

PROGRESS

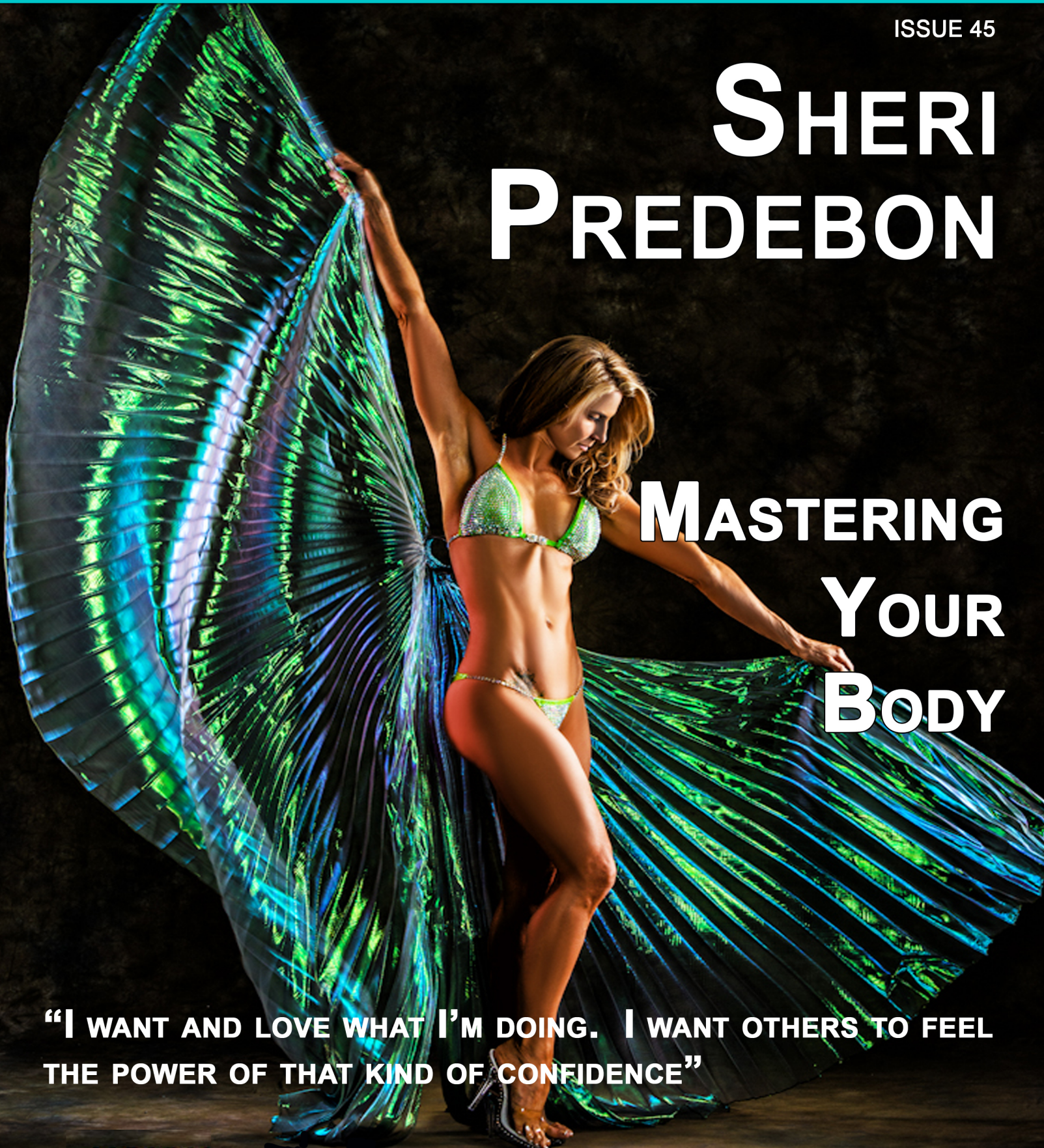
with Michael Bernoff

ISSUE 45

SHERI PREDEBON

MASTERING
YOUR
BODY

“I WANT AND LOVE WHAT I’M DOING. I WANT OTHERS TO FEEL THE POWER OF THAT KIND OF CONFIDENCE”



Sheri Predebon

Certified Nutritional Consultant
Licensed Speech-Language Pathologist
Husband: Bill Predebon
Hometown: Phoenix AZ



At times, even the happiest people wonder if there could be more. Ever hard working and enthusiastic, Sheri Predebon dreamed of taking her interests further. Already deep into a successful and rewarding career as a pediatric language speech pathologist, she became interested in nutrition's power to impact the human body. To learn more, Sheri studied to become a holistic nutritional consultant, but admits she wasn't sure it would go anywhere.

