

Principal Name: Chiquita Adams

School Name: Jefferson Traditional Middle School

Principal's Email Contact: cadams@sbcsc.k12.in.us

Background Leading to My Inquiry (Slide 2)

Outline what led you to this particular inquiry.

- In receiving my PCM results, I learned a bit about myself, my triggers and ways to alleviate my stress. I also understood that the first year is a focus on myself - that look into the mirror.

The Issue/Tension/Dilemma/Problem that led to your action research:

- In my second year of the principalship, I have learned how stressful and discouraging the position can be. I am interested in finding ways to make it less stressful and more fulfilling. I believe this can be accomplished through more intentional efforts to be healthy in my mind, body and spirit.

The Purpose of My Inquiry (Slide 3)

- Therefore, the purpose of my action inquiry was to change and improve practice and ultimately increase efficacy in my principalship.

My Wondering (Slide 4)

With this purpose, I wondered whether I can improve my outlook, stress, and energy level by having a dedicated wellness routine.

- Subquestions:
 - How much will increasing daily water intake, moderate weekly exercise (3x/wk), daily mindfulness or spiritual reflection time, increasing nightly sleep, weekly recharging with loved ones, or self-care affect how I feel emotionally and physically?

My Actions (Slide 5)

- I tracked these five areas and noted how I felt and wrote short reflections about it:
 - increase daily water intake
 - moderate weekly exercise (3x/wk)
 - daily mindfulness or spiritual reflection time
 - increasing nightly hours of sleep
 - weekly recharging with loved ones or self-care

Rest. Recharge. Revive.



Jefferson Traditional Middle School

Chiquita Adams
cadams@sbcsc.k12.in.us

Background Leading to this Inquiry

After learning that my base and phase are Harmonizer, I understood how important the feelings of safety are to my wellbeing. To this end, I wanted to explore how to ensure those needs are met.

As I explored my PCM information I learned about my strengths as well as my triggers and as I reflected on what I learned I found it to be true. To this end, I put things into place that I felt would fill my bucket, and instead of experiencing feelings of defeat that I was feeling in my new role as principal, I could begin to feel safe and confident in my efficacy as the leader of my building.

I thought spending time with my family, exercising, drinking water, getting 7-8 hours of sleep, and spiritual reflection or devotion time could improve my overall outlook and effectively improve my leadership.



Purpose of This Inquiry

To use action research to change and improve practice and ultimately increase efficacy in my principalship.



My Wondering

I wonder whether I can improve my outlook and energy level by having a dedicated wellness routine.

■ Sub-questions:

- How much will increasing daily water intake, moderate weekly exercise (3x/wk), daily mindfulness or spiritual reflection time, increasing nightly sleep, weekly recharging with loved ones or self-care affect how I feel emotionally and physically?



My Actions

I will track these five areas and note how I feel and write short reflections about it:

- increase daily water intake
- moderate weekly exercise (3x/wk)
- daily mindfulness or spiritual reflection time
- increasing nightly hours of sleep
- weekly recharging with loved ones or self-care (ie. massages, mental health days, girls night outings)



Data Collection

I created this chart to track my progress and identify trends from Nov 2023 - March 2024.

NOV DATA					
Week 1: 11/15/23 - 11/22/23					
	W	E	M	S	RC
# days accomplished out of 7					
Weekly Reflection:					
Week 1: 11/22/23 - 11/29/23					
	W	E	M	S	RC
# days accomplished out of 7					
Weekly Reflection:					

I started by recording the number of days out of 7 each week that I drank at least 6 glasses of water, walked, spent time meditating or praying, slept at least 7 hours and recharged with my husband, family or friends.



My Data

I replicated the chart for every month between November and March, counting the number of days that I accomplished my goal and recording the qualitative data as well.

