

BERIT LADEFLOGED

*THE
WALK
TO FREEDOM*

**The Best Life Coach
School To Achieve Your
Goals**

How to free yourself from own prejudices.



The Best Life Coach School To Achieve Your Goals

In business, we ask the right questions, we know that there are two strong ends on the scale, which try harder or let it go.

We also know that we need to have a strategy and we need to have targets to achieve, and we also know that we need to have milestones.

How come we do not use some of the same skills for our own life. Why can things be so clear to us in our business and not in our private life, we do not know, life changes and to get what we want is hard work like having a business.

Most times we see letting go as weakness, is its weakness?

Or does it require more strength than we can imagine letting go? If we were to hold on would that require more effort than we have available?

There are many cases where trying harder makes good sense.

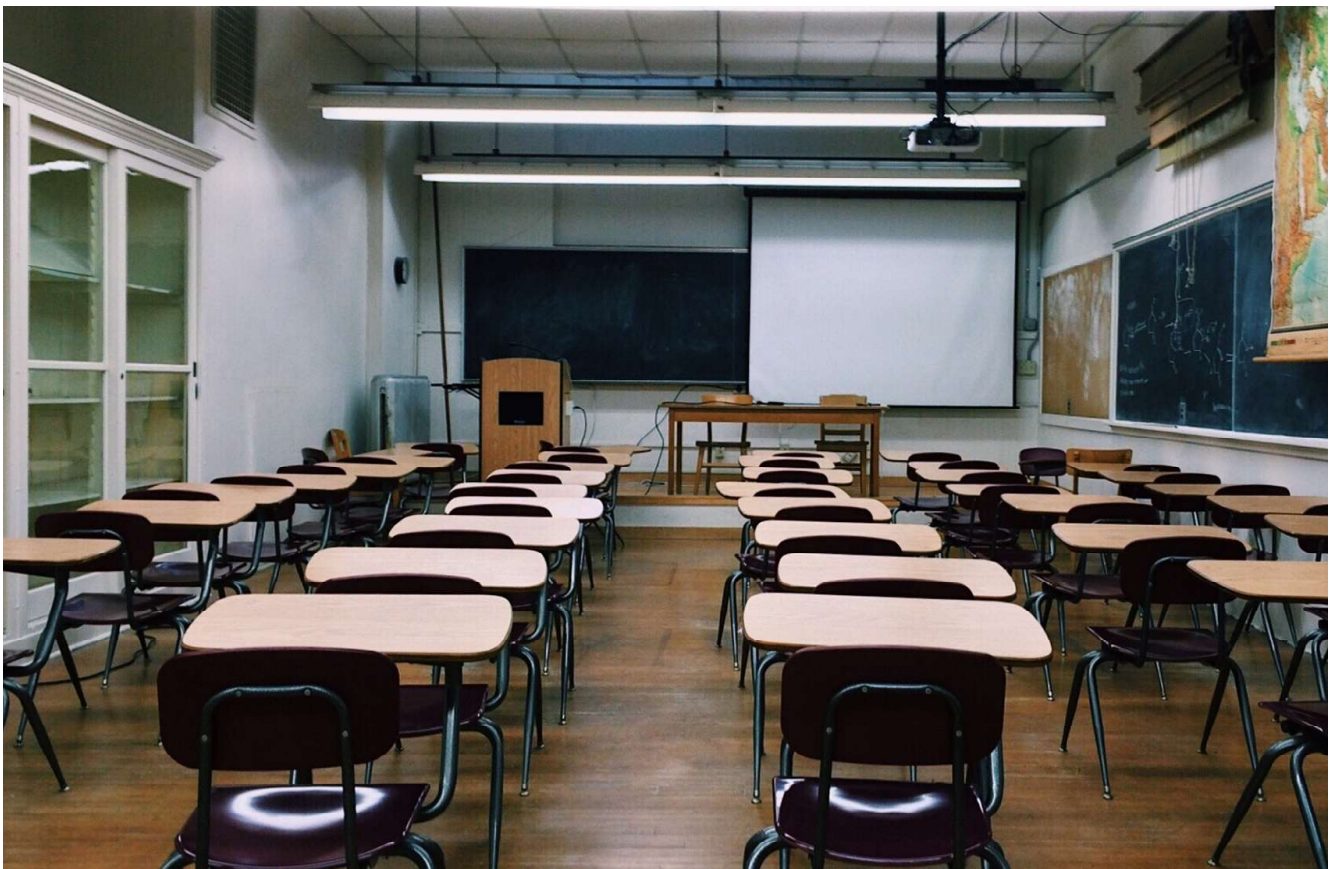
There are many cases, where we wish, we had let go. Where holding on takes us long and further out.

