

# Searching for the Perfect Balance: Professionally and Personally

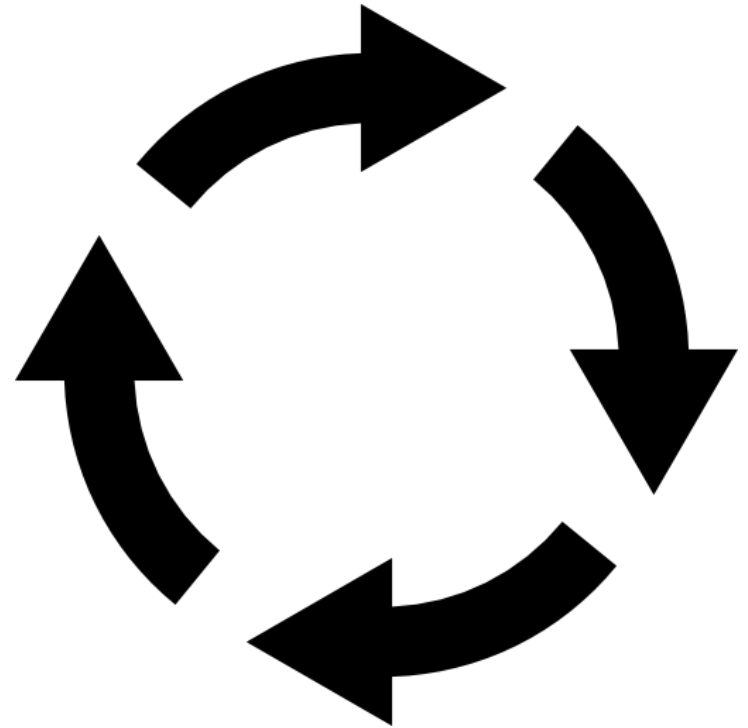
Valparaiso High School

Veronica Tobon  
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# Background Leading to This Inquiry

Being a servant leader makes putting oneself first difficult. In order to be a great servant leader, taking care of oneself is important. Living in this never ending cycle can easily leave one open to failing in both areas.



# Purpose of This Inquiry



Therefore, the purpose of my action inquiry was to search for a successful balance in my life physically, mentally, emotionally, and spiritually.

# My Wondering

With this purpose, I wondered what steps I needed to take in order to find and keep the balance I have spent years searching for.



# My Actions

- Physically
  - Lowered A1C to an acceptable level
  - Weight loss
- Mentally
  - Dedicated at least 30 minutes 3 times a week to do something non-work related
  - Strived to leave the school by 5:00
  - Prioritized family over work on the weekends

# My Actions

- Emotionally
  - Focused on reading and going through the process provided by the book Loving Bravely
- Spiritually
  - Participated in a workshop that helped strengthen and gain a deeper understanding of my faith
  - Reflected daily on spiritual passage from the book Jesus Calling

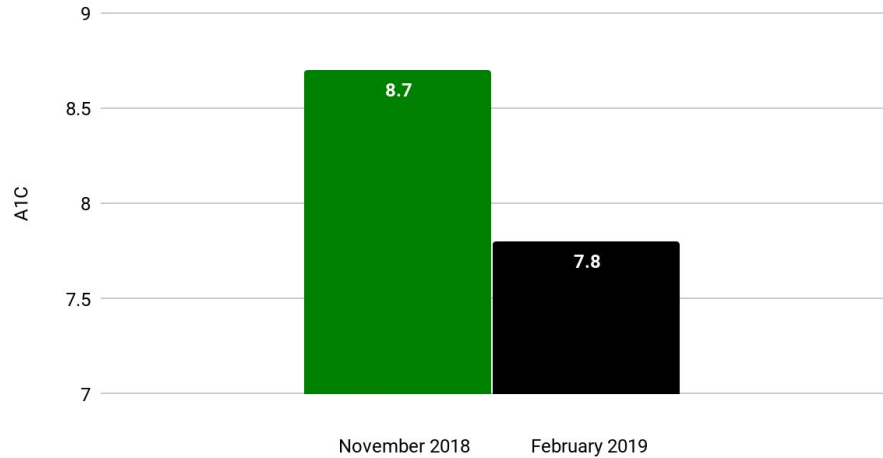
# Data Collection

All data, with the exception of my A1C results, were collected from September 10, 2018 to April 12, 2019. The A1C results were collected in November 2018 and February 2019. This test is done every three months.

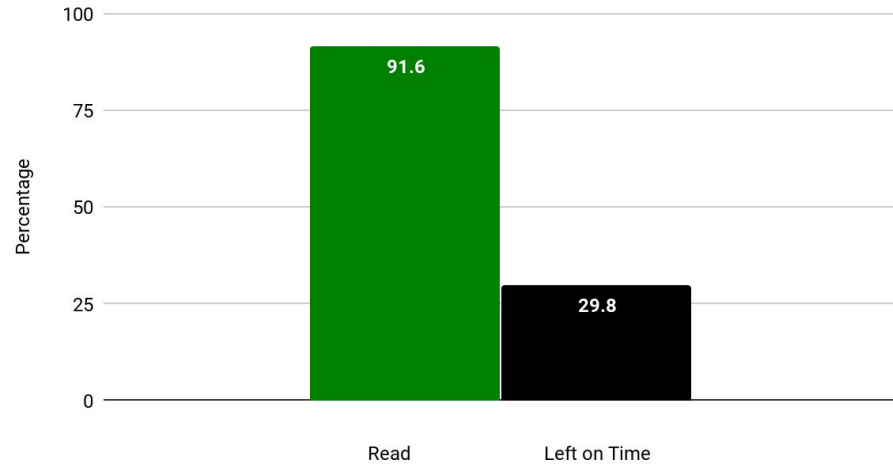
- Physically
  - Blood test results for A1C
- Mentally
  - Calendar identifying which action was met
- Emotionally
  - Reflections were written
- Spiritually
  - Calendar