AR Project Data Yr. 1 - C.Adams 2024



My Data

NOV DATA

Week 1: 11/15/23 - 11/21/23	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	2	0	4	2	1
Weekly Reflection: Beginning this work is a challenge. A half gallon is tough. My intent is to keep increasing					
Week 2: 11/22/23 - 11/28/23					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	1	0	4	3	4
Weekly Reflection: Time with my family has filled my bucket. In addition, time away to recharge with other principals at the Fall conference was so fun. I will always attend this conference. So much fun! It's exactly what I needed.					
	3	0	8	5	5



My Data

DEC DATA					
Week 1: 11/29/23 - 12/5/23	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	1	2	5	2	1
Weekly Reflection: Back to work this week and looking forward to Christmas. I understand that the work is so challenging and the pressure feels especially daunting. Spending time in prayer definitely helps.					
Week 2: 12/6/23 - 12/12/23					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	1	0	5	2	1
Weekly Reflection: Looking forward to break. Spending time in prayer works. The time away for my anniversary is both welcome and stressful because of thinking about work the whole time.					
Week 3: 12/13/23 - 12/19/23					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	2	2	4	3	1
Weekly Reflection: I have increased all of my numbers this week. I know that sleep is important. Overall I feel better.					
Week 4: 12/20/23 - 12/26/23					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	4	4	4	3	4
Weekly Reflection: Finally! A much needed break. I got some disturbing news at the beginning of the week and have enjoyed not thinking about work since. The time to connect with my extended family and eat great food, has been awesome.					
	8	8	18	10	7



My Data

JAN DATA					
Week 1: 12/27/23 - 1/2/24	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	5	0	7	5	7
Weekly Reflection: I am still enjoying the time away and my church's corporate fast has begun. January has always been a great month for me. Intentional time spent with God is always importnat and revelatory. I can't wait to see what God has for me in 2024. I feel as though the year will be tough but I will grow.					
Week 2: 1/3/23 - 1/9/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	7	0	7	2	1
Weekly Reflection: doing weel with water and mindfulness. Spending tiem with God is getting me through.					
Week 3: 1/10/24 - 1/16/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	7	2	7	3	1
Weekly Reflection: Work is tough right now. The time I am spending with God is more important than ever.					
Week 4: 1/17/24 - 1/23/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	7	0	7	1	1
Weekly Reflection: Yet holding on!					
Week 5: 1/24/24 - 1/30/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	7	0	7	2	1
Weekly Reflection: I am coming to the end of the month so my fasting will be finished. I have enjoyed drawing close to God I need to work on my sleep. Melatonin is not consistent for me.					
	33	2	35	13	11



My Data

FEB DATA

Week 1: 2/1/24 - 2/6/24	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	6	0	7	0	2
Weekly Reflection: Stressful week. Water intake and better eating habits are making my body feel better.					
Week 2: 2/7/24 - 2/13/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	5	1	6	0	2
Weekly Reflection: If I could incorporate exercise into my week, it would accelerate my weight loss even more. I am happy with my progress, but always impatient..					
Week 3: 2/14/24 - 2/20/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	6	0	7	0	2
Weekly Reflection: Others are starting to notice that I am slimming down. I still cant get at least 7 hours every night. usually just under 7 hours.					
Week 4: 2/21/24 - 2/27/24					
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	5	0	7	1	1
Weekly Reflection: An unexpected blessing this week may change my trajectory at work. I am cautiously optimistic. I am learning that the circumstances still control my happiness. I would love to get tot the point that they don't.					
	22	1	27	1	7



My Data

MAR DATA					
Week 1: 2/28/24 - 3/5/24	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	0	1	5	2	1
Weekly Reflection: I have definitely slowed my water intake and I can tell a difference. I am still drinking water, but not 96 ounces everyday. Time with my friends has greatly improved my outlook.					
Week 2: 3/6/24 - 3/12/24	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 7	0	1	5	2	1
physically and then emotionally and mentally. This has been an important thing to track and attend to. My hypotheses were correct: I am better equipped to handle the stresses that will inevitably come with school leadership if I can first attend to my personal health and well-being.					
	0	2	10	4	2



My Data

TOTAL DATA

All Weeks: 11/15/23 - 3//23	Water Intake	Exercise	Mindfulness	Sleep	Recharge w/ Loved Ones
	W (96 oz/day)	E (30 min/day)	M (morning prayer ea. day)	S (at least 7 hrs)/night	RC (spend time w/ loved ones)
# days accomplished out of 119 (17 weeks)	66/119	13/119	98/119	33/119	32/119

Weekly Reflection Samples:

Time with my family has filled my bucket. In addition, time away to recharge with otehr principals at the Fall conference was so fun. I will always attend this conference. So much fun! It's exactly what I needed.

Looking forward to break. Spending time in prayer works. The time away for my anniversary is both welcome and stressful because of thinking about work the whole time.

