

# Tracy Grubb

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**\$5,000 WINNER**  
**Walmart Customer**  
**Richmond, VA**

I'm a nurse and work the night shift, and around February time I was noticing things had been feeling more difficult in my life. My husband Ronnie is the transportation supervisor for a logistics company, so he has a varying schedule and often gets calls in the middle of the night. I was having trouble sleeping, and everything just felt chaotic and cluttered. I have two boys, Taylor and Cameron, and they're pretty independent but they still need their mommy. I was getting through my work shifts with energy drinks and sodas, but at home, I was letting the dishes pile up in the sink, and felt low-energy all the time.

## **I work three 12-hour night shifts each week, so on my days off, I'm on a daytime schedule.**

I drive the kids to school and I like that I'm around if they need anything, but I knew I couldn't be relying on energy drinks and sodas. One day, my coworker Thomasina told me she was doing the Thrive Challenge. I started looking at the Thrive app, and I clicked on the bedtime stories meant for you to listen to before bed. I knew I needed to make a change for myself and for my family. I decided I would start with my diet and cut out my energy drinks, and work on building a better routine at night to help me sleep.

## **I tried listening to the bedtime stories on the Thrive app.**

I liked that it helped me ease into a bedtime routine. The first time I listened, I immediately felt calm and I liked the sound of the person's voice. The stories helped me relax and kept me from scrolling on my phone all night. They say you can't pour from an empty cup, and my cup just felt so empty at the time. Taking a few minutes to myself was what I really needed.

## **Ronnie and I started taking time before bed to connect.**

It's so easy when we're going in opposite directions all the time to forget to make that connection. But once I was taking the time to unwind before bed, we started using that time to talk through things. We've been saving up for a few years to buy our forever house, and we are so close to being able to make the move. That time at night has been like a team to dream and reflect and plan on what we want to do.



## **I love the Microstep about making one small connection each day.**

This has been so beneficial for me. Even if it's just sending somebody a message or making sure that I'm more present with the boys or taking time for my husband, it reminds me what life is all about. For example, my 13-year-old likes to cook, and I usually think he'll get frustrated if I try to help, so I just kind of stand to the side and let him do his thing. But it was a reminder for me to actually be more involved with what he was doing and try to teach him. I like knowing I'll be part of that memory of his instead of just standing to the side.

## **My husband and I started riding bikes together again and cooking healthy meals.**

He's had some inflammation in his knees and was told he might need surgery, so we've been researching different ways to make our favorite meals in healthier forms together. We enjoy going to different shops and stores to look at a variety of new foods and options to try. We've been using nutritional yeast to add flavor, monkfruit for sweetener, and sparkling water instead of soda. He's lost weight and might not even need the surgery!

## **I'm still a work in progress, but I now know that it's OK to focus on myself.**

There are days where my life still feels chaotic, but it's slowly coming together and I know it won't happen overnight. I try to spend more time slowing down before bed, I'm spending more time with my family, and I'm finally taking time for myself. It feels like I've taken the first step to finally turning my life around, and I'm so grateful for that.



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