

PROGRESS

with Michael Bernoff

ISSUE 46

**HOW TO
CREATE THE
PERFECT
LIFE**

**LISA
BROADWAY**

“I feel free on every level of my life!”

LISA BROADWAY

Paralegal & Beachbody Coach

San Diego, CA

Hometown: San Diego, CA

Spouse: Charles

Children: Steven - 7, Charleigh - 5



Exuding pure joy and passion, Lisa Broadway is a picture of happiness. You can hear the light in her voice as she lovingly speaks of her husband, her 2 children, and the crazy, busy life they share. As a military family, they have lived everywhere from Italy to Virginia Beach.

The joy she embodies now wasn't always so easy to see. When she moved from Virginia Beach to San Diego, she soon learned that the baggage she carried with her was more than what had to be unpacked from the moving boxes.

She recalled, "Between moving away from family and leaving an incredible job, I was not feeling myself." As a couple, they sought after personal development which led them to hearing Michael speak. "We were across the room from where Michael had directed them to sign up, and I told my husband to run to get us on the list!" She was drawn to the opportunity, and was soon calling into the Call2Action program.

It was during Call2Action Michael made a comment to her that snapped her to an important realization. "He said, 'you live in the past a lot, don't you?' and it was at that moment I knew how right he was."

"BSB was like nothing I expected. It let me unleash everything as a woman."

Her eyes were open even more as they went to Core Strength Experience. She came away realizing just how much anger and frustration she was harboring against people in her life that were supposed to be family, yet had betrayed her. The betrayal was the beginning of a downward spiral where other relationships suffered. She didn't want to do the things she loved, and was constantly fighting an internal battle. After going to CORE she soon realized she had the power within her to forgive and let go. Lisa said, "I began getting back to being me, and not being a victim in my own life. Truly appreciating life and loving it."

While at CORE she remembers how Debra inspired her, "When I saw Debra, I remembered the woman I was before kids – active, world traveler, just myself with no apologies. I saw Debra & Michael together, and I knew that my husband and I could be the couple we were before."

CORE allowed her to shed so much, then going to Body, Sex, & Business took her even further! "It was like nothing I expected. It let me unleash everything as a woman!"

Lisa quickly admitted that she was initially intimidated by the thought of joining a group of successful women. "I was nervous to go. These women all look happy and have accomplished

so much. I didn't feel that I was on their level." She quickly learned that the other women were saying things that she herself had said. They had the same fears and insecurities that she experienced in her own life. **"I saw that we can change. It's how we treat ourselves and feel about ourselves that help us overcome the fears we have in our lives."**

Jumping in with both feet, she was prepared to soak in every moment and learn all she could. "How do you put a price on the transformation that happens? How do you put it into words? To go from scared to inspiring others is powerful."

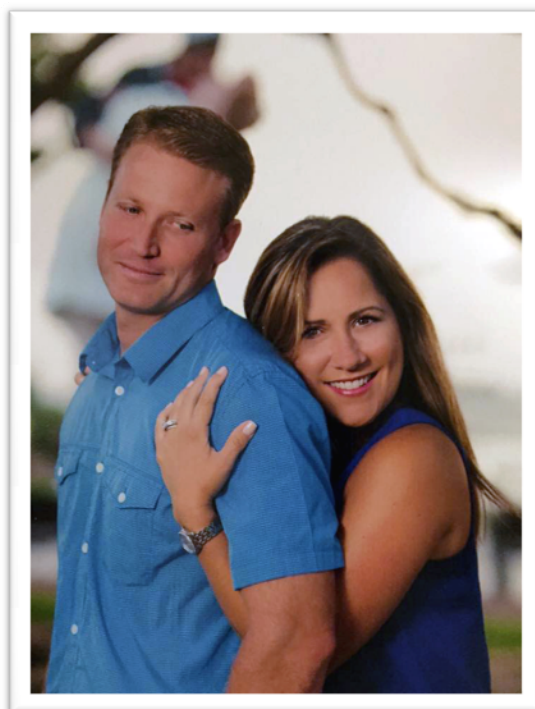
BSB gave Lisa the opportunity to reach deep inside and release that person deep down, letting the outside match the inside. **"I have made a commitment to be the person I say I am and know I am inside, and I'm living that person every day."**

Lisa is creating the life she wants to live, and going for it. Even in a job interview she was upfront and true to what she wanted from her career. She found that the interviewer loved it, and she was able to set her own schedule that allowed her to be with her children and set aside time for her passion of fitness. Allowing the beauty within to shine

outward is propelling her forward, and is also appreciated by those around her!

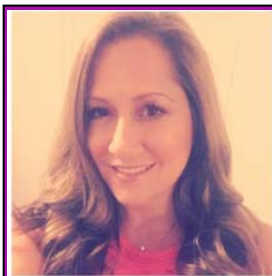
As women, we fall into the trap of thinking we have to run ourselves ragged to take care of everyone else before we even think of spending time on ourselves. Lisa learned, **"Everything in life does get better when you are happy with yourself. I'm comfortable in my skin and why should I hide who I am to make the world happy?"**

As she reflects on the journey so far, **"I feel free on every level of my life!"**



She is creating the life she wants to live, on a mission to do the things in life that make her happy. When thinking on the progress she's made, Lisa said, "I feel like I've made a million successes! My marriage is better than it has been in 13 years, my relationships with my children are even better, I have new friendships that have developed and grown, I have a job I love, and have gotten back into my passion of health and fitness!"

Lisa has a strong desire to share her happiness with others. "This is the most genuine happiness I've ever had in my life. You really can live an honest, happy, free life. You have to give yourself that chance."



"To go from scared to inspiring others is powerful."

Thoughts From Michael



She had it all. A happy home, an incredible husband, two beautiful kids, friends, success - you name it. By anybody's definition...Lisa had it all. Yet why, sometimes, is "all" not enough? Because just like a majority of the world, sometimes what looks and feels so good on the outside, doesn't always line up perfectly on the inside. And Lisa was one of those people. She's a girl that created an incredible life and was enjoying it...for the most part. Yet there were a few stones unturned and she was determined to turn them. The stones that were covering up confidence, peace, satisfaction...and a level of success she hadn't experienced yet. And so she went on a mission to build these things into her life. And so she did. Lisa has spent the

better part of a year working on her internal communication skills which has paid off tremendously. The woman she is today is making decisions and following through with them. She's having a blast with her family, taking care of her health and working on her business. No excuses - no stones unturned - just results

Now that's progress.

Working with Lisa is a dream. It's rare to meet a person that learns something and immediately applies it and never lets go. Yet that's Lisa. There's no grass growing under her feet! She made a decision to be a better mother - and she used her skills to lighten up the environment at her home, have more fun and spend time doing the things she loves, with the people she loves the most. She made a decision to be more successful in business - and she has. The confidence from that is spilling over into all areas. She made a decision to take back her health - and the consistency of her workouts is well...consistent. And the results are showing! And her marriage - it's better than ever. So why is it that one person can make these decisions and have the power to follow through on them and reap the benefits, making it look effortless on the outside? It's because she's a person that goes all in. She gives it everything she's got. And it shows. Lisa is a success. And on the outside - you just get to see what's on the inside. Confidence.

Now that's success.

— Michael Bernoff



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