

Tammy Turner

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\$5,000 WINNER

**Walmart Supercenter #1927
Macedonia, OH**

Before the Challenge, I had no direction or perspective. I felt alone. And my family needed me to be more present with them and more engaged. Then my mother-in-law passed away. She was 92. She was not my mom, but I took care of her like she was. After she passed away, I thought a lot about her life. It inspired me to say, "You know what? I want a better life. I don't want to just exist." It was a healing process I was going through. Before that it was more about surviving. But thriving is more than just surviving.

So I downloaded the app.

Right after that, I went over to see my mom. She has always been there for me — my biggest cheerleader, support system, and encourager. I brought her breakfast and told her about the Challenge. She was excited and I was excited. When I went home that evening, I opened the Challenge and started with Family and Gratitude. It said, "Spend time with your family, bring them lunch, eat together." So I called my mom back and said, "Mom, we did that today!" I was so elated that it was something I was already doing. And so from there it was on, it was on, it was on! It uplifted my spirit. It showed me that I was on the right track and it gave me a balance, where I was able to take all of these things that were going on in my life and put them to work.

The small changes made such a difference.

I kept at it for 42 days. I started eating right and cooking more instead of eating out. I eat more fruits and more vegetables. I'll eat cashews and pistachios for a snack instead of candy. I'm working out once a week. And I'm losing weight. Now people will say, "What are you doing? Because you're losing weight!"



I'm spending more time with my family and friends.

I'm taking time to be grateful for the things we take for granted everyday. Gratitude has opened my heart to more love, patience, kindness, forgiveness, and empathy. The Challenge has let me know I can do things I've never done before. At work, I can now speak up boldly. It has shown me that I can do this. It's given me the spirit of a conqueror.

It's become a way of life for me.

I'm just so thankful to have had this opportunity to experience this. Now I'm going to let people know that they can do it, too. Sometimes people think that in order to succeed it has to be this grandiose thing. But the Challenge shows that one small change will lead you to another change. When you can see you can do that small thing, it snowballs into another. It shows that small choices lead to bigger choices. The small choices accumulate — if you make the right choices every day, then it's a better tomorrow. I am so thankful to Thrive for helping me to focus on what is important in my life.

