

# Looking Into the Mirror: A Principal's Reflection

Morton Elementary

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# Background Leading to this Inquiry

- ◇ Re-Opening school was a huge challenge.
- ◇ I felt defeated and physically sick.
- ◇ I knew I wasn't my best self.

**“ It's incredibly easy to get caught up in an activity trap, in the busyness of life, to work harder and harder at climbing the ladder of success only to discover that it's leaning against the wrong wall.**

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Stephen Covey, author

# Purpose of This Inquiry

- ◆ The purpose of this inquiry is to get myself into a more positive mindset so that I can be a more effective leader.

# My Wondering

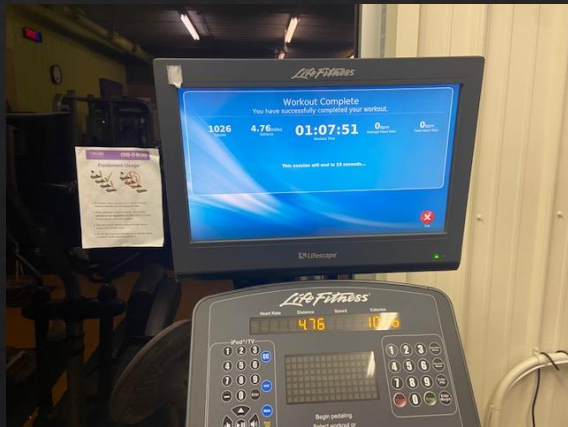
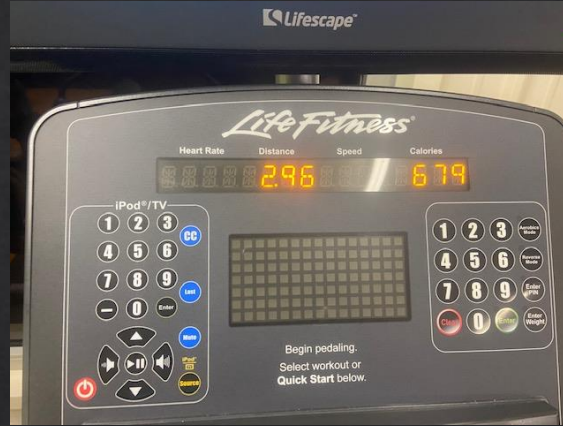
- ◇ I wonder...What kind of impact would exercise and true self care for myself have on my staff?

# My Actions

- ◇ I worked hard to make it to the gym at least 3 times per week!
- ◇ I tried a new diet, Keto!
- ◇ My wife was my accountability partner!
- ◇ My boss's 1000 calorie burning posts helped me to work hard!



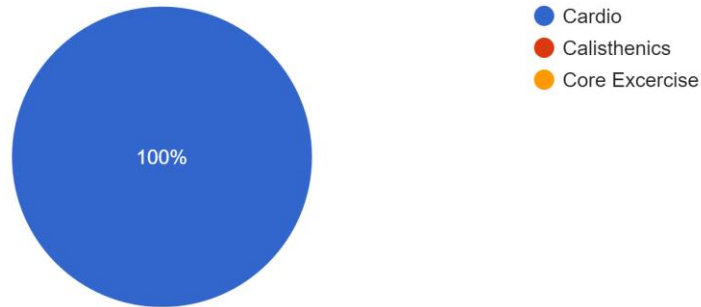
# The Proof!



# Data Collection Feb 1st – April 1st

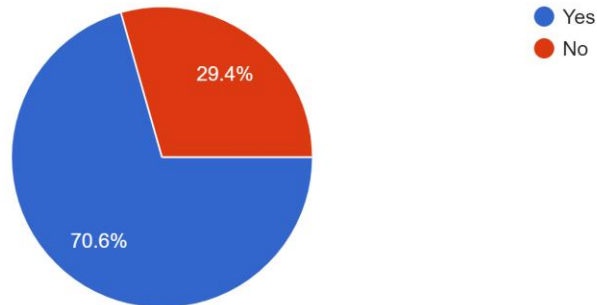
What did you do?

