

\$5,000 WINNER

Larry Isaac

**Distribution Center #6014
Laurens, SC**

**Focus****Microstep**

Doing one task at a time instead of trying to multitask

**Outcome**

“When you are with your kids, try to stay present and enjoy your time with them.”

I'm a 44-year-old single father of five and life was extremely busy. I was stressed and had no structure to my days. I'd go to work early, leave late, and I was always playing catch-up. I wasn't spending quality time with my kids.

I started the Thrive Challenge and began writing down my priorities every morning. Right away I felt more focused. I had a clear vision of what I wanted to accomplish at work each day. A Microstep that helps me: doing one task at a time instead of trying to multitask. I've stopped taking Zoom meetings at the same time as doing tasks like making schedules. As a result, I'm more attentive in meetings. I'm also less stressed. Every two hours I step outside the building to do a breathing Reset and enjoy the fresh air.

Setting boundaries was a priority. I tell my staff when they can reach me and when I'm not going to be available. I used to bring my work home with me. Now, at the end of the day I put my laptop away and I don't look at it. I'm present with my family. Scrolling through TikTok had become a time-wasting habit, and now I've almost cut out social media.

I'm connecting with my kids. Because I'm not rushed, we're cooking dinner together instead of eating out. We're choosing healthy options like salmon with black beans, rice, and veggies. We'll talk and laugh and enjoy each other's company, and after dinner we'll all take a walk. I'm getting involved in my kids' activities, which I never had time for before. I'm an army veteran and I love being active. My 18-year-old daughter, Lala, is a Junior Olympic track athlete, and we go for runs together. I practice basketball with my 12-year-old son, Ty.

Music has always been my passion and I'm making time for it again. I come from a musical family and I love singing gospel and R&B music. I sing with the kids at home, at church events, and at assisted living centers. The elderly people really connect with me and are often in tears. Music is a healer for me and I use it to minister to others. Now that I feel happier in myself, I have so much more to give.