

Laura Schultz

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\$5,000 WINNER

**Supercenter #2502;
Latrobe, PA**

My husband, Zachary, and I had been trying to start a family for four years. I'd had multiple miscarriages, then couldn't get pregnant and was labeled infertile by doctors. The fertility journey is hard and lonely. I was depressed, but we weren't ready to try in vitro fertilization (IVF) or any other treatment. I realized I needed a change in attitude, to appreciate my life. I started the Challenge, inspired by my friend and co-worker, Bonnie, who was a winner.

I began choosing happiness and looking for the good in each day.

I focused on gratitude, seeing life as an adventure, telling myself, "Somehow, things will work out." I started my day by meditating and I'd say out loud three things I'm grateful for, like my job, my friends, my family and walks with my husband. The App helped me stay on track and I made better choices, like daily flossing — a positive new habit for me.

I spent time taking care of my niece and goddaughter, Scarlett, who's now 3.

She's my goddaughter and would stay at our house. Her mom, my sister, Nicole, is my best friend and we work together in the bakery. Taking care of Scarlett was an opportunity for me to be the best auntie I could be and get great practice with babies.

When I finally got pregnant — I felt blessed and happy.

My biggest fear was that I'd have another miscarriage, so my daily affirmation would be: "I trust in the infinite wisdom of my body to provide me with a happy, healthy pregnancy." I'm 38 and my pregnancy was considered high risk, so I took care of myself and would go for walks after work, or put my feet up, whatever my body was telling me I needed.



As a new mom to baby Warren, I'm keeping up my good habits.

I'm drinking a lot of lemon water and eating nutritious meals like grilled chicken and salad. With a newborn, it's hard to make time for yourself, so I take a nice hot shower every day and make sure that I get enough sleep. Zachary and I have made a game plan — he gets up in the night to take care of the baby and I'm with him all day (I'm on maternity leave). So we are both our best selves when we're with Warren.

I'm grateful for my family, who's always there for me.

They bring dinners over and my mom takes care of the baby for an hour or two. Thanks to the Challenge, I'm my own biggest fan. I talk to myself in a loving manner, saying: "Laura you are the best mom you could be and you are worthy!" In the future, I'm really hoping we'll be able to have more children. But I'm so thankful to have our sweet baby boy and I know that no matter what the future holds, it's going to be great.

