



Vita's story

Every day Vita delivers my mail — cheerfully. It's her trademark attitude. One day, in lousy weather, I heard her whistling as she went about making her deliveries. Instinctively I shouted out to her,

“Thank you for doing such a great job.”

She stopped dead in her tracks with surprise.

“Thank you,” she said. “Wow, I’m not accustomed to hearing such words. I really appreciate it.”

I wanted to know more....

“How do you stay so positive and upbeat about delivering mail every day?” I asked her.

“I don’t just deliver mail,” she said. “I see myself helping to connect people to other people. I help build the community. Besides, people depend on me and I don’t want to let them down.” Her response was enthusiastic and proud.

Questions for discussion

1. Why is Vita so happy in her job?
2. Reflect on your own work - what makes you happy in your job?
3. Why is important to have a sense of meaning and purpose in the work that you do?