

Kentez Green

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\$5,000 WINNER
Distribution Center #7078
Elwood, IL

I was having a hard time and feeling unhappy. I live with my dad, my grandparents, and my aunt. My dad has had mental disabilities since I was a baby. I help to take care of him and my family, and the situation has a massive impact on my life. My mom has been in and out of my life. I'm 27 and I've never had much of a social life. I didn't go to college because I needed to work and earn money, and I felt like I was going nowhere with no direction. I wasn't eating well — I'd have lots of sweets and fast food and I'd drink pop.

A turning point for me came when I lost two people close to me.

My uncle, a good man who was a police sergeant, died unexpectedly of heart disease. Then my cousin died young. It was very hard but I decided to get my own life together. I heard about the Thrive Challenge and got started.

I wrote down everything I wanted on a piece of paper.

I started to dream about never worrying about finances again. I cut my spending and made a budget. I do like watches and shoes, but I don't buy them now; I just use what I've already got and I'm saving \$300 a week.

Investing in the stock market has become a passion.

I've been reading financial books like Rich Dad Poor Dad by Robert T. Kiyosaki. And I've learned a lot.

I began exercising consistently.

For six months I've been focusing on lifting weights and building muscle. I was underweight and I've gained a few pounds. I'm also running and my endurance and stamina have improved — I have more energy. Honestly, I've been feeling great.

I'm doing a lot of home cooking.

I never used to cook at all, but my Aunt Jill taught me some recipes and I've learned a lot myself. I'll make chicken or seafood with rice and carrots or baked sweet potatoes. Everyone loves my cooking! I've cut out candy and instead I'm eating grapes, bananas, and apples.



When I wake up, I say positive affirmations.

I tell myself: "Money comes to me on a continuous basis," "Every day I'm getting better," and, "I'm focused on the things I want to accomplish."

Gratitude is the key to everything.

I'm so grateful to my grandparents. My grandfather is a strong man and has been a big, positive influence in my life. I threw my grandmother an 80th birthday party for 15 people at a restaurant and I was able to pay for everything. I bought her two Pandora bracelets in silver and rose gold that she'd wanted for a long time. She said, "You're been a wonderful grandson," and she was almost in tears; she was just overwhelmed.

I'm always there for my dad, no matter what.

I do my best to motivate him, talk to him, and drive him around. We went to a clothing store and I helped him pick out a new outfit. He hasn't been clothes shopping in a very long time, so he was pretty excited.

I've discovered that the more disciplined I am, the happier I am.

I spend a lot of time reading, studying, and watching motivational speakers on YouTube. I like Eric Thomas and Bob Proctor — they've definitely helped me during dark times. I do relax, I'll hang out with friends sometimes, and I do a little video gaming.

What I've learned is that health, wealth, and happiness go together.

You can't have one without the others. So I'll keep taking care of myself. I'm also considering going to college to study business. I want to be a millionaire so I don't have to worry about the next bill, and I'd love to travel too. At Walmart, I'd like to keep moving up and I could see myself managing a store. I would also like to get into real estate. I want my grandparents to be proud of me and I want to be there for them. I'm developing a winning attitude and I'll never stop trying.

