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Background Leading to My Inquiry

Year 1 & 2: Elementary, 200 Students, 15 Teachers, 2 Office Staff

Year 3: Secondary, 800+ Students, 48 Teachers, 13 Office Staff

PCM: 100% Harmonizer Base & Phase

My least developed strengths according to my PCM profile: Time to Reflect on Possibilities, Introspection, Deliberate Approach, Patience

I realized I needed to work ON myself, BY myself, and FOR myself.

The Purpose of My Inquiry

The purpose of my inquiry is to better serve my team and family by managing my least developed strengths as a Harmonizer.

My Wondering

I wonder if introspective journaling at the end of each work day will lead to me feeling more organized and energized at both work and home?

I wonder if introspective journaling at the end of each day will lead to me feeling more successful as a building leader and mom at the end of each week?

My Actions

I will deliberately make time to reflect at the end of each school day by journaling. I will collect data to determine if journaling helps me feel more organized, energized, and successful as a leader and mom.

Data Collection

I started with the book *The New Diary* by Tristine Rainer and Online Blog Posts by Alessandro Spataro. I began journaling daily trying out different methods of journaling described from the book and blogger.

My Data

I journaled for 6 weeks at approximately 4:15 pm each day.

My Discoveries

Introspective journaling helped me gain clarity in many areas as a building leader.

Introspective journaling helped me “put down some weight” before transitioning home, allowing me to feel more present as mom in the evenings.

Where I Am Heading Next

I plan to continue the habit of journaling between work and home while serving as a building leader.

Bibliography

Rainer, T. (1989). *The New Diary*.

Regier, N. (2020). *Seeing people through: Unleash your leadership potential with the process communication model*.

Spataro, A. (2020, July 8). *How to keep an introspective journal - The path to meeting your authentic self (Part 1)*.

Spataro, A. (2023, September 30). *How to keep an introspective journal - The path to meeting your authentic self (Part 2)*.

A photograph of several hands of different skin tones holding a single, glossy red heart. The hands are positioned around the heart, with some fingers resting on its surface. The background is a soft, out-of-focus light color.

LEADING WISER AS A HARMONIZER

Whitney Reinhart
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Seymour Middle School

BACKGROUND

Year 1 & 2:

Elementary | 200 Students
15 Teachers | 2 Office Staff

Year 3:

Middle School | 800 Students
48 Teachers | 13 Office Staff



BACKGROUND



PCM

Phase & Base – 100% Harmonizer

Page 11 – My Least Developed Strengths:

Calm, Deliberate Approach

Time to Reflect on Possibilities

Introspection

Patience

**WORKING:
ON MYSELF
BY MYSELF
FOR MYSELF**



PURPOSE

The purpose of my action inquiry is to better serve my team and family by managing my least developed strengths as a Harmonizer.

WONDERINGS

I wonder if introspective journaling at the end of each day will lead to me feeling more organized and energized at both work and home?

