

Ashley Jones



\$5,000 WINNER

**Walmart Supercenter #2754
Waynesboro, GA**

I'm someone who has always struggled with my weight. I have Polycystic Ovarian Disease, which makes it difficult to lose weight, and I've been on medications for years. I also found out in 2008 that I had Venous Thrombosis, which is basically a blood clot in my brain. I had several mini strokes at the time, which to this day causes symptoms like memory loss. For years, I never wanted to go anywhere. My energy was low and I just wanted to sleep all day when I wasn't at work.

My late co-worker, Carl Smith, told me about the Thrive Challenge.

I wanted a long-term solution to better my life instead of leaning on medicine and diet pills. He was going to help mentor me and help me get started with the Thrive Challenge, but a week later, I found out he passed away. That was the last conversation we had. It gave me the push to start on my own. He really believed in the Thrive Challenge and how it inspired so many people.

I started drinking more water and cutting down on snacks in between meals.

This was extremely hard because I love a cold orange soda, but I switched to only drinking water. I also started eating out less and cooking more at home. My seven-year-old daughter, Aniyah Jones, helps me cook. She's like that! We try to cook enough so we have leftovers instead of ordering out all the time. We like Chicken Alfredo with spinach. That's been our go-to meal because it's quick and simple.

Aniyah and I love to dance together.

She's keeping me moving! We've been doing TikTok dances together and having dance-offs. She sees that I have more energy because I try to keep up with her dances. I'm also working out on my own three times a week. I've only lost six pounds so far but I'm still going.



I had to train myself to start going to sleep earlier.

I go to sleep by 7:30 p.m. or 8:00 p.m. at the latest because I have to be at work at 4:00 a.m., and my daughter has to get up early for school. I let everyone know not to call me after 6:30 p.m. I make sure I have everything done in the house, and then we do her homework, cook dinner, and read a story before bed. And now that I'm more rested, I am more productive at work and more positive.

My favorite Microstep has been taking time to reflect every day.

I usually reflect right when I get off of work. I have about an hour and a half before I have to get Aniyah from school, so, that's my "me time." And then after that, it's about her.

I am positive about the future because I want to be better for myself and for my daughter.

It's hard for me to stick with something, but I'm determined because I have to have a better life for Aniyah so I can be here a lot longer with her. I feel happier and more energetic than ever. The Thrive Challenge has taught me to stay consistent, find people who support you, and not to give up.



THRIVE