

Kimberly Lawrence

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\$5,000 WINNER

**Walmart Supercenter #2215
Darien, IL**

I've always been a people person. I like to be around people and I don't like to be at home by myself. But I found myself feeling down a few months ago, and I was being a hermit. I told my husband that I needed to get out of this funk, one way or another. I needed to start seeing friends and family again. I'm also very big on making sure everybody else is fed before I'm fed, and that can wear a person down. I needed to start taking care of myself. I found out about the Challenge from the People Lead on my team. When she told me it was helping her stay motivated and I saw the difference in her, I thought, "Why not? I'll give it a try." And that's when I signed up.

My husband and I started cooking together and working out.

We've started going to the gym together and meal-planning together. The thing that got us together in the first place was that we had so much in common. He helps keep me motivated. Even on days I don't want to go, he encourages me. We plan our meals at the beginning of the week, make a list, and go grocery shopping together.

Our Instant Pot has been a newfound favorite.

We've started doing a healthier spin on chicken stir fry. We load it with vegetables and whole-grain rice, use low sodium stuff — just swapping out certain foods in that recipe. Salmon has also become a favorite. We like to experiment a little bit when we're in the kitchen with different spices. We'll see something at the grocery store, and it sounds interesting, so we'll buy it and bring it home. We also eat so many more fruits and veggies. I like blueberries and strawberries with some monk fruit sweetener. I have so much more energy and I feel better about myself.

One thing I try to do every day is make sure I have water with me at all times. Prior to starting the Challenge, I was a very big coffee and pop drinker. Now I'm like, "Hey, I've got energy to keep going and do stuff when I get home."



My husband and I are so much closer and more open with each other.

We've always had a really good relationship, but just like every relationship, we have our downtimes. And in the 21 days of the Challenge, our communication was on point. We were able to reconnect. We were thanking each other for little things, and we actually got involved in conversations that were going on in real life, talking about articles we read and asking what we could do to help and give back.

The Challenge has helped me appreciate the little things again.

It's helped me to be thankful and realize different ways to make changes in my life. When I started seeing changes, my relationship grew stronger, I repaired some friendships that were faltering, and also had better communication during my conversations. I needed to do something to bring back the positive, upbeat, outgoing person that I typically am. Now, when things are going wrong, I remind myself, "This is only temporary." I'm now making sure that I'm taking care of myself. Self-love has come around for me again and it's made me realize that I'm stronger than I think. It was all about finding myself again.