24 responses



Did you exercise today?

34 responses

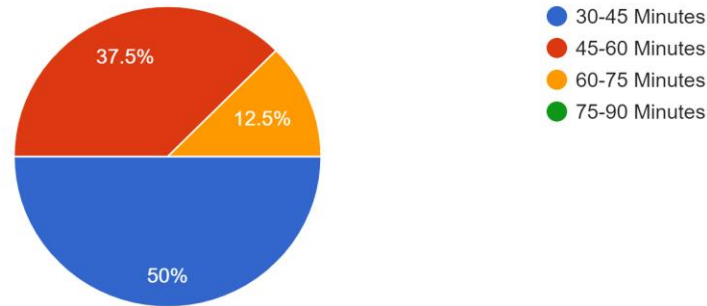




# Data Collection Feb 1st – April 1st

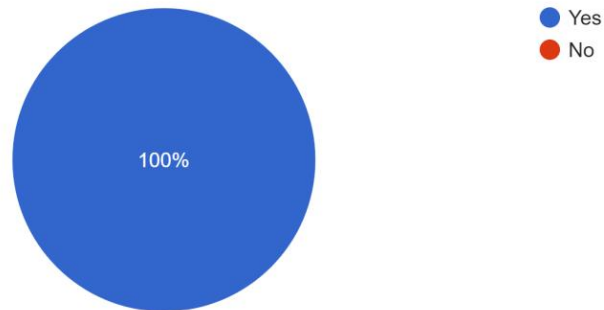
How long did you spend exercising?

24 responses



Were you under 50 carbs for the day?

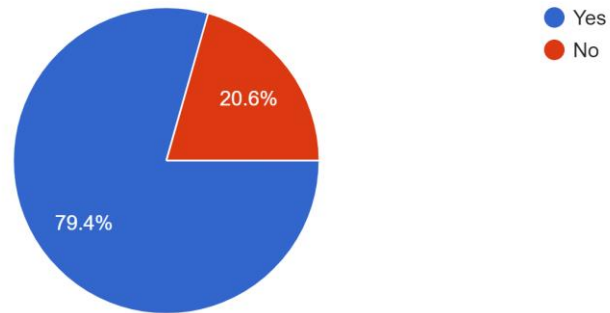
34 responses



# My Data

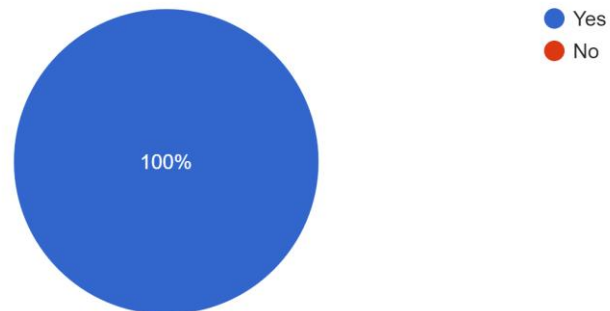
Did you eat lunch?

34 responses



Were you under 50 carbs for the day?

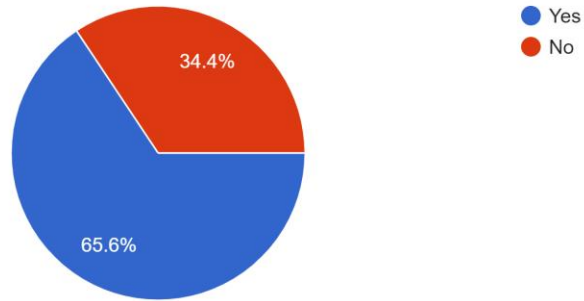
34 responses



# My Data

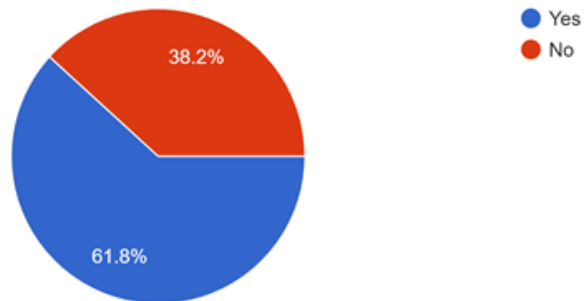
Did you drink enough water today?