Where the pain keeps hurting, and where a clean-cut would have been better, it would be healed and make room for new ways and things so much earlier in time

What determines our choice.

We have a choice to choose, we often make the choice not to choose, what we forget, is that that is also a choice. We cannot, not make a choice.

When we make an active choice, we know, what we are doing, we face it, we take the responsibility, we are straight in our thinking and we do it before things get out of hand before we lose control or start hurting one another even more.





When we do not make the choice, what is that we tell ourselves?

How do we manage to tell ourselves that we are not involved?

If we are there we are involved, we are part and our voice matters, when we decide not to use it, it is because what we were going to say would not take us to the place where we want to be.

One example could be at work, we hear the boss say something, that is not fair or true according to what really happened. We know for a fact that this was not the case. How often do we decide?

We have over the last 6 months been working on a contract

That is good for the company, maybe it challenges managers in the company, maybe they feel that they can no longer decide when and what.

Maybe they just don't like you and therefore they say.

This makes no sense to me.

What is it people say, when they say, it makes no sense to me? They do not understand what is in the contract, and then say, it makes no sense to me,

Are they open for collaboration, are they respectful, are they trying to understand the subject, are they trying to solve the topic?

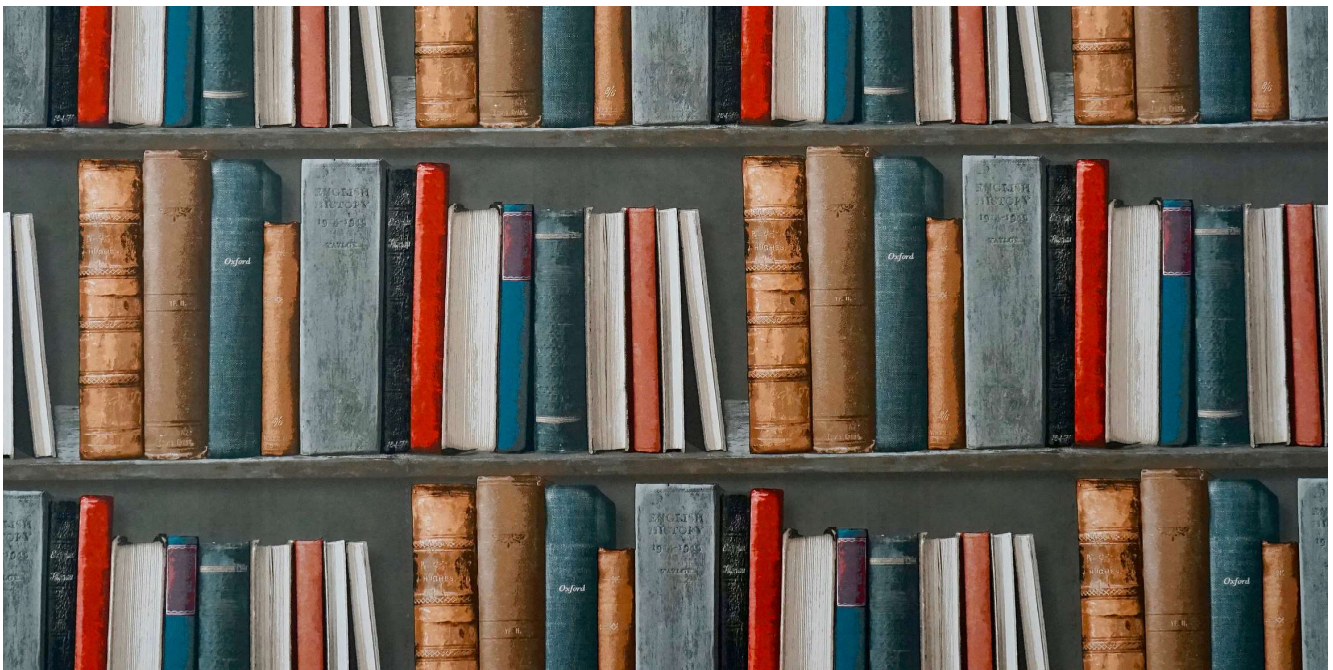
No, they are going for the person.

