

Jocelyn Boyse

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\$5,000 WINNER

**Walmart Supercenter #3427
Artesia, N.M.**

Before the Challenge, life was pretty challenging. I was always so tired. After coming home from work, I just wanted to eat and sleep. On my days off, I'd sleep in until I woke up with no alarm. As much as I hate to say it, there is such a thing as too much sleep! Most of the time I'd eat fast food because I thought it was easier. Then one day, I saw information about the Challenge on a computer at work and checked it out. I read about learning to save money and losing weight. It made me realize there are others out there like me.

So I started with The Envelope Challenge. You label envelopes from \$1 to \$100, and every time you get a paycheck, you pick an envelope and put that much in it, and then set it aside to save.

I started eating better with smaller portions, more greens, and fewer carbs.

I've come to like cauliflower — cauliflower rice is amazing. I'm drinking more water and staying away from sodas. I'm also exercising twice a week and try to get in 8,000 steps or more each day. My blood pressure is now steady, and I've now lost 30 pounds! I took photos from before to where I am now to keep me motivated.



The changes have also affected my family.

My parents are happier that money is being saved, and my family has been motivated to eat better. We're now spending more time together, watching shows or going on little trips out of town. It's been super amazing!

I'm now sleeping longer without having to get up. I set the phone to sleep mode and put it away — all distractions can wait until morning. I'm a lot more alert and happy in the mornings now, and I have more time to spend with my family.

I've also noticed a change in my mindset.

I'm more grateful now. I'm thankful for my life, my family, my health and for God. I'm hopeful I'll reach my goals. The Thrive Challenge has made my life so much easier. It has made me realize I'm worth more, and that I can do anything if I try. It means I am worth it — I can thrive!