32 responses



I was able to be my best self today.

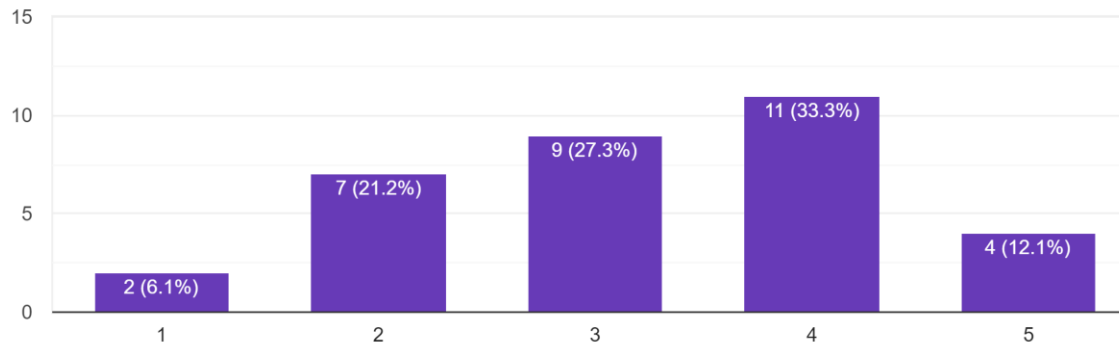
34 responses



# My Data

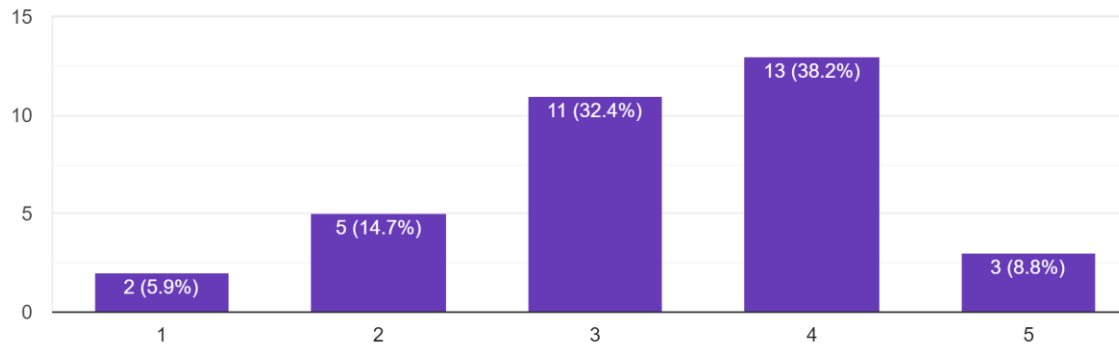
How did feel about myself?

33 responses



How were your interactions with people today?

