



PROGRESS

Teen Edition

with Michael Bernoff

Lexi Foster
Ready for the World

Lexi Foster

Student

HOME

Scottsdale, Arizona



When you look at Lexi's picture on the cover of this magazine you see a beautiful, happy all-American girl. That's what it looks like from the outside, and that's how she feels on the inside...but it wasn't always so. Just like any other teenager trying to find her way, she spent her high school years trying to get through unscathed, trying to understand who she was and what she had to offer to the world.

Because like many teens, high school wasn't easy for Lexi, not at all. "The truth is, I wasn't a great student in high school. I hated school," Lexi admitted. And not only did she not enjoy the academics, she was bullied and found herself anxious and depressed...often skipping school to avoid the negativity.

She also had other demons. "I was in a sexually, physically, and emotionally abusive relationship, and I had no way of getting out of it... or so I thought," Lexi shared. Since this was her first real relationship, she had never known anything else. How is a teenager supposed to thrive and feel excited about the future under the weight of all these struggles? Many would not. Many would cave under the pressure.

We've all seen and heard the stories of precious young lives ruined when faced with these struggles.

What did Lexi do? She decided to get out early. She wanted to finish high school early and get on with her life. She found that when she pushed herself to focus and go for her goals, doors started opening. It was then that really cool things began to happen and she really began to find out who she was.

The summer before her senior year, Lexi found herself listening to a seminar over the phone her mom encouraged her to participate in. Not exactly how a teenager wants to use her summer break! Yet she was committed to improving her life so she went "all in" and gave the course everything she had. Lexi was struck by the coach teaching the course, Michael Bernoff, as he was able to connect with her over the phone and really move her. During those five days, she learned so much about herself from that course that she began to see what she was truly capable of. Full of renewed passion for her own life, she then made a decision to do whatever she needed to do to graduate early.

And she pushed to make it happen, doubling up on her classes to meet the graduation requirements ahead of time. And she was successful. In January of 2014, she graduated from high school a semester early! While her former classmates and bullies were still in school, Lexi got a job and grew her confidence by working and being productive in the "real world."

That March, Lexi's mother asked her to go with her to Michael Bernoff's Core Strength Experience. Lexi thought, "If Michael can keep me listening over the phone during summer vacation, he can definitely keep me interested at the live event!"

At CORE, Lexi found herself being drawn into the event. Hearing about other people's struggles and seeing how Michael talked to them affected Lexi deeply. She found herself eagerly absorbing everything Michael had to teach. While she was younger than most of the other CORE participants,

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she felt as though everyone treated her as an adult and as an equal. But age did matter to her in one way...she saw what her future could look like, and she didn't care for it. "I could see what my life might look like if I continued down the same path as them." As she listened to the stories people shared of their hard-learned life lessons, she took a look at where she was and made some powerful decisions. "This experience changes lives, and I want to be a part of it," Lexi decided.

The crazy part about all this is that for years, Lexi had often said that she "hated people" and was quick to say she was not a "people person." Who can blame her? After all the bullying she endured during high school, the unhealthy relationships and negative experiences - it's no wonder! Yet CORE unlocked a whole new perspective for her. She was surprised to find others her age at CORE, and she formed friendships unlike any she had experienced before. Those new friends became a support system that she could call upon at any time for a fresh perspective.

After the event, it was time to make some real changes in her life. When she went back home, her life "took off." Lexi beams as she describes the way she felt about her life. "It was nothing like I had ever done before!" Since then, she has been busy making huge shifts and successfully completed her first semester of college with a 3.7 GPA. (Amazing

progress coming from a 2.0 GPA in high school!) Another huge shift for Lexi came in how she views herself and values herself. "After going to Core Strength Experience, I saw my relationship for what it really was. It's been a year since I went to CORE and now I don't let anyone into my personal space without my consent. Now I realize my worth and power as a young woman, and I stand up for what I want in relationships." What an amazing testimony to the strength and wisdom Lexi has gained in such a short time!

When Lexi looks at where she is now, she pinpoints one specific thing as the reason why she's come so far...and that is that she was open to learning and she was open to change. That open mind has given Lexi a life she gets to enjoy! Lexi is now driven to help others have a better high school experience. She has dreams of establishing a program that includes teaching techniques and skills that she's learned from Michael and also practical skills for teens as they transition into adult life.

With her self-confidence restored, Lexi's future looks bright. She understands herself better than most young women her age, and she fully appreciates the potential she holds to create the life of her dreams and to change the world.



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Thoughts from Michael

on Ready for the World

Many people would call Lexi lucky. I don't. I call her smart. How many teens make big decisions to own their life, truly own it, at such a young age? Very few. Take a look at Lexi and you will see someone way ahead of her years. The timing for her to learn life strategies and learn who she is and what she is capable of was tremendous for her. The high school experience seems to get tougher for each generation, and kids today are facing challenges and pressures that people our age never dreamed of. Lexi understands that the negative experiences she lived through do not have to dictate the rest of her life. So she took action, finished school early, and moved forward in a bold and exciting way.

Graduating from high school early... setting the bar high in her first year of college...creating powerful and beneficial relationships...she is creating the life she truly desires. Lexi is young, yet she's already charging toward her ideal life at full speed.

Now that's success.

Considering the challenges our youth are up against these days, Lexi's fast and furious growth is absolutely awe-inspiring. Her renewed confidence and sense of self-worth will serve her well as she grows into a strong young woman. What a blessing to have such focus at such a young age!

With the negative aspects of her past firmly planted where they belong - behind her - Lexi can continue to look forward and keep moving her life in the right direction. Her goal of helping other teens have a better high school experience than she did is ambitious and exciting, and I can't wait to see her plan in action. As she shares the tools and strategies she's learned to help her through a challenging period in her life, it will change the lives of countless other teenagers, for years to come.

Now that's progress.

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