So what is really happening or taking place?

Do they want the contact?

Do they try to understand what is in the contract?

Do they want the outcome?





No, they want something else

They may want a different solution, it may be you as a person they are after, why and what do you do,

What did you decide to do?

the choice you battle, make sure that you think, one more time, what is wise to do.

Ask yourself the question, does the contract mean anything to you?

If the contract does not mean anything to you, then ask yourself, what does the contract mean to the management group.

You have several choices; one can be to keep on trying to do your best?

If you decide to try to do your best you are taking responsibility that the outcome of the contract is as it should be.

Do you know if this is the case, NO because what is in the contract is not yours, you have only negotiated the terms of the contract?

This is not for you to answer.





Since you do not have the responsibility for what is in the contract you have a different option, to tell that you have taken the contract as far as you could.

Ask yourself how many good days you have at work and how many bad days .. and if this is worth it.

Why would management be like this that they do not understand and cannot see the benefits, what does this give them, why would HR say that they cannot see the sav

ings, why would logistic say they want to understand the Figures, Is the work done not good enough?

That is the question we ask ourselves, are there things that we could have foreseen are there things that we could have done better.

This keeps spinning and spinning in the head, since we think, that we have done a great job.

There are two things that we are feeling, one is that we do not understand that we have done something wrong and number two, we have achieved a very good outcome and this outcome does not match management.

This makes a ground space where it becomes difficult to align and this brings along other topics and questions that make us feel very unquotable.

More things happen, we lose faith in the management we work for, we see a side of them that show an unfaithful side, when they add the face and the attitude that we have not done a great job, knowing that have done a very good job, this is a Hughes saving this is in many ways a very good contract.

And the choice from the management is to neglect it is to place a doubt of mind in the soul of us, the doubt that we cannot trust ourselves, that we become weak.

If we take this in, we will start doubting ourselves and we will see that over time we start making mistakes, and this will be where it started.

