

# Robin Dufault

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**\$5,000 WINNER**  
**Walmart Supercenter #2424**  
**Ticonderoga, NY**

I've always believed that positive things happen to positive people but recently, I lost my positivity. I was drowning in bills, my spending was out of control, and the house we're renting is in foreclosure. I was also worrying about my fiancé, Frederick, who has heart problems and then got Lyme disease. He's my best friend, and it's hard going through that with him. I'm 54, I have five kids, and I take care of my 20-year-old niece, Cassandra, who has an intellectual disability and lives with us. I support everyone financially. I was stressed and I was losing weight. I was so busy working, I forgot to take time out for myself or for my eight grandchildren.

## **I read an inspiring story in the Thrive Challenge Entry Book.**

Robert Flores had been homeless and now he has a great job with Walmart and is happy with his family. I don't know how to explain this, but his story made me feel good and hopeful. That was the spark that got me started on my Thrive Challenge journey.

## **My first step was to save money.**

I used to go and shop for three or four things I needed for dinner, but I'd end up with a cartload of groceries. Lexi, my 14-year-old daughter, would throw stuff in the cart we don't need, like chips and pies. Now, when I go to the store, I make a list and stick to it. Lexi's making lists as well. I also use coupons which help me to save money.

## **Every two weeks, \$25 dollars goes out of my paycheck into a savings account.**

It's great because I've started a nest egg for emergencies. Frederick and I opened another account and we're putting money away for a down payment on a house. We only have \$100 so far, but it's a start.

## **I'm eating better.**

I make sure I have regular snacks all day, like a sandwich or fruit. Lexi helps me to cook and she's been making frozen fruit smoothies. I didn't think I'd like them, but I absolutely love them. For dinner, we're making chicken and veggies in my Crockpot, or we'll make Shepherd's pie. There's always yogurt and watermelon in the fridge.



## **Frederick and I love to go for a ride and watch the sunset.**

It's our favorite thing to do — and it's free. We go to Lake Champlain which is close to our house. It's so beautiful and we feel much better sitting by the water regrouping. We remind ourselves how blessed we are to have each other. Yes, he's got health issues, but they're treatable.

## **I go for relaxing walks on the beach.**

They help me to de-stress. The nature Resets on the Thrive app also help me to stay calm. In the evening I go into my bedroom, turn the T.V. off, watch the Reset with waterfalls a couple of times, and I stop worrying.

## **Family time comes first.**

Lexi plays soccer and basketball and I don't miss any of her games. I go for hikes with Jaiden, my 20-year-old, when she's home from college. And my grandkids often spend the weekends at our house. We make cookies or swim and play.

## **I took Taylynn, my 11-year-old granddaughter, to the dentist.**

Her mother was working so Taylynn and I spent the afternoon together. I never used to do things like that, and we had the best time. She had her appointment and then we went out to lunch and talked about school and basketball. She told me how her little sister gets annoying. LOL. I told her when she gets older they're going to be close and it won't matter!

## **I got promoted to team lead.**

I had the interview on a Friday, and on Saturday morning, my store coach, Vince, came up to me and said, "Hi, how are you doing? I just want to tell you, you've got the position." I was thrilled. I love my job, I love my family, and I'm optimistic about life.



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