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I used to make New Year's resolutions every year, and I never kept them. I'd say, "I'm going to do it this time," but I wouldn't succeed. I had these changes in my head I wanted to make, like eating better and saving money, but I couldn't follow through with them — and even when I did try, I didn't stay consistent.

My co-worker, Wanda Otero, told me about the Thrive Challenge.

She showed me the Thrive app and told me how it helped her lose weight. I told her I have some weight loss goals of my own but haven't been able to achieve them, so I decided to download the Thrive app and see if it could help me achieve the results I wanted. I needed a way to motivate myself.

The first time I opened the Thrive app, I took out a notebook and started writing.

Right away I liked the Microstep about drinking a glass of water when you wake up in the morning. I also liked the different tips on cooking at home and saving money. I wrote down the Microsteps I wanted to do so I could save them in writing and look back at them when I needed some motivation. I started reading through the stories of other people who had made changes, and was so inspired. I still read these stories on the app all the time when I feel down because it helps me get re-inspired.

I started cooking more at home to help save money.

This was a small step but it made a big difference! Taking my lunch to work with me helped me save money and it gave me back the time I would have spent going out to buy food. Lunch breaks can be short, so being able to rest a bit more during my break was a great thing. And as it turns out, I didn't even realize how much I was spending on food beforehand. I was able to look at the Thrive app at the end of the day and say, "Today I cooked, so I didn't have to buy food at work, so I am saving money."



I've been able to create new relationships with my colleagues.

I've been telling them about the Thrive app, and how it can help them achieve their goals. I always give the advice not to get discouraged at first. Some of my colleagues have started the Thrive Challenge and I'll check in with them and ask them, "What are you working on today?" I tell them not to get discouraged and instead focus little by little on what they can do each today.

Now, I'm much more aware of my daily habits and what I want to achieve.

I'm not making resolutions anymore that are unrealistic. I've lost five pounds, I've started an exercise routine, I eat more mindfully, and I'm saving money. My next goal is to work on concentration because I can be scattered sometimes. I also want to motivate other people and help them achieve their goals. Whether it's saving money, losing weight, or spending more time with family, I'd like to motivate them so that they can have the same success that I've had.



THRIVE