

Why We Ask

&

Why we keep on asking?



A book to HELP you, GUIDE you to FIND and know your dream

Easy steps to follow

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YES, AS A MATTER OF FACT I CAN, AND YES, I WILL GIVE IT ALL I HAVE.

I will make my dream come true, I get up every morning to serve my dream and I do my outstanding best. What is your dream and how do you serve your dream?

This book is a simple – wake up call to help you get up and move on to serve your dream. This is not a quick fix; I have the answers for you. This is ME sharing step-by-step challenges and the impact of your mindset.

- What you are – you become
- What you do – you get.



I am Danish and apologize for all spelling errors or language mistakes.

I hope you will look for the meaning and not the arrows. I could have chosen to get all spelling and arrow changed to perfect, but that is not ME. I am from far perfect, I am learning, I am curious, I am open minded, and I am hard working. I am not perfect, and this book is not about being perfect, or zero mistake culture. It's about being human, ME, trying to give you the best I know how, what I know, so you can take your life steps beyond. I hope it will give you an eye opener and a call to action for your life. To find the happiness you seek. Create the life you want.

WHERE YOU ARE TODAY AND WHERE YOU WANT TO BE TOMORROW

Do you know what you want or are you still searching? I am still searching? So, this book is not about how to make millions of dollars, this book is a simple little guidance to, how to open your mind to know, what you want.

To make it clear:

No, I have not made the 10x figure

Yes, I am still struggling to find out how to do this the right way.

Yes, I am curious to listen to everyone who has made it, and hear their story.



Stop there, is this about me, I am like a finding my way through the wood. I see the trees, and I listen to what they tell me, yet I have not yet found a match to me. I am traveling to find my spot and this book is about follow the searching.....

Let's step into a wood and see things that are there, to take you and I to a common platform

Think about a wood, a beautiful green large wood where there is life, sun, rain, animals, birds and flowers, it the most beautiful wood in the universe:

Every tree is unique, not one is the same. Yet the stand in the same wood, and they get the same sun, and they are in the same weather. Still from where they stand nothing is the same, no one but that one, has that specific spot. If you go to the woods and you stand next to one tree after the other, you will see, that there is nowhere, that the wood looks the same, every angle gives a different view.

Every tree is amazing, beautiful in its own way, many are the same, yet so different. Here are many great and wonderful trees and they are all in the right spot.

That's the same for you and me.

For me I am still the child looking to know more, learn more, see more, be more and I am looking, I am searching to find that spot where I belong. The spot where I want to stand. I go to many spots and yet, I have not found the spot where I want to stand.

That makes me movable, flexible, open minded, hardworking and very curious. What do you think when you hear those words? What impact does this have on you?

“When you are curious! – you ask!”



You simply cannot stop yourself. It is burning inside you, to know, what they are doing, how do they do it, and why are they doing it. Questions are over flooding your mind when you see someone having or doing something that you would like. You look at who they are and imagine what that would be like.

Going back to the wood. You place yourself in the position of the tree and look out, what's it like to be here. You spotlight it and ask yourself. Is this, what I want is this my spot.

If yes, you will start investigating, what it requires to be here. You start making your own GAP analysis, where are you today, and what do you need to do to be in this spot in future.

Being curious is the lead to your gap analysis, and once you start working your gap analysis you will discover the work you need to do.

Which brings us to step 2:

GAP – ANALYSIS – WHY DO IT

Here you are looking at what you want. You are ready to like it, and you are ready to give it your life, or are you?





Let's go back to the wood, stand up against the tree and look around this is the view, close your eyes and see it, hear it and feel it.

It's beautiful

What comes with beautiful, think of the work you need to do to make beautiful happen, is this what you want to spend your time on?

If yes you got it.

If no keep walking.

It's safe

What comes with safe, think of the work you need to do to make safe happen, is this what you want to spend your time on?

If yes you got it

If no keep walking

It's love

What comes with love, think of the work you need to do to make love happen, is this what you want to spend your time on?

If yes you got it

If no keep walking

It's Boldness

What comes with Boldness, think of the work you need to do to make Boldness happen, is this what you want to spend your time on?

If yes you got it

If no keep walking

It's Friendship

What comes with Friendship, think of the work you need to do to make Friendship, is this what you want to spend your time on?

If yes you got it

If no keep walking

Close your eyes and see your values in life, are they fulfilled in the spot where you stand.

Think about it and feel your own core.

Here are more values to choose and pick to think through.

**Curiosity - Authenticity - Achievement - Balance _ Beauty Boldness - Friendships –
Compassion - Challenge – Fairness – Kindness - Community – Leadership - Wealth - Pleasure
- Determination – Humor – Happiness – Family – Trust – Reliable – Freedom – Growth –
Wealth - Honesty – Fairness -Balance – Kindness – Hope -Change – Real – Wisdom**

IF YOU ARE ASKING, WHY THIS DO, IT IS TO KNOW YOUR "9 WHYS"

You need to know your why's, it is what you will hold on to, when things are hard and when you struggle to make it happen. Because you know why, you know why you need to go on and you will face what you must compromise to get that. It's the compromise that can stop you. If you do not have your WHY's in place.

It is why your dream is your life. What you dream of you must work a lifetime to serve. You are the tool. How is that, how can we simplify that, think about building a house. Imagine your dream house, see it, go to every room. Stand still for a moment and look around – how does it smell, what is the best thing you like about the kitchen? – how is your bed? What is in the drawing and what food is in the fridge, here you are!, ask yourself, is this what you want? If you say yes, your next questions will be,

How did this happen – how was it build?