"I've always been the kind of person that would go after what I wanted, yet I had the mindset that it's okay if the nutritionist business doesn't work out," Sheri reflects. "I had my work in speech pathology to fall back on."

Sheri continued to enjoy her every-day grind, content to see where things would go when in 2012 she hurt her back. The debilitating injury left her feeling unmotivated and out-of-sorts. Sheri knew she needed something to help change her outlook—something to get her fired up again.

When her husband suggested she take a course he'd recently taken himself -

Call2Action, Sheri never could have predicted the impact it would have on her future. The program ignited a fire that put Sheri on a path to a higher level of success in all aspect of her life.

Working with Michael Bernoff helped Sheri realize that to reach her full potential; she would have to change her thought process. And that's exactly what she did. It was no longer okay if her nutrition business didn't work out. She was going to do what it took to make it happen.



In just a short time, Sheri's sharp focus paid off. The business has taken off and Sheri is actively sharing her message to eat for health and energy—rather than looks. And it's much more than talking the talk for Sheri. She is most certainly walking the walk; on a completely vegan regiment, Sheri has been training and competing in fitness competitions. Three

months of hard work culminated in recognitions in Arizona's largest event featuring more than 515 competitors. In her first competition, Sheri placed 4th. Six months later, she won 1st place.



With renewed motivation and confidence, Sheri says she's hooked on the power of the programs and materials Michael and Debra Bernoff have created. She has continued her journey exploring and working with Human Interaction Technology (HIT) and recently earned a position as a member of the leadership team. She's got an amazing support system in place and enjoys supporting others looking to improve their situations. And since that first Call2Action seminar, Sheri has begun speaking for different organizations, including Debra's very first Body, Sex, and Business retreat.

Realizing her power to achieve was a defining moment in Sheri's life. Her transformation has affected her relationships, as well as her business and her health.

"My husband and I have always had a great relationship, but our communication has gotten even better," said Sheri. **"We have an amazing marriage, and I wouldn't change it for the world!"**

Family and friends have noticed the shifts in her life and always ask what she is doing. To those that are just beginning their journeys, Sheri encourages them to not lose sight of their vision. She emphasizes the importance of continuing to push towards it even on days when it's most challenging



Sheri is excited about the future and knows the momentum she's gained will carry her on to bigger and better things. She continues to whole-heartedly go after what she wants with focus and a drive. She'll soon be releasing an e-book and has begun developing a signature retreat program of her own.

Sheri explains, **"I want to help take women out of their everyday lives—to a place where they can recharge and connect to themselves and others. My eyes have been opened to the fact that I can do what I want and love what I'm doing. I want others to feel the power of that kind of confidence."**

Sheri is doing incredible things. She is living proof that we are all capable of so much more than we think!

Thoughts From Michael



I first met Sheri when her husband, Bill, began taking our courses. After a couple months, Bill suggested to his wife that she also take one of our courses, and so she did. We could immediately see this was a woman who was already on a mission to create an incredible life, and was well on her way to doing so. Over the past couple years she's reached extraordinary heights in her personal and professional life. To be able to master your situation, whatever that may be, is the ultimate achievement. When you've mastered the situation you've reached a pinnacle. For Sheri, that meant pushing herself to see exactly how far she could take her beliefs about health, food and exercise. She knows what she believes, stands firm in it, and lives by it. As Sheri participated in our courses along with Bill, I could see the wheels turning. "How am

I going to incorporate this into what I already know, what I'm already doing, and use it to help me reach the next level?" That's exactly what she did. Many people avoid personal development because they feel they "already know" how to live and how to reach their goals. That's where they can miss out. Sheri already knew so much - she simply chose to add in some new skills and strategies that allowed her to live an even better life.

progress.

Now that's

When I first began working with Sheri, she was already in the business of sharing knowledge to others regarding healthy eating, healthy food preparation and treating your body well so it can perform the way it's meant to. If I had to guess, I'd say she didn't intentionally enter fitness competitions so she could end up impacting people to be healthier, yet that is what happened! When someone "walks the walk" and the results are evident - people listen. Her credibility has been solidified so that when she teaches her clients how to shop, prepare and eat food - they listen. And in this world full of unhealthy options and limited knowledge on how to master your health-this is necessary.

Now that's success.

— Michael Bernoff



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