

# David Thurman- Bey

**\$5,000 WINNER**

**Walmart Supercenter #5343  
Fredericksburg, VA**

I was feeling stressed and negative during the pandemic. I'd recently moved from Hawaii to Virginia and it was hard being in a new place. I was feeling disconnected from my mother and brothers. I was raised in a military family. We moved around a lot, and I was the quiet kid who kept everything inside. I'm 29, I live on my own, and I wasn't eating enough. I'd have snacks instead of meals. I was in a loop with my habits, like playing computer games. I saw the Thrive Challenge Book at work with inspiring stories about people changing their lives and thought, "You know what? I can do that."

**I started with a simple Microstep — drinking water with lemon to cleanse my body.**

I began preparing snacks and lunches to take into work, like home-made chicken salad. For dinner I'll make salmon with asparagus or roast potatoes. I'm eating more and taking care of myself.

**I've gone back to the hobbies I love, which I'd stopped doing.**

I'm taking classes in 3D modeling and drawing. I love drawing Sphinx cats and I want to own one someday. I find the magic of the creative process exciting and therapeutic, especially after a hard day at work. I'm making music again, which has always been my passion. I do old-school hip-hop, sampling and making beats, and I'm getting paid for my music."

**I get a good cardio workout at work every day.**

I walk around a lot, but I'm also moving freight and setting up trucks and I can do it all on my own now because I have more energy, which I couldn't do before. I'm more comfortable with my co-workers and not as shy. I'm part of the team and we help each other out.



**My mom and I are getting along — she's become my best friend.**

I'll go to her house for dinner. She's an amazing cook and makes a lot of Indian food like Chicken Biryani with Basmati rice. We'll talk about my work, friends, and my plans for the future. My mom is taking care of my four-year-old niece and we like to dance to kid songs, or we'll draw together.

**I'm going to bed early and sleeping well.**

I used to be up till four in the morning on my computer. Now I'll draw in the evening or listen to relaxing R&B music by Cheryl Lynn or Anita Baker. I'm in bed by 7 p.m. and I'll make a mental checklist of my plans for the next day. I remind myself of what I'm grateful for: my mom, my brothers, my curiosity, and my musical talent.

**Downloading the Thrive app was one of the smartest things I've ever done.**

I'm becoming more confident and I know I will keep going forward doing what I love. My dream is to go on tour in Europe performing my music and revisiting those places I went to as a child with my family.



THRIVE