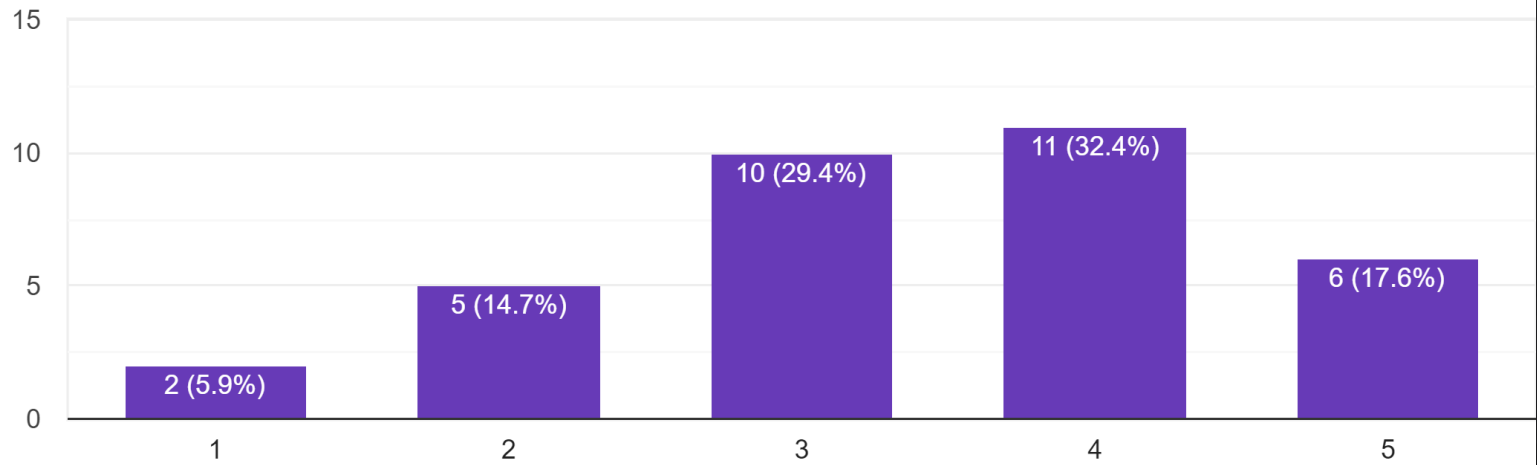
34 responses



# My Data

Rate your endurance today.

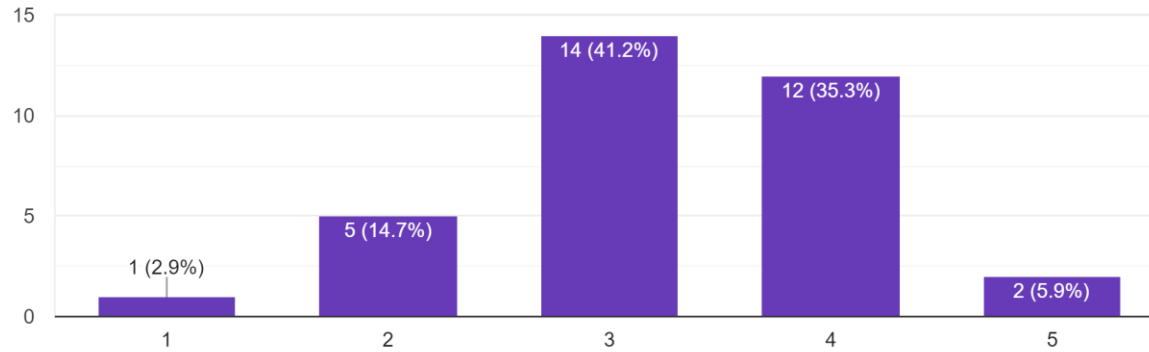
34 responses





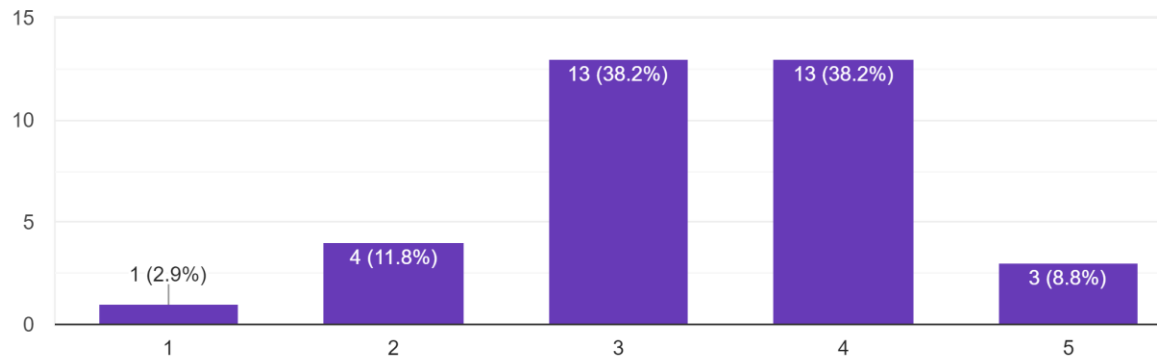
I was able to get to where I was going without appearing distracted.