And I will say, by you?



Who are you and what do you do to build a house, it takes materials like woods and so much more and man hours to build a house, it takes time, hours and effort to establish a house and make that happen? No, you cannot pay for someone to do it, this is your life.

So, the house is the results of many hours of doing something, that is very different from the result you see. Living in the house does not create the house.

Open your eyes and look at what it requires:



THAT'S THE KEY FOR YOU TO KNOW,

It's not what you see; you have to look for, it's the effort and strength it requires to make it happen.

- It's what you will need to do
- It's who you are and become

You will keep going from tree to tree until you find that spot, that thing that offers you the values of your life. You can stand and become anything as long as it matches your values.

**Your values determine
the distance**

and
the gaps you have to bridge.

SEARCHING FOR YOUR WAY



How can you find your spotlight?

1. Listen and look
2. Listen and learn
3. Listen and try

LISTEN AND LOOK:

On Facebook, Instagram and LinkedIn – we listen and look.

You look at, what other people have done, and you ask yourself. Do I want what they have?

Yes – Jahhh, you have found something you can try and work for.
No – keep looking.

If Yes, the Gap analysis start and you must find out if this is really what you want to spend your time on.

LISTEN AND LEARN

You sign up for a webinar, a course or you take a class and you start working to find out is this what you like, the more you work it, the more you will know about, what is it like to be a Life Coach, a Teacher, an Actor, a doctor, an entrepreneur.

After the end of the course, you ask yourself, is this ME

Yes – Jahhh, you have found something you can try and work for.

No – keep looking.

From here the Gap analysis start and you must find out if this is really what you want to spend your time on.

LISTEN AND TRY

Your story is so powerful, the way you have managed to take yourself to the results you have created. You need to see the power you hold and the power you can enroll in your life.

A friend of mine asked me the question. What is it that he does so well, what is that he can do?

You look at someone and you think by listening to their story you can do the same.

Can you do the same?

Absolutely!

No doubt!

Yes, you can, you can do exactly the same, and what you must look at is the person behind, the mindset that created it. It's not the results you must look at, it's the person who is creating it.

You become what you do. You are not the result you are the tool creating the results.

Your story and what you do is what has taking you so far. Sitting here reading, what do you think, are you content with your results, or what is your mind spinning around?

If you want to become a great leader then think about what that involves in a different way than you have thought of it before. A great leader is someone who can make other people feel good, a true leader is someone who can make people feel like they belong.

How do you work to become a great leader, for that there is no given recipe and I for sure do not hold the only answers?

I hold what has worked for me, and I in many situations could have done so much better had I had access to a mentor who could have guided me in my weak spots?

You will find people along the way whom you admire and whom has taught you what was right for you. You will find people whom you will have to let go?

Let me tell you, I had finally found my dream job. The job enrolled everything I love to do, but the boss, I am sorry, I had to let it go. What we did and how we worked, was not me at all. I was so far away from my values and what is important to me, even though I was in my dream job, loving what I did, just not the way we did it. I could have changed it all improved, I could have helped the company make millions, but what I could not do, was change my own values.

So, what was important to stand by myself or have a job.

I had to ask

Who I am, and I wish I had listened to stories earlier in my life?

Had I been open and listened, I would have known that working for someone else is serving their dream, and that is why I cannot use my own values and empower them.

When You work for someone else you fulfill their dreams and desire and your goal must be your pay check. Once you get your paycheck you can start fulfilling your values and serve your dreams.

WHAT THE POINT:



The point is that you need to get your algorithm right. When you work for someone else you are replaceable, it's not about you and who you and why your why's about,

When you work for your dream, your life or the place you want to stand in the world, where you want to stand in life. That is when you need to enroll your values and make your gap analysis. If you make it early in the phase, you will fast discover if this is you or not.

If you keep going back to the same tree, then take the consequences and look at the work you need to do to make it happen.

If you keep seeing that house, build it, get yourself in the work clothes and start calculation and building the house.

THE END

Start at the end, and look, search, listen, learn and try.

Your spot is yours and the way you get to it is to listen to what you feel, what gives value to you, what is important to you and why it is important to you.

Make your list of the 5 thing you want to make happen in your life and make the list of what that enrolls.

Most people in a life time how many things do they make happen. Think about what thing to you is the most important and rate every 5. In this order you want to achieve them and go for them. Never ever stop – make your 9 whys – to know for yourself what you need to do to keep on going when things get tuff.

- What is your message?
- What story are you creating?
- What process are you going through?

At the end of the day, it's your life, your way, it's what makes all the difference in the world to what matters > your life story. The story you are telling through your life.

We can never do the same as someone else, it's impossible, but what you can do, is improve your way. You can improve, your way of life though your wisdom and act, and you can change everything to be as you want it to be. Because you are not a tree, you are movable, replaceable, curious, learning and changing.

You are amazing and you can make amazing things happen if you just ask.



Thank you for reading my book, I do not have the answers to your success and achievements.

Will we ever find the recipe for success or is the challenges to grow to understand what satisfactions means?

As soon as we find an answer life bring upon us a new question?

It's why Coachingandlife.com is a safe place to ask, because as long as you are looking and searching your will always have questions?

Ask and seek the answer

I am still searching for my place, I am still asking, I still have doubts, and I LOVE THE STORY YOU TELL – I love to hear what you have done to take your this far, and maybe your story is what will guide me further towards my destination, until then I will keep looking listening, learning and navigating my way through.

I will keep asking!