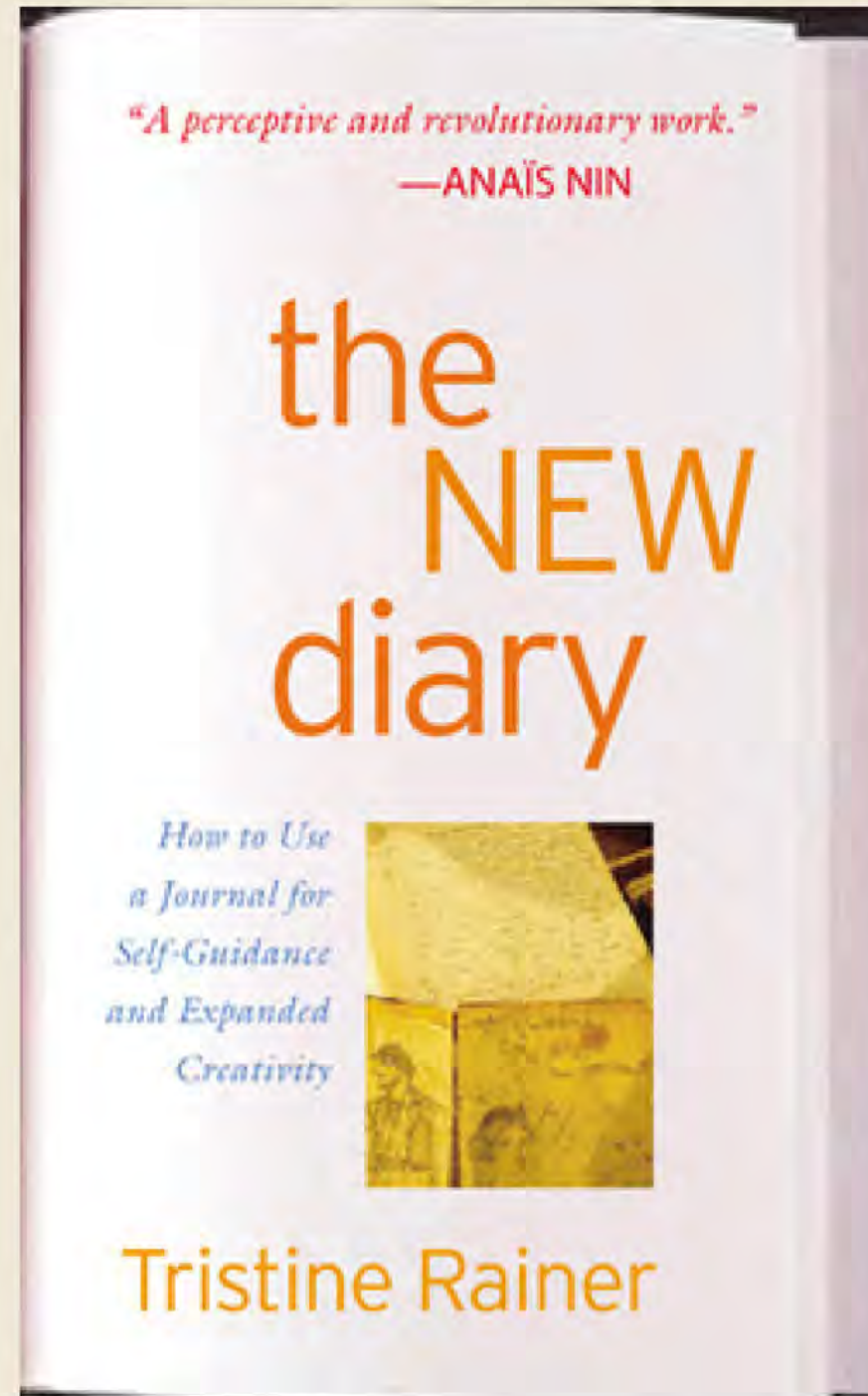
I wonder if introspective journaling at the end of each day will lead to me feeling more successful as a building leader and mom at the end of each week?

ACTIONS

I will deliberately make time to reflect at the end of each day by journaling. I will collect data by reflecting at the end of the week to determine if journaling is helping me feel more organized, energized, and successful as a leader and mom.