# My Data

## A1C Results



## Reading and Leaving on Time Results





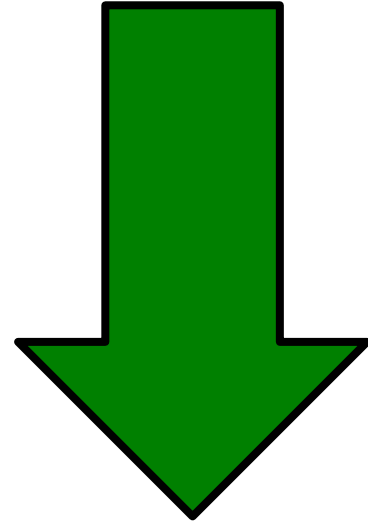
# My Discoveries

As a result of analyzing the data collected, I learned three important things:

- 1) My A1C and weight went down
- 2) Making time for myself made a noticeable difference
- 3) It was nearly impossible to leave the building by 5:00 p.m.

# My Discoveries

Although my A1C went from an 8.7 to a 7.8 and I lost 15 pounds, regular physical activity needed to be included in order to make more of an impact.



# My Discoveries

Making time for myself helped me recharge for the next day. Although I have found it much more challenging to put down the laptop when I get home in my new role, I decided to give myself a couple of options. I focused on dedicating 30 minutes to myself, which usually included reading something non-work related or listening to music. I had a 91.6% success rate in this area.

I also made it a point to avoid computer work on Saturdays and Sundays allowing me to spend more quality time with my family.

Finally, the multi-day spiritual workshop I attended brought me peace.

# My Discoveries



Leaving the building by 5:00 was nearly impossible on most days. There were many events at the high school level and making an appearance, short or long, lead to longer days. I found that if I was not staying for events, I was often staying after to meet with staff or work on paperwork. I really struggled with this goal and ended with 29.8% success rate.

# Where Am I Heading Next

I will keep track of daily physical activity on my calendar similar to how I will continue to keep track of reading and leaving the building on time. Adding this to the mix should continue to lower my A1C and cholesterol, which I recently found out was headed on a downward spiral.

I plan to continue keeping Saturdays and Sundays free from computer work in order to spend quality time with my family.

I found that staff issues are very time consuming and when things aren't done right, I take them on. Encouraging my staff to take initiative when needed and to problem solve should help in this area.

# Bibliography

Solomon, A. H. (2017). *Loving bravely: 20 lessons of self-discovery to help you get the love you want*. Oakland, CA: New Harbinger Publications.

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# Searching for the Perfect Balance: Professionally and Personally

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- 2) Making time for myself made a noticeable difference and helped me recharge for the next day. Although I have found it much more challenging to put down the laptop when I get home in my new role, I decided to give myself a couple of options. I focused on dedicating 30 minutes to myself, which usually included reading something non-work related or listening to music. I had a 91.6% success rate in this area. I also made it a point to avoid computer work on Saturdays and Sundays allowing me to spend more quality time with my family. Finally, the multi-day spiritual workshop I attended brought me peace.
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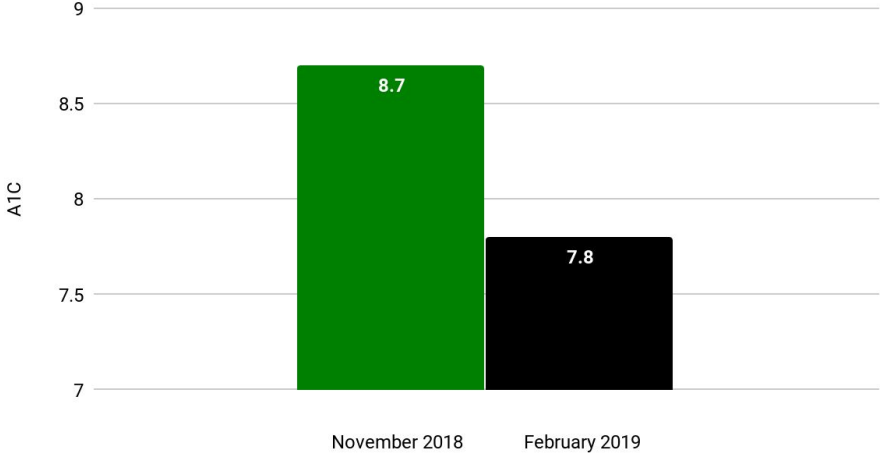
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Action Research Data  
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### A1C Results



### Reading and Leaving on Time Results