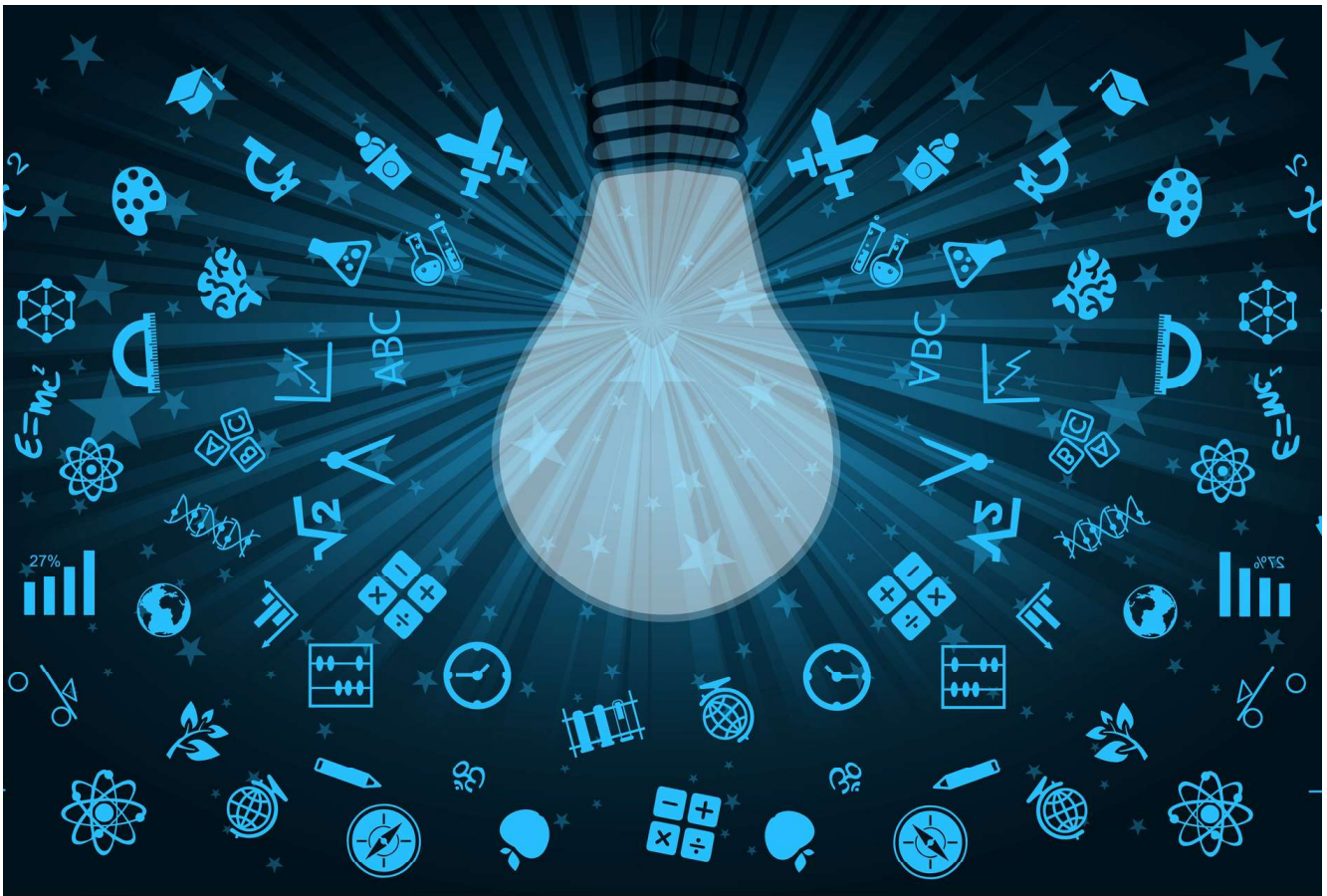




We have to lift ourselves higher, and ask, do you need this contract, does the contract mean anything to you or does it not matter to you how this contract is working.

What is in this for you,
IF something,





Play it smart and let it go, find out what the forces are and why and let this come forward.

Work the why,
It is time to ask the question, try harder, or let go.

Try harder can in this case not give anything since management had said that they do not like the outcome,
So the sooner you let this go, the better. Whatever happens, you have to think of yourself.

If you do not think of yourself, you cannot sit back after words and say what happened to me.

You know

You know too, that when you keep on going in a direction that management does not want to, that you are facing trouble. Can you take the heat?

Can you make it, can you do it, and is it wise?

And if you really think about it, what is it worth to you if anything at all, when you think, about that this is a job.

What is a job, a job is us to fore fill tasks, that are important to management, this has nothing to do with us, we are not the company and the company is not us?





What is it, that leaders and managers do, when they preside us in front of others, some say, that they build character?

If you, can pressure and preside someone in front of others, you build your own character, and if, that is the case, what can you do and what can the people who are on the other side do?



When you notice, that something is going into bullying, what can you do to stop it, when a manager decides to use bully, that way, what are your choices?

What do you do?

How do you feel?

What is your learning?



The power of the higher forces.

Those you follow and therefore at great teaching of life coaching is, where you early in life learn, to know what the right steps are forward for you no matter what.

You know, that when something happens you have contracted to your inner, you know what the right steps are to take.

Whatever others say you have learned how to get in contact with your inner power, to know what the right thing is, and move for you to make.

There is doubt in all we do, and there are many questions always to ask, but the fact is that those who learned early in life to follow the inner voice, stay strong, and do well in life.

Those who know early in life what and how they want to spend their life have better chances of making it.

Does this mean that we cannot make it if we are not among those who have been so lucky?

No, this is not what it means, this just means that we must focus and work differently to achieve the outcome we are looking for.



There is no right and it is not wrong, there is just what we know is good for us.

What we think gives us value and what we aim for is what we will focus on.

Your focus must be positive and it must be in harmony and balance. Use the pages for – goals and know that The Best Life Coach School To Achieve Your Goals is to seek the right tools of life coaching that can take you to the place where you want to be.

No one can do the work for you, and you must really want it, investigate and make sure that the work that needs to be done every day to achieve and stay with the outcome is work you want to do.

There is no outcome without effort.

**We do the best we can,
and
we do as we have
learned
in our life's school.**





All we do we have learned at one point, and most we know turns into habits we do of reasons we have forgotten.

Therefore, know what you want and do it, think twice before you do it, and one good piece of advice could be to never

to make decisions when you are sad,

never reply when you are angry and

never promise yourself or others anything when you are thrilled and happy.

Make a good choice in life, and the best coach school is to know, that there are life coach tools to be learned and used.



There is always another
way and another solution.