DATA COLLECTION

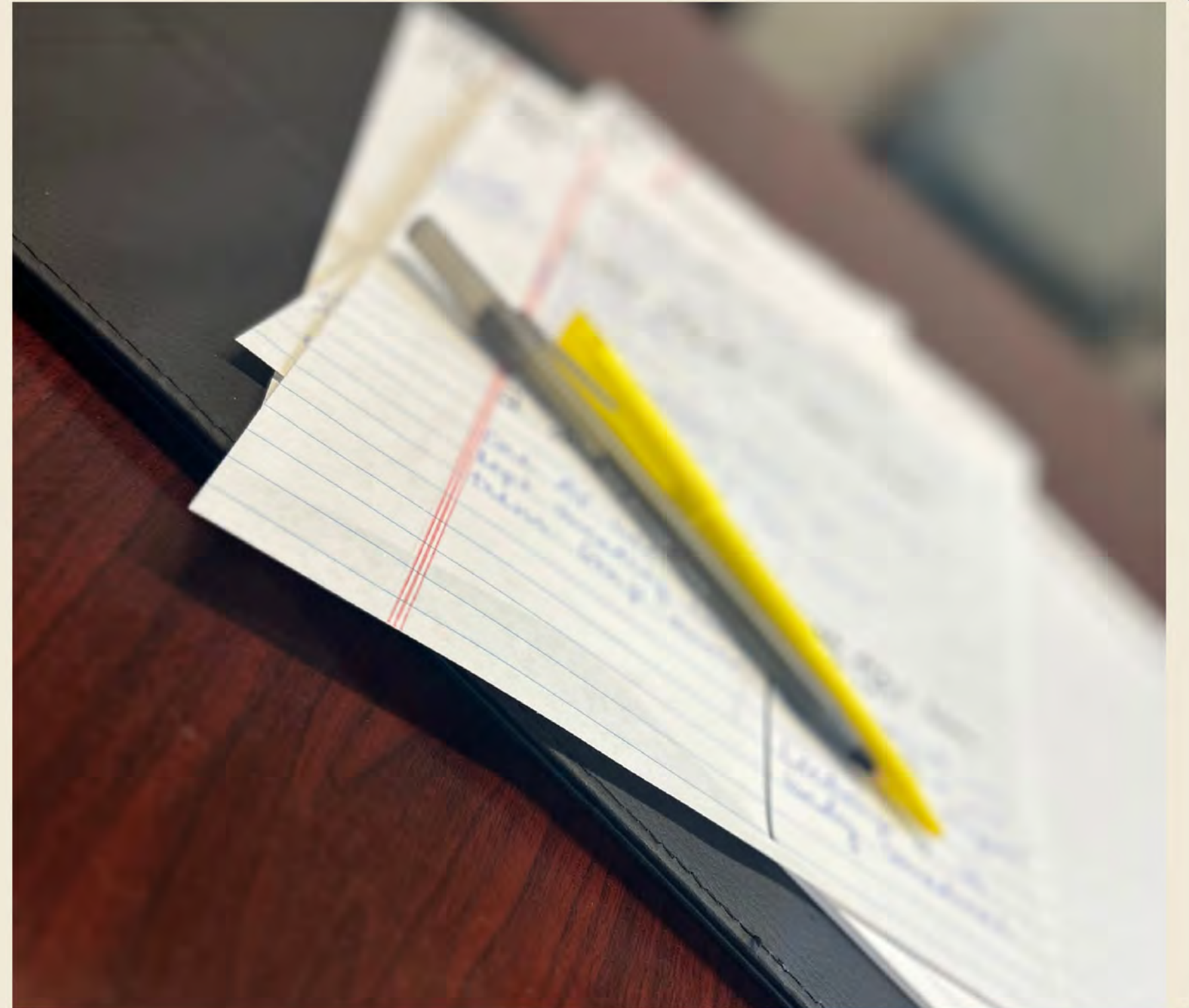
**Where do
I start?!**



Article – Part 1
Article – Part 2

MY DATA

Week 1: Week of Feb 26
Week 2: Week of Mar 4
Week 3: Week of Mar 11
Week 4: Week of Mar 18
Week 5: Week of Mar 25
Week 6: Week of Apr 1



MY DISCOVERIES

1. Introspective journaling helped me gain clarity in many areas as a building leader.
2. Introspective journaling helped me “put down some weight” before transitioning home, allowing me to feel more present as mom in the evenings.

Organized Energized Successful

MOVING FORWARD

1. I plan to continue with journaling at the end of each work day. It is a habit I want to continue and feel it is vital to my success as a building leader and mom.
2. I'd like to try journaling in the morning to see if there is any positive difference or incorporate the weekends at home as well.

BIBLIOGRAPHY

Rainer, T. (1989). *The New Diary*.

Regier, N. (2020). *Seeing people through: Unleash your leadership potential with the process communication model*.

Spataro, A. (2020, July 8). *How to keep an introspective journal – The path to meeting your authentic self (Part 1)*.

Spataro, A. (2023, September 30). *How to keep an introspective journal – The path to meeting your authentic self (Part 2)*.