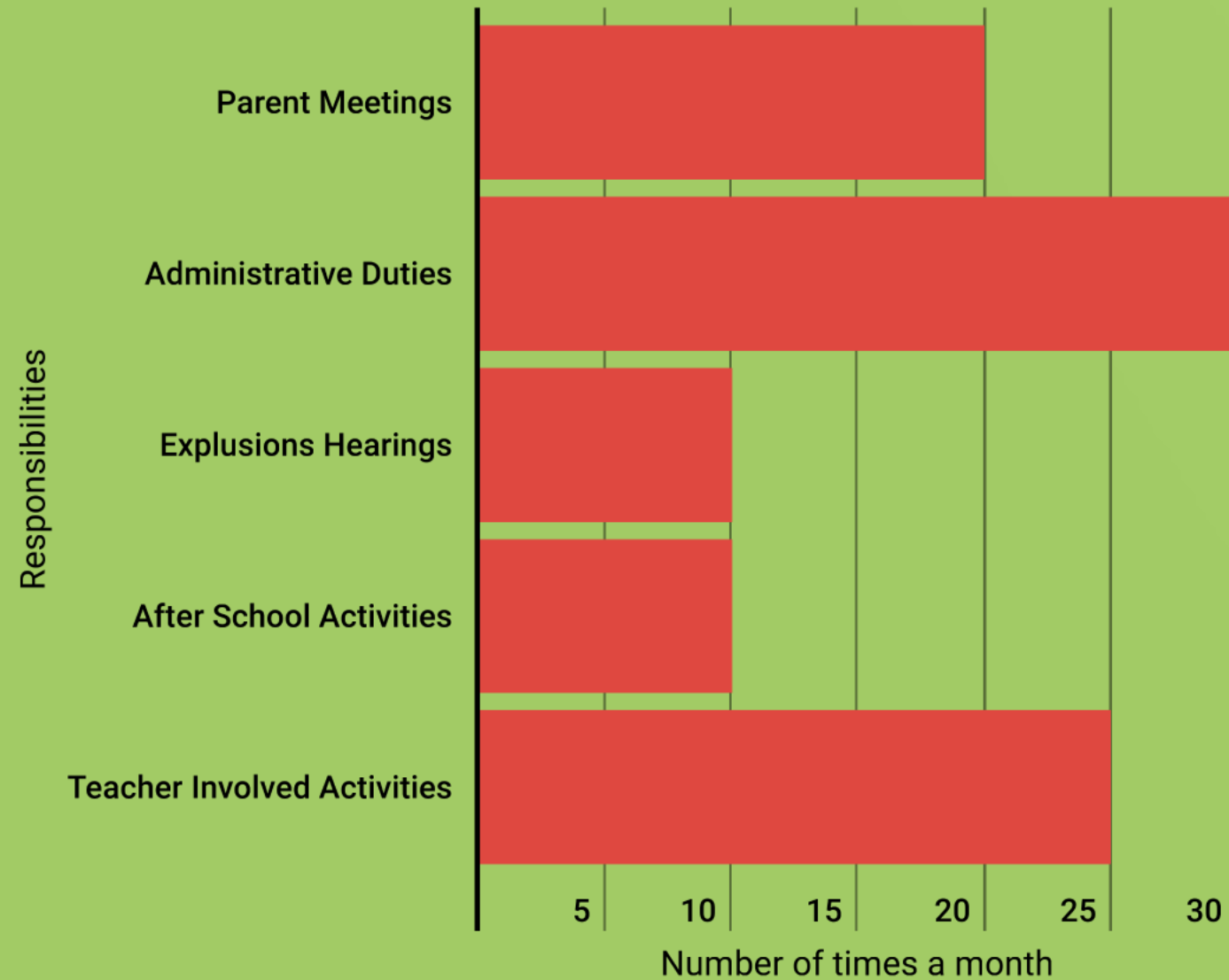
At first I started tracking daily activities but this became a little overwhelming form me. I then started tracking the data weekly. This was better but I realized that I was focused more on the tracking then identifying how I felt about the process.

I decided to continue my collection monthly. This provided me with the opportunity to track specific tasks and how I felt with the delegation.

