

# Joshua King

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**\$5,000 WINNER**  
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I'm 40, newly divorced, and I relocated for a promotion — I'm a senior manager. But living through a divorce and moving a long way from my children was a challenge. My son, Joshua II, is 14 and my daughter, Jaèl, is 11. I missed them and I was struggling. I wasn't sleeping or eating well. My body ached. I was second guessing myself about relocating and whether it was really the best thing for me and my family.

## **I downloaded the Thrive app and began with movement Microsteps to lower my stress.**

At work, I go outside for 10 minute breaks to walk in the sun and get vitamin D boosts. Then I committed to walking ten thousand steps a day. I gradually got in better shape and started running.

## **Working out helps to lower my stress.**

And because I have more energy, I've been hiking and going on trail adventures. The scenery is amazing — I love being in the mountains with the sound of water from streams and wildlife. Being in nature helps to ease the worries of the world.

## **Breathing exercises also help me relax.**

I was procrastinating a lot because there'd been so much change in my life, but I can make better decisions now. I do meditations and nature Resets, and I'm spending time praying. I feel more at peace.

## **When I pray, I visualize things working out well with my family.**

Divorce is hard on everyone and we're doing our best to navigate it. I feel more positive and I make sure I'm there for my kids — I text or speak to them every day.

## **I visit my kids every month and we do fun activities, like playing laser tag and hiking.**

We also have family therapy. It's hard being 570 miles away from them, but my relationship with them continues to grow — we love and support each other.

## **Voluntary work helps me focus on gratitude.**

I talk about selflessness to my kid a lot, showing them that it's important to give back, like volunteering at an animal shelter.

## **My sleep has improved.**

I have a nighttime routine. I listen to a calming Thrive Reset and then some soft music. I was only sleeping five hours a night. Each month I have increased my sleep time, and now I'm getting seven hours. I get the rest I need so I can attack my day with plenty of energy.



## **I'm taking Microsteps to sharpen my focus.**

I don't look at my phone first thing in the morning or last thing at night. I was always on social media or browsing the internet before. Now, I don't allow technology to control me — instead, I use it as a positive addition to my life.

## **Eating well is a big part of my journey, and I started cooking vegan recipes.**

One dish that I love is Caribbean jerk tofu with green beans and cauliflower. I cook one new simple recipe a day. I've gradually converted to being a vegan, which was a goal of mine. I wasn't on a weight loss journey, but I've lowered my body fat and physically feel a lot better.

## **Professional therapy has helped through my divorce.**

I've learned to take accountability for my actions without being too hard on myself. I have new hobbies, like growing plants and listening to audio books. I'm really inspired by The Four Agreements by Don Miguel Ruiz. I have the agreements written on my mirror: "Be impeccable with your word, don't take anything personally, don't make assumptions, and always do your best." They're affirmations that help to motivate me.

## **The Thrive Challenge has given me a different outlook on life.**

I used to hear the cliché, "turn lemons to lemonade." Now I understand what that truly means. We're all given a deck of cards in life, but how we choose to play that deck of cards is what is most important.

## **A big accomplishment was running a half marathon in Richmond, Virginia.**

At that point I knew that my life was forever changed in a positive way. I trained, I put my mind to it, and accomplished my mission! I felt so good inside and out, but even better, I now feel like I can conquer any challenge that might present itself in life.



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