

# Paul Slaver

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**\$5,000 WINNER**  
**Walmart Store #2326**  
**Hornell, NY**

I was stuck in a routine: wake up, go to work, come home, go to bed. I felt as if I was repeating each day over and over again. I'm only 32, but I was stressed out and run down. I had the motivation to change, but lacked the will power. My wife, Amanda, also works for Walmart and we have two kids — our four-year-old daughter, Kennedy, and our son, Ryker, who's two. I wanted to be active with my family, but I'd get home from work and I'd sit on the couch or go to bed. I'd hear Kennedy tell Ryker, "Dad's tired, let him relax."

## **I was a college wrestler and I served in the marine corps, so I always worked out.**

But when I got out of the military, I started eating fast food. Then in June, my mother was rushed to the hospital and diagnosed with a weak heart. She's fine now, but the doctors said it could be genetic. So I decided to make some life changes.

## **I was inspired to download the Thrive app by Kirsten Ohara and Sherin Thomas.**

They're both Thrive Challenge winners at our store — Sherin's a Grand Champ — and they've motivated many associates, including me, to dive in.

## **My first step was cutting out energy drinks and drinking more water.**

I never used to eat breakfast, now I'll have a protein shake. And on my days off I'll make everyone scrambled eggs or toasted peanut butter and honey sandwiches.

## **I started meal prepping and bringing my lunch into work.**

For snacks I'll have rice cakes and almond butter instead of chips. For dinner, I might make steak on the grill with corn on the cob. And if I don't have time to cook, I'll heat up a healthy, ready-made skillet meal with tons of veggies. The kids are learning good habits. My daughter's asking for strawberries and bananas instead of candy.

## **Amanda and I work opposite schedules, but we make the most of Mondays.**

She's off and I get home at 6 p.m., so we'll make dinner and eat together at the dining room table. And on days when Amanda's still at work, the kids and I sometimes visit her and surprise her with flowers.



## **I'm making time to do something fun with the kids every day.**

We're going for walks, we decorated the front yard for the holidays, we jump on the trampoline, and we'll do yard work together. While I'm mowing the lawn, the kids pick up leaves and rocks. Kennedy and I are doing 300 piece puzzles together, like Disney princesses and dogs. We're interacting rather than just sitting on the couch and watching T.V.

## **On my commutes, I'm listening to audio books.**

One I really like is called The Dichotomy of Leadership by Jocko Willink and Leif Babin, who are former Navy SEALs. I'm learning about leadership styles, which I know will help me add to the success of our team and our store.

## **I'm connecting with our associates and gaining their trust.**

I want them to see that I'm a person as well as a manager. We did a water bucket challenge for The Children's Miracle Network (CMN), a great nonprofit organization that raises funds for children's hospitals. Everybody who had \$20 in their bucket got a five gallon bucket of water dumped on them. We all ended up soaking wet and had so much fun.

## **I have an open door policy and make kindness and compassion a priority.**

Everyone knows they can come to talk to me about anything. An associate came in who was concerned about a co-worker who'd become homeless. We made sure the person got the support he needed. He's now set up with somewhere to live and things are much better.

## **My work-life balance is so much better.**

I've realized that work is work, and home is home. I'm less stressed, more motivated and I'm feeling great.



THRIVE