Finally! A much needed break. I got some disturbing news at the beginning of the week and have enjoyed not thinking about work since. The time to connect with my extended family and eat great food, has been awesome.

I am coming to the end of the month so my fasting will be finished. I have enjoyed drawing close to God I need to work on my sleep. Melatonin is not consistent for me.

If I could incorporate exercise into my week, it would accelerate my weight loss even more. I am happy with my progress, but always impatient..

An unexpected blessing this week may change my trajectory at work. I am cautiously optimistic. I am learning that the circumstances still control my happiness. I would love to get tot the point that they don't.

I have definitely slowed my water intake and I can tell a difference. I am still drinking water, but not 96 ounces everyday. Time with my friends has greatly improved my outlook.



My Discoveries

- I learned that my physical health is directly correlated to my mental and emotional health. In other words, the better I feel physically, the better I feel emotionally and mentally. This is reflected in my qualitative data that shows that on the weeks I came close to meeting the goals, I felt better and more hopeful than the many days I did not.
- I confirmed that being intentional about physical wellness is vital to my effectiveness in leadership. The data in January shows that the time I spent in prayer drastically improved my outlook and feelings of effectiveness.
- I confirmed my hypothesis that being an energetic and passionate leader is directly linked to the oxygen-mask analogy that describes how you must first take care of yourself before you can take care of others. Otherwise, your success will be short-lived.



Where Am I Heading Next?

- Changes
 - If I had it to do again, I would have focused on no more than 3 aspects of wellness. Trying to track five domains was challenging. Also I might figure a way to make the qualitative data, quantitative instead. When compiling the data, numbers certainly ease the process.
 - My data would have been easier to analyze if i had given ranges instead of thresholds or definites.
- Wonderings
 - Would intentional mindfulness or prayer alone have been just as effective as the selected five areas of wellness for my outlook and sense of efficacy?
 - Should/could exercise be its own study?



Bibliography

- Dana, N. (2009). *Leading with Passion and Knowledge: The principal as action researcher*. California: Corwin.
- Regier, Nate. (2020). *Seeing People Through: Unleash your leadership potential with the process communication model*. California: Berrett-Koehler.



Data Collection (Slide 6)

- I tallied my water intake, days of exercise, number of days that I spent time in prayer, the number of days I got at least 7 hours of sleep, and whether I recharged weekly with loved ones for 17 weeks.

My Data (Slides 7 -13)

-  AR Project Data

My Discoveries (Slide 14)

- Learning Statement One:
 - I learned that my physical health is directly correlated to my mental and emotional health. In other words, the better I feel physically, the better I feel emotionally and mentally. This is reflected in my qualitative data that shows that on the weeks I came close to meeting the goals, I felt better and more hopeful than the many days I did not.
- Learning Statement Two:
 - I confirmed that being intentional about physical wellness is vital to my effectiveness in leadership. The data in January shows that the time I spent in prayer drastically improved my outlook and feelings of effectiveness.
- Learning Statement Three:
 - I confirmed my hypothesis that being an energetic and passionate leader is directly linked to the oxygen-mask analogy that describes how you must first take care of yourself before you can take care of others. Otherwise, your success will be short-lived.

Where I Am Heading Next (Slide 15)

- General Findings
 - Mental, physical, and spiritual health is the foundation of this work. We are better able to handle the relentless everyday challenges when we have first cared for ourselves. The oxygen mask analogy is vital to success in the principalship.
- Changes
 - If I had it to do again, I would have focused on no more than 3 aspects of wellness. Trying to track five domains was challenging. Also I might figure a way to make the qualitative data, quantitative instead. When compiling the data, numbers certainly ease the process.
 - My data would have been easier to analyze if I had given ranges instead of thresholds or defines.
- Wonderings
 - Would intentional mindfulness or prayer alone have been just as effective as the selected five areas of wellness for my outlook and sense of efficacy?

- Should/could exercise be its own study? Since I wasn't at all successful with exercise, how much better would this study have been by focusing on exercise alone?

Bibliography (Slide 16)

- Dana, N. (2009). *Leading with Passion and Knowledge: The principal as action researcher*. California: Corwin.
- Regier, Nate. (2020). *Seeing People Through: Unleash your leadership potential with the process communication model*. California: Berrett-Koehler.