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\$5,000 WINNER
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I spent a lot of time over the past couple years feeling like I wanted to become a better version of myself, and I was constantly searching for strategies. I felt like I didn't have time to enjoy my life because I didn't have much of a work-life balance. I didn't make much time for my family or friends, or for exercise and nutrition. Then, my dad had a stroke, and my whole world stopped. It gave me the spark I needed to start changing my life. I didn't have much quality time with my family and I wanted to change that. I wanted to create a better routine for myself and to finally feel a sense of purpose in my life.

My first step was putting my phone away when I was with my family.

I realized that to have quality time with them, my phone needed to be turned off or on vibrate. One of our favorite things is to take road trips together, and in Puerto Rico we call them "Chinchorreos." This is really our time over the weekends to go to new places, rent a house, make a picnic, and spend time together. Putting my phone away for these trips was important.

One of my goals was to start saving.

I used to spend all of the money I earned from working, and I didn't set any of it aside in case of emergencies. So when my dad had his stroke, it was a huge eye-opener for me to start monitoring my expenses and setting daily, weekly, and monthly budgets for myself. I made a personal budget Excel sheet where I started logging my debts, my expenses, and upcoming payments. I started saving little by little, and now I've almost saved \$500 this month, which is a big achievement for me.

Once I felt more in control over my time, I started making other changes.

I liked the Microstep about parking your car far away to get more exercise, so I started parking far away from the entrance when I went shopping to take more steps. I started replacing soda with sparkling mineral water, and cutting down on fast food. I even started putting my phone away before bed and instead taking that time to listen to relaxing music and get a good night of sleep.



I finally have time to do what I want and spend time with the people I love.

I'm spending time with family and friends, I'm exercising, and I'm staying focused on saving up and paying off my debts. My whole way of thinking has changed. I used to feel like something was off. And today, I feel more energetic and I have a better attitude when it comes to my personal and professional goals. I finally have the tools to accomplish what I want to.

Today, I'm really focused on celebrating my small wins.

I started celebrating all of my victories, no matter how small. There's no better feeling than celebrating yourself and feeling grateful for all the things you have. I'm so grateful for the second chance my father has and the fact that he is alive today. I've realized that life is so fragile, so living in the moment is important because the future is uncertain. I feel lucky to be alive today, and I know that every day is a chance to celebrate our small victories, give gratitude to others, and to keep growing and learning. I really feel that this journey is only the beginning for me.



THRIVE