



June 7, 2023

Fingerprints: Self-Gratitude

How was *your* year?

Teresa Downs, President of the BCSSA (BC School Superintendents Association), introduced a lovely concept at our Chapter Council meeting in early May, asking attendees, “where can we see our fingerprints on the wonderful things that happened in our schools or in our roles over the past year? What were those moments, that impact, that difference where you were an important conduit?”

For me, the year went by in a flash. A heaviness accompanied my busyness in the past school season, but that is an element of my role. Happily, there was also healing, successful work returns, and positive progressions to celebrate. Each year, I meet new people and build enjoyable connections. I hear from members, and I am grateful that I could support them. These are my fingerprints!

Self-gratitude

We often notice the good qualities of others – their growth and their contributions – and we often remind them of the good things they do. However, we rarely do this for ourselves.

Self-gratitude has become increasingly important in our chaotic, stress-inducing world, and it can be a powerful component of our well-being. When it comes to looking after *you*, it is important to recognize and be grateful for what you bring to the table, both in your workplace and beyond.

Even during times when you feel stuck, it is important to focus on the progress you have made.

Self-appreciation means to appreciate and acknowledge the good that exists within us, and be grateful for the qualities that make us who we are. It is about appreciating how these qualities can create big changes and take us further on our journeys. It is about looking back and understanding how we have supported others, and how much we ourselves have grown and learned.

Through self-appreciation, we form a healthier and closer relationship with our own selves. You are the only one who truly knows what you have lived through, that you have had some hard days, overcome problems, done your best to learn, or been there for someone. With everything you have experienced over this past school year, isn't it fair that *you* are the one who should appreciate yourself most honestly?

An Invitation

What are the fingerprints that you have left behind in your school, your district, or your community that fill you with pride and gratitude?

As the year comes to an end, I invite you to take a step back. Make the time to review what you have accomplished, tasks and projects, big and small. Pause and take stock of all the good work you have done.

Self-gratitude can build confidence and supply the strength to face challenges. You know yourself best, and can benefit from being reminded of your own assets and abilities. This knowledge can help motivate you to move forward in your leadership role and take on the next challenge.

Check out [this article](#) on ways to appreciate yourself more!

Sources:

<https://www.inc.com/amy-vetter/why-celebrating-your-wins-no-matter-how-small-is-good-for-you-your-business.html>

<https://mbimybignidea.com/2021/05/28/10-easy-ways-to-practice-self-gratitude/>