34 responses



I was able to be in the moment with another person when I'm distracted.

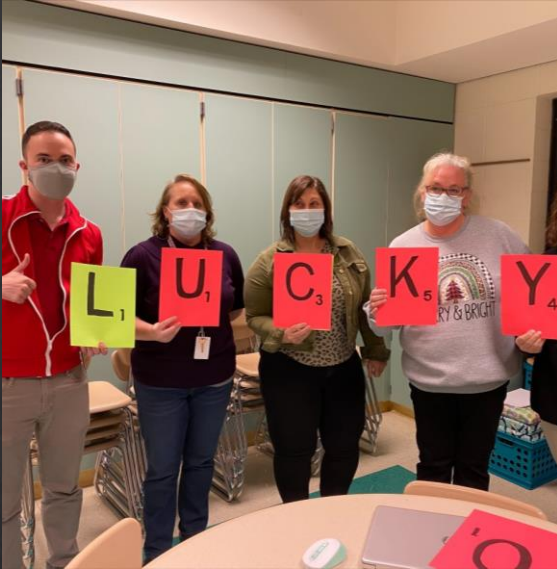
34 responses



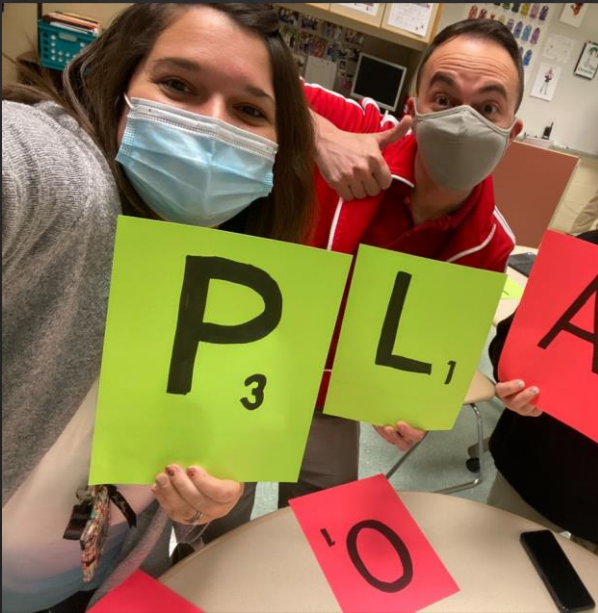
# My Discoveries

- ◇ I discovered that my time at the gym did reduce my stress levels.
- ◇ I felt I could give people more when I was completing my exercise regimen.
- ◇ I feel happier, more energetic and my progress has really been a motivator and catalyst for positive change.
- ◇ I am more motivated to celebrate others when I have something awesome to celebrate!

# How did this impact the staff?



- ◇ I was able to check in more frequently.
- ◇ I was able to spend more time listening,.
- ◇ We played more games and had more fun!



# How did this impact my students?



- ◇ I was able to spend more time with students!
- ◇ I spent more time listening to students!
- ◇ We are having more fun!





# Where Am I Heading Next

- ◆ I have a weight goal of 215 from 256 – a total of 44 pounds of loss. I'm almost there at 226, only 11 to go!
- ◆ I want to continue to keep up my physical wellness so that I can be my best self for my staff.



# Before and After 35 LBS.



# Bibliography

Covey, Stephen R. 2004 The 7 Habits of Highly Effective people. New York: Free Press