

Year 1 Inquiry Brief – Action Research Proposal

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Purpose:

The purpose of this inquiry is to identify how I can be a better leader by focusing on an area of my personal/professional life.

Question (Wondering):

How might the implementation of a new habit, intentional scheduling, better balance my home and life balance.

Method (What will I be doing) + Data Collection:

Each week, I will take the following actions:

1. Sit down with my wife on Sunday from 12pm – 1pm and develop a shared calendar for the next two weeks.
2. I will track the amount of time I spend with my family prior to our shared calendar as well as after our shared calendar to see if it improves with the use of a shared calendar.
3. Data will be collected by time spent at work, time spent at work with my kids, and time spent away from work with my family.

Calendar (Timeline):

During the month of January, I will track my time to get a baseline. Starting in February, I will begin habit stacking a calendar review with my wife after church. I will continue to track my time spent with my family to see if there is a meaningful change.

Data Analysis:

Starting in April, I will take the collected data and begin to review it. Specifically, I will look at the difference between my baseline data and my data after habit stacking a shared calendar. I will review time spent by day of the week and also compare how my time was spent overall to see if there is a change once I began implementing a shared calendar.

The Impact of Intentional Habit Building

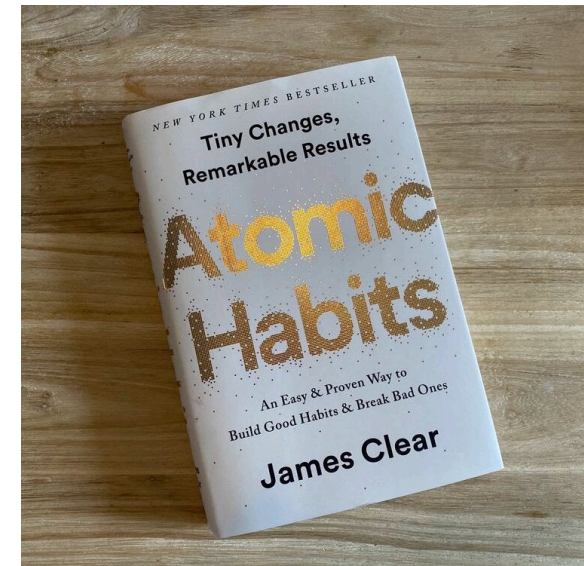
CREEKSIDE MIDDLE SCHOOL

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Background Leading to My Inquiry

- I needed to do a better job of coordinating schedules with my wife.
- We always had great intentions, but our schedules were often not aligned.
- The amount of time spent with my family was inadequate – I needed to better prioritize and organize my time.
- Based on my PCM, my strengths include: logic, responsibility, and organization. My strengths are not translating to my family life, only my work life.



Purpose of This Inquiry



The purpose of this inquiry is to identify how I can be a better leader and husband by focusing on habits that lead to a better time balance between my personal and professional responsibilities.

My Wondering



With this purpose and the book study I was conducting (**Atomic Habits**), I wondered how the habit of implementing a shared calendar with my wife would help me find more time to spend with my family.

My Actions

Step #1: Read Atomic Habits and learn about ways to effectively develop new habits.

Step #2: Talk with my wife to discuss my inquiry and determine a way that we could “habit stack” with our current weekend plans. *We go to church every week, so we elected to stack a calendar review on top of our church attendance.*

Step #3: To ensure habit stacking, we created a hard-copy calendar and placed it at our garage door (*we see it upon entry from church*).

Step #4: On a weekly basis, my wife and I met to discuss our schedules (Sunday from 12pm – 1pm) and looked for ways to optimize our schedules and the time we spent with each other, our kids, and doing things we needed to do for work of enjoyment.

Step #5: Track how hours were spent between 3:30pm – 11:00pm each day to determine if the habit stacking impacting hours spent with my family.

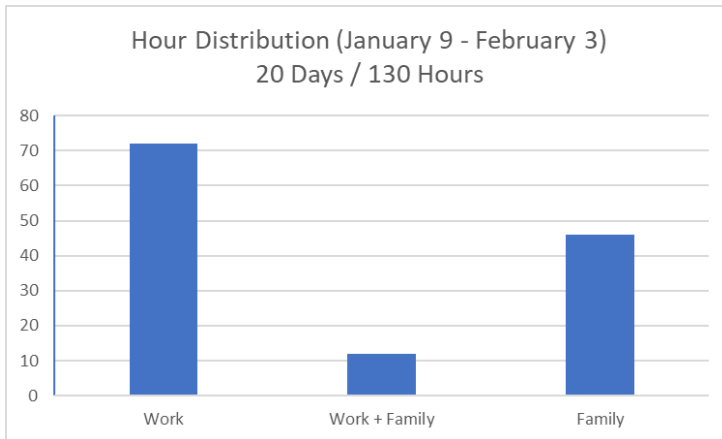
NOTE: *I originally planned on collecting “Moods” but felt there were too many factors that impacted mood so the data might have association, but not causation.*

