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I knew I wanted to make changes in my life because I was always so busy. I was on the go all the time. I'm 37, I suffer from anxiety, and I was having a hard time sleeping. I am an overthinker and my mind goes a mile a minute thinking about everything. I wasn't eating well and snacking throughout the day was my weakness — a lot of chewy candy. We were in the process of building a house, I was working two jobs, and I was going to school full time. I had no time for myself and I didn't want to feel like I was failing my family.

I downloaded the Thrive app and got started with better food choices.

I just stopped snacking and I'm eating regular meals instead. And I've cut out soda! My favorite meals are homemade pot pie and grilled or baked salmon with rice. We're cooking smaller portions of everything, so I'm not tempted to eat too much.

Microsteps are motivating me to move more.

We have a two-storey house so I'll walk up and down the stairs a lot. After work, my fiancé, Marie, and I walk to the park. I've started working out with my 17-year-old daughter, Alexis, in the games room, and we play basketball. She runs track at school so she keeps the household active! Also, at work, I make sure I'm constantly moving to get my steps in.

Alexis and I are hanging out together at home.

She used to stay in her room, so we get her to come and sit with us and encourage her to talk about what she's doing at school. And we have movie nights together.

To lower my stress, I've cut the number of hours I'm working.

And I've gone from a full time online student to a part-time student. That's really helped me. When I feel anxious, I listen to country music — for some reason I find it soothing. I am a big fan of Luke Combs, William Clark Green, and Morgan Wallen.

My fiancé and I are talking more and connecting with each other.

I'm more open with my feelings. Marie and I have date nights every other weekend. Watching the Connection videos on the Thrive app are helping our relationship. It's not that we were losing each other, but I was so busy with 15-hour workdays and school that there was no time for conversation. But now, we're working on getting that bond back and we're planning our wedding — we're getting married in two years.



Every day I watch a few Thrive Resets.

I take a few deep breaths and relax. I've learned to let go. I know that some things are out of my control and there's nothing I can do about them. If it works, it works; if it doesn't, it doesn't. I just tell myself everything is going to be okay. God is not going to give me anything I cannot handle, and I've got this.

I've come up with a nighttime routine.

After watching a Reset, I put my phone on Do Not Disturb and by 8:30 I'm in bed. I make sure I have a clear mind before I get into bed. I close my eyes and just breathe and try not to think about anything. I like my fiancé to rub my back — that always calms me and helps me fall asleep.

I'm saving money.

I don't use credit cards. I just put my money away so I'm not in a bind and can pay my bills. Then I'll treat myself to something small as a reward for my accomplishments. Right now, I'm saving for our wedding.

I'm not taking medications for anxiety, sleep, and depression anymore.

I used to depend on them, but since I've been on the Thrive Challenge, I'm doing well without them. Taking time out for myself is helping me so much. I've lost 30 pounds and I have more energy. I feel I'm getting to know myself all over again. I'm letting go of stress instead of carrying it around with me. I've got to a point where I can be me again — boy did I miss that! — and I'm happy.



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