Know that you are never alone, if you reach out, there is always
someone who will reach out for you.

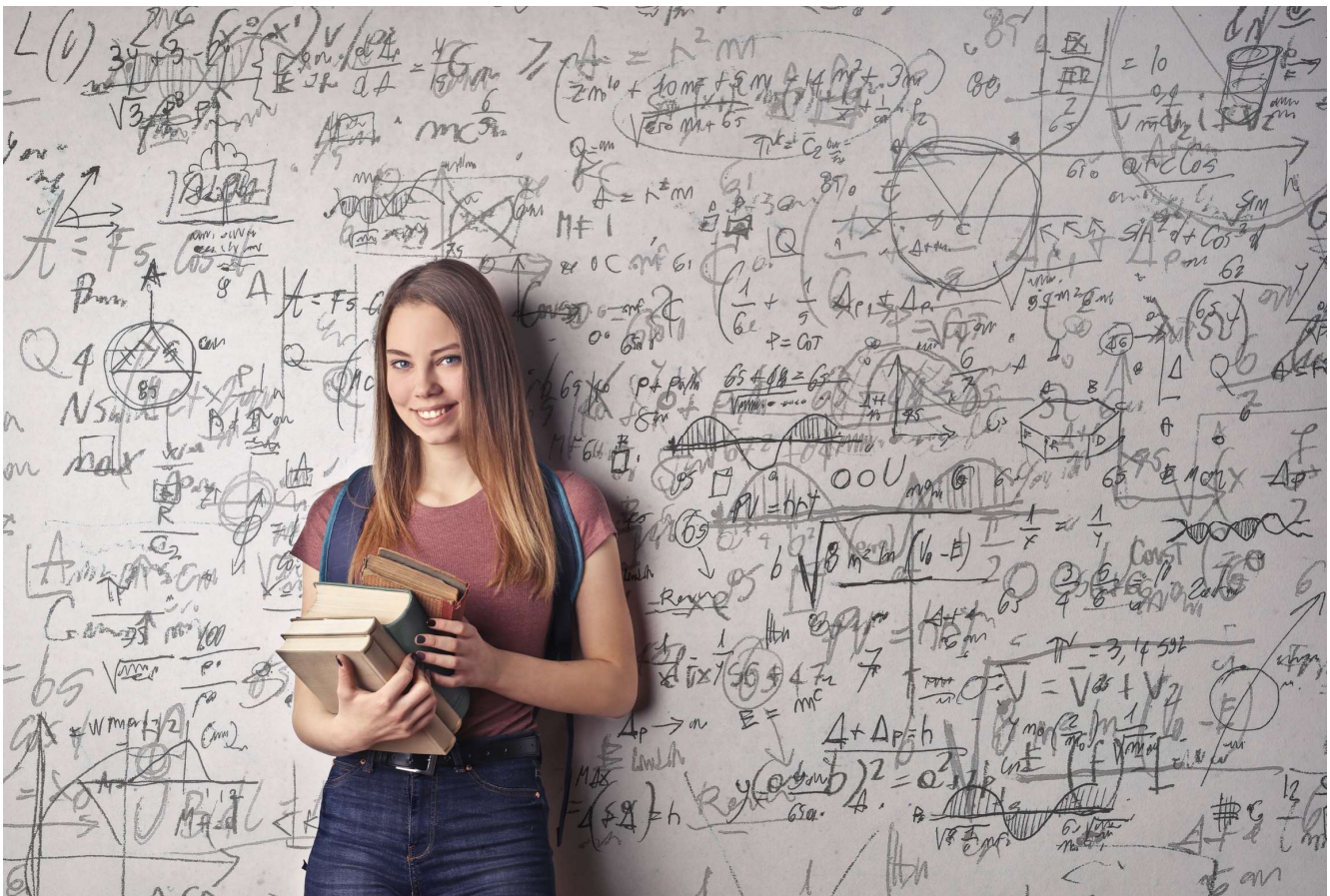




All you should
do is seek.



Chose To Learn And Train Is A Choice



A black silhouette of a person walking towards the viewer, centered on the page. Overlaid on the silhouette is the word "ASK" in large, bold, green, sans-serif capital letters. The letters have a slight drop shadow, making them stand out against the white background and the dark silhouette.

I believe the key to
alignment is to ask



Berit Ladefoged
Founder of
Coachingandlife