



Polly's LESSON in
PERCEPTION
Finding Meaning in Your
WORK

By Amanda Kyle



As the sun rises to begin a new day, Polly the Parrot wakes up to the screeching of the alarm clock.

Beep. Beep. Beep.

She slumps out of bed and begins her morning routine to get ready for work.

Check. Check. Check. ✓

Gripping her lunch and a jacket, just in case, she leaves her house ready for the day.

Lock. Lock. Lock.

On her way to work, she greets all her neighborhood friends with a "Morning!" and a nod.
Wave. Wave. Wave.

She stops into her local café to get something to go.

Sip. Sip. Sip.

Catching the bus, just in time, she sits down, sighs, and watches the city fly by.

Whoosh. Whoosh. Whoosh. >>>>>>

"Big day at work!" Polly thinks to herself. "I have so much to do!"

Busy. Busy. Busy.

I've got to see Jerry from billing at ten, Mary from accounts at two, and Larry from IT at three.

Meeting. Meeting. Meeting.

Polly gets to her office desk, fires up her computer, and sees 75 emails awaiting a response.



Reply. Reply. Reply.

At 5:00 p.m. on the dot, Polly gets back on the bus headed home after a long day.

Sore. Sore. Sore.

She makes herself some dinner, watches some TV shows, and gets ready for bed.

Sleep. Sleep. Sleep.

But as Polly lays her head down on her pillow, she can't help but think why? why? why?

"Why does everyday feel exactly the same?"

"How can I make it better?"

"What will I do tomorrow to make a change?"



Polly falls asleep. ☆.

As the sun rises to begin a new day, Polly the Parrot wakes up to the melody of the alarm clock.

Ding. Dang. Dong.

She launches out of bed and begins her morning routine to get ready for work.

Brand. New. Outfit.

Remembering her lunch and a jacket, just in case, she leaves her house ready for the day.

A. Different. Day.



On her way to work, she greets all her neighborhood friends with a cheery "Good Morning!" and a smile.

Tony. Bonnie. Steve.

She pops into her local café to get something cold to go.

Iced. Green. Tea.



Catching the bus, she sits down, relaxes, and watches the city fly by.

Library. School. Store.

"Big day at work!" Polly thinks to herself. "I have so much to do!"

Prepare. Plan. Organize.

I've got to see Jerry from billing at ten, Mary from accounts at two, and Larry from IT at three.

Listen. Discuss. Collaborate.

Polly gets to her office desk, fires up her computer, and sees emails pending in her inbox.

Open. Draft. Send.



At 5:00 p.m. Polly gets back on the bus heading home after her day at work.

ENERGIZED. INSPIRED. ENTHUSED.
She makes herself a healthy dinner, watches her favorite TV show, and gets ready for bed. ✨ ✨

Happy. Refreshed. Content.
As Polly lays her head down on her pillow, she can't help thinking
why? why? why?

"Why didn't today feel exactly the same?"

"How did I make it better?"

"What will I do tomorrow to keep the change?"

! Polly couldn't fall asleep. !

Her mind is lost in thought.
Nothing today was really different
than yesterday!

So, why is she so happy tonight
when she was so sad last night?

Then it comes to her.



"Sometimes life is stuck on Repeat. ♡
Caught in a loop that can't be beat.
But changing your vision is an
everyday mission to find happiness
and meaning in every decision."

Polly falls asleep.

As the sun rises to begin a new
day, Polly the Parrot wakes up to
the sound of the alarm clock.
She gets out of bed and begins her
morning routine to get ready for
work.

Grabbing her lunch and a jacket
just in case, she leaves her house
ready for the day.



On her way to work, she greets all her neighborhood friends with a greeting and smile.

She stops at her local café to get something to go.

Catching the bus, she sits down and watches the city fly by. ☆☆☆

"Big day at work!" Polly thinks to herself. "I have so much to do!"

I've got to see Jerry from billing at ten, Mary from accounts at two, and Larry from IT at three.

Polly gets to her office desk, fires up her computer, and sees tasks to complete. ☆☆☆

At closing time, Polly gets back on the bus headed home after her day at work.

She makes herself dinner, watches her favorite TV show, and gets ready for bed.

As Polly lays her head down on her pillow, she can't help thinking

☆ ☾ ☆ "....ZZZZZZ...." ☆ ☾ ☆