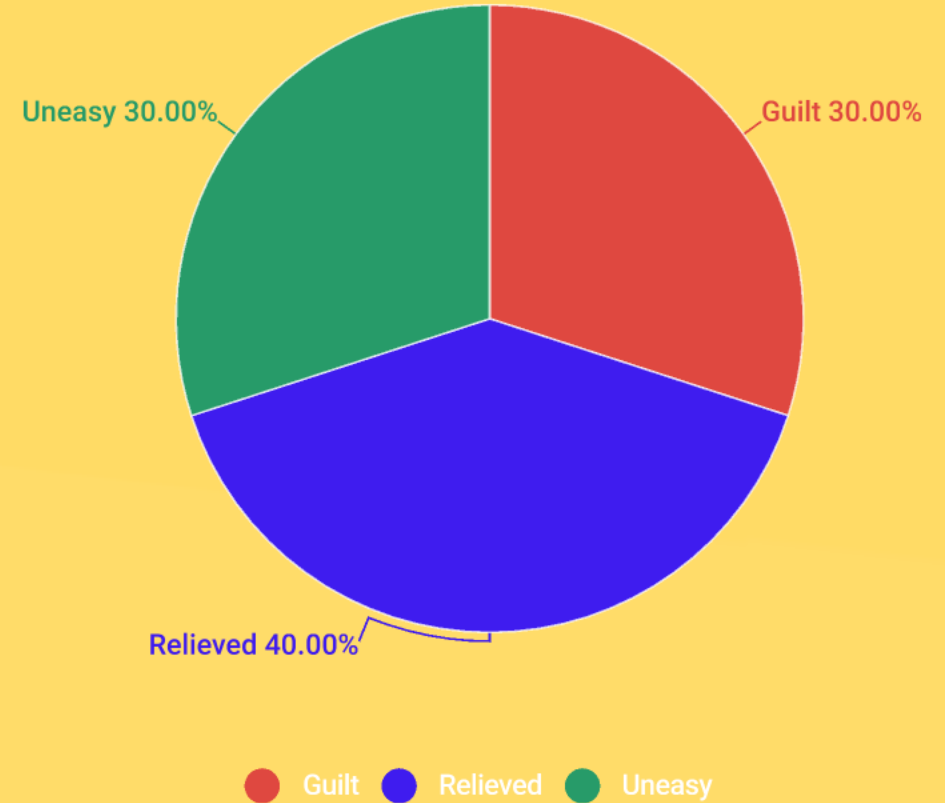
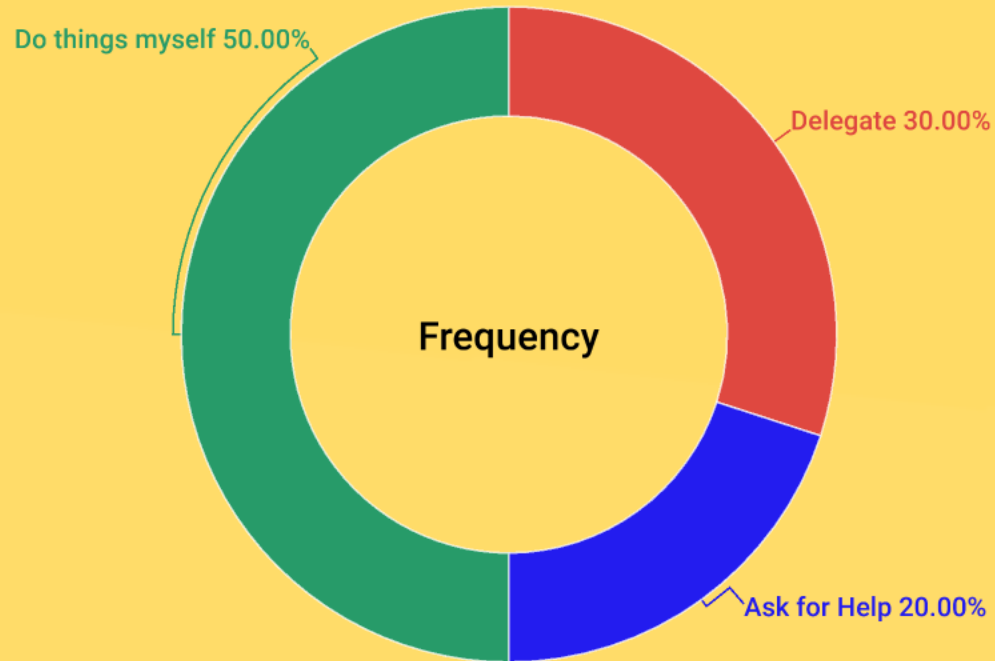


**RESOURCE: THE DATA COLLECTION  
TOOLKIT BY CINDY GOLDEN**

# RESPONSIBILITIES



# FREQUENCY VS. REACTION





# ***A HA MOMENT!***

Through-out this project, I realize how hard it was for me to put my feelings and needs before others.

I also realized how important it is for me, as a educational leader, to make sure that I am able to delegate tasks effectively. This will alleviate daily stress; ultimately shaping me as a better leader.

In order to do this, I must strengthen my presister bandwidth and trust that others can excute the tasks as efficiently as I will.



# WHAT'S NEXT

Continue to strengthen my ability to ask for help and delegate my daily responsibilities while not feeling guilty about doing so.

I know with the amount of stress that this alleviate off my plate; my productivity as a building leader will increase as well.



\*Resources for inquiry brief development:

- Chapter 3 of Leading with Passion & Knowledge

# Title: Help! I need to ask for help, but I'm a Harmonizer!

- **Purpose:** As a Harmonizer, I tend to focus more on the feelings and needs of others verses my own. I will make sure that everyone around me (work and home) are good and not overwhelmed. This will force me to place more on my plate and ultimately overwhelm myself in the process. By doing so, I hope to strengthen my bandwidth as a Persister.
- **Question:** When I strengthen my bandwidth as a Persister, by asking for help and become more comfortable with delegating responsibility, how will this help me feel less stressed and more energized?
  - **Subquestion:** How can I feel to ask for help?
- **Method (what are you doing?):** I will start tracking how often I say no, ask for help and focus on my feelings in a situation before I consider someone else.
- **Data Collection:** Journal or place notes on post-it about how I feel when I delegate some responsibility or say no to an engagement.

- **Calendar Timeline:** January- March
- **Data Analysis:** Give me a week ahead to schedule events and meetings. This will allow me to see if I really want to engage in things. This will also make me more intentional about not overwhelming my time. This gives me the ability to say no.