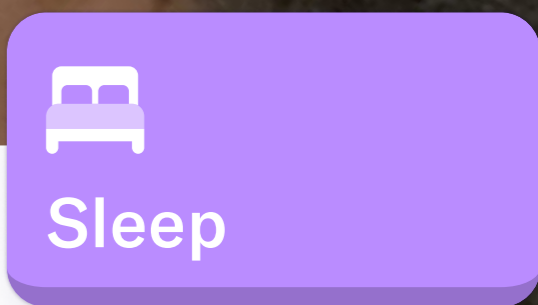
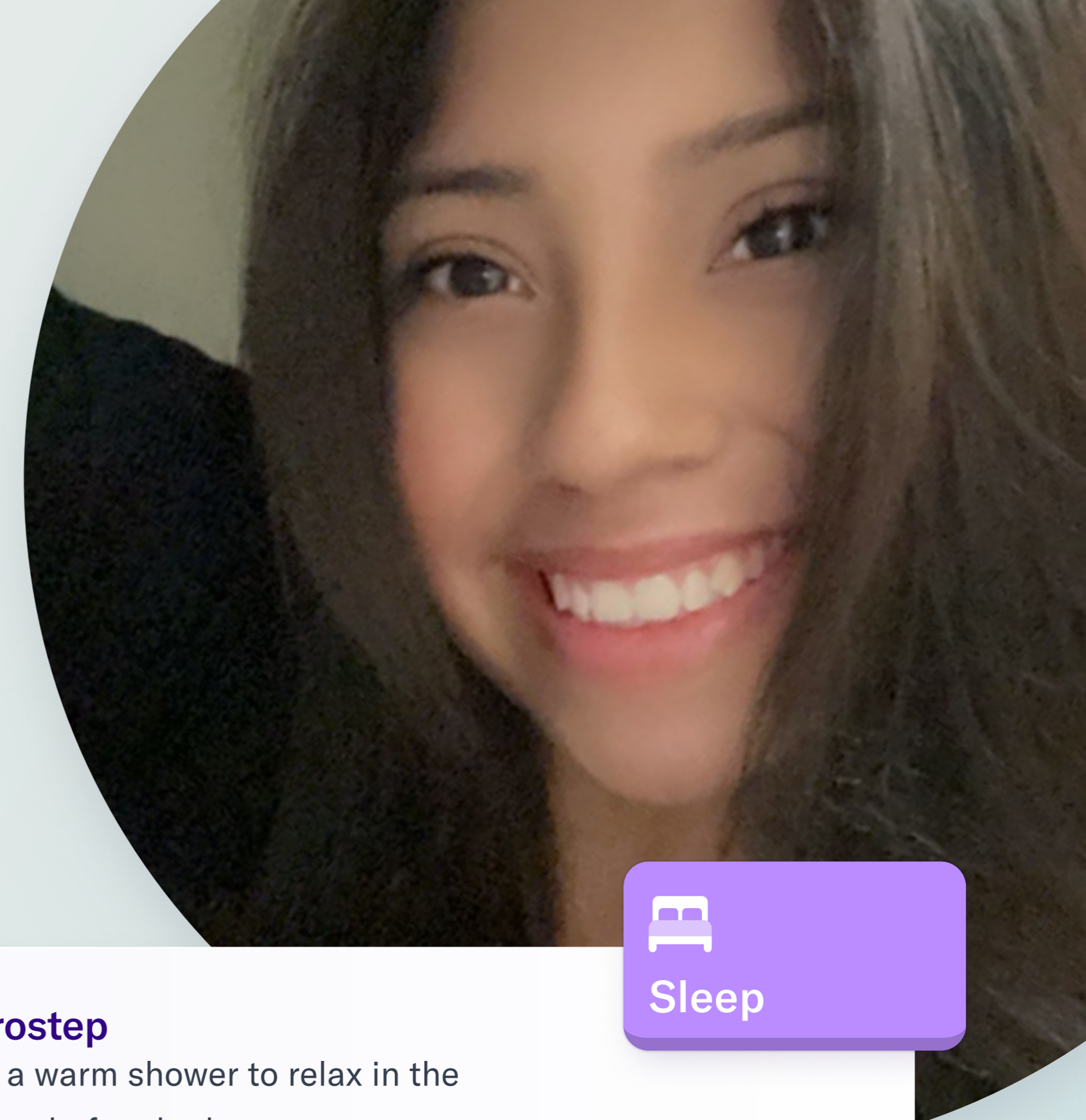




\$5,000 WINNER

Rosa Valencia

Walmart Supercenter #5389
Waco, TX



Microstep

Have a warm shower to relax in the evening before bed.



Outcome

"I'm getting eight hours of sleep a night and I'm less stressed."

My biggest struggle was getting enough rest. Even though I start work at 5 a.m., I'd go to bed late and I was only sleeping for four hours a night. I'm 24, and along with my job, I'm in school doing a degree in criminal justice. I was stressed and overwhelmed, and I was low in energy.

In January, I downloaded the Thrive app. I live with my boyfriend, Ivan, and he's been an amazing support, taking Microsteps with me to wind down in the evenings. After dinner, I get my homework done, and we'll watch T.V. We enjoy '90s nostalgia shows like Beverly Hills, 90210. An hour before bedtime, we'll stop watching T.V. and have a real conversation. I might watch a Thrive Reset — I find the rain video very relaxing — and I'll read. I enjoy books about personal growth and healing. I've just read *The Mountain is You* by Brianna Wiest.

One Microstep I love is having a warm shower. Now that I charge my phone away from the bed, I'll close my eyes, and fall right asleep. I'm getting around eight hours of sleep and my routine has become natural. It's hard for me to stay awake past 8 p.m. these days.

I wake up ready to go and I'm not sleepy at work. I'm focusing on my studies and getting my assignments completed. Ivan and I have more energy, and we're having a lot of fun together. We go for walks in the huge park near our apartment. There are trails in the woods and it's nice to see people out walking their dogs. We recently started running for a mile or two, which feels amazing.

I also have more energy for my family. I'm close to my sister, Zoila. We work at Walmart together, and I've been helping her out by watching her three children, so she can have time to herself. I take them to the park and we play on the slides and the swings. Now that I'm getting enough rest, I feel more present to enjoy life.