Data Collection

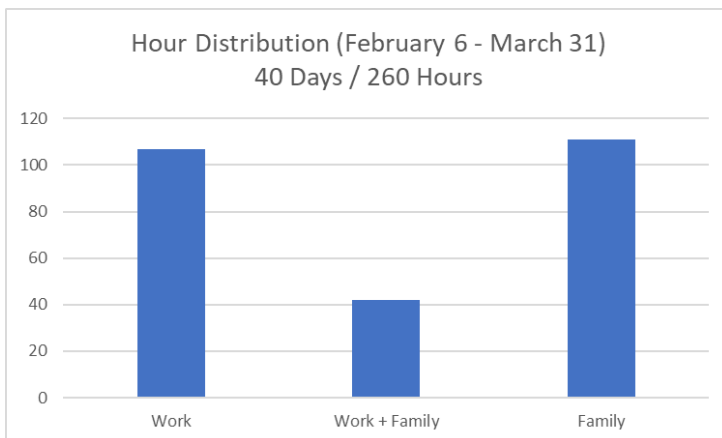
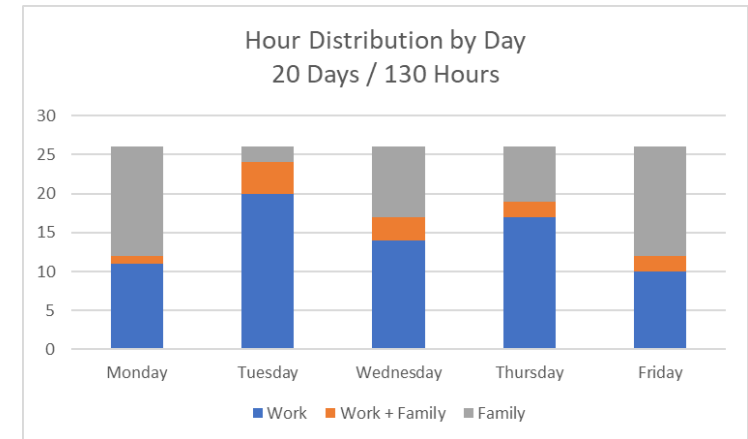
3/12/2023			
Time	Activity	Category	Total Hours
3:30 – 4:30	Office Work	Work	1 hour
4:30 – 6:00	Creekside Basketball	Work + Family	1.5 hours
6:00 – 6:30	Dinner	Family	.5 hours
6:30 – 8:30	Park w/ Family	Family	2 hours
8:30 – 9:00	Bedtime Routine	Family	.5 hours
9:00 – 10:00	Office Work	Work	1 hour



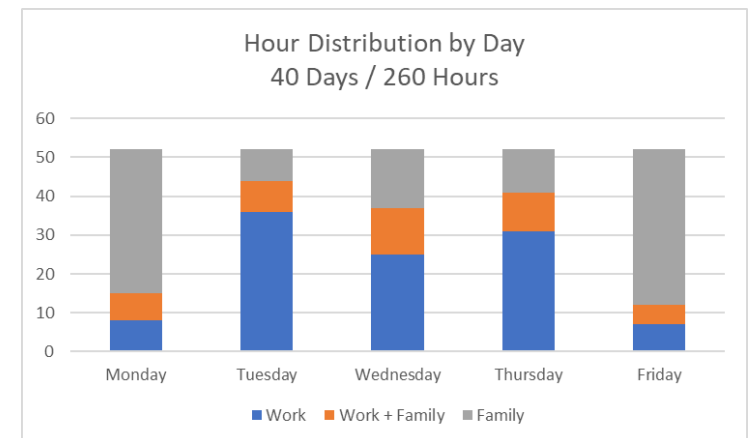
My Data



Before Implementing
Scheduling Habit



After Implementing
Scheduling Habit



My Data (Continued)

Change in Time Usage (Pre and Post Implementation)			
	Percentage of Time (Before Habit)	Percentage of Time (After Habit)	Difference
Work	55%	41%	- 14%
Work + Family	9%	16%	+ 7%
Family	35%	43%	+ 8%

My Discoveries

- Overall time spent with my family increased by a total of 15% after implementing the habit of schedule coordination utilizing habit stacking.
- There were great opportunities to spend time with my children while at work that I was not leveraging due to poor communication and planning with my wife.
- Taking my children to events at school allowed my wife some personal time while I was at work. This eliminated the time she spent away while I was home and allowed us to spend more time together as a family when I was home.
- Habit stacking is a highly effective method to building a new habit.

Where I am Heading Next

This experience was very beneficial in allowing me to identify a wondering, develop a method to research it, and implement an action plan. During this process, I learned the impact of habits and more importantly, the impact that a book study can have if not only read, but used as part of an action plan.

Based on my learning, I am eager to find a way to tie habit stacking into a professional development plan. Additionally, I believe there is value in taking time each week to truly outline a calendar when it comes to balancing personal and professional tasks. I hope to take my learnings and share them with my teaching staff in an effort to provide support in finding additional hours in the work day.

As noted by the Danielson Group, effective school leadership is one of nine characteristics of high performing schools (2022). By helping other school leaders and teacher leaders better leverage their time, I hope to increase effectiveness and productivity.

Bibliography

Clear, J. (2022). *Atomic habits: Tiny changes, remarkable results: An easy and proven way to build good habits and break bad ones*. Cornerstone press.

Nine characteristics of high-performing schools. Danielson Group. (2022, February 11). Retrieved April 11, 2023, from <https://danielsongroup.org/nine-characteristics-of-high-performing-schools/>