



BERIT LADEFOGED

*THE
WALK
TO FREEDOM*



**How I freed myself
from my own prejudices.**



The choice that changes everything.

Resume of: The choice that changes everything.

The decision to change, how you react on a daily basis, in all the small things that accrue and happens every day. It is the decision, that you make right now, the smile you decide to give your wife, the comfort you offer to another person right now, it is all about the decision right now.

It is the decision to do it!

It is the decision of what to do!

It is the decision on how to do it!

When you eat dinner and your son needs the salt, it is the decision to get up and get the salt, read with your son later today, go and see the tennis match today.

It is the decision to do it!

We can talk about change, but the facts are it is not changing unless you make it happen. And it all starts with the small changes on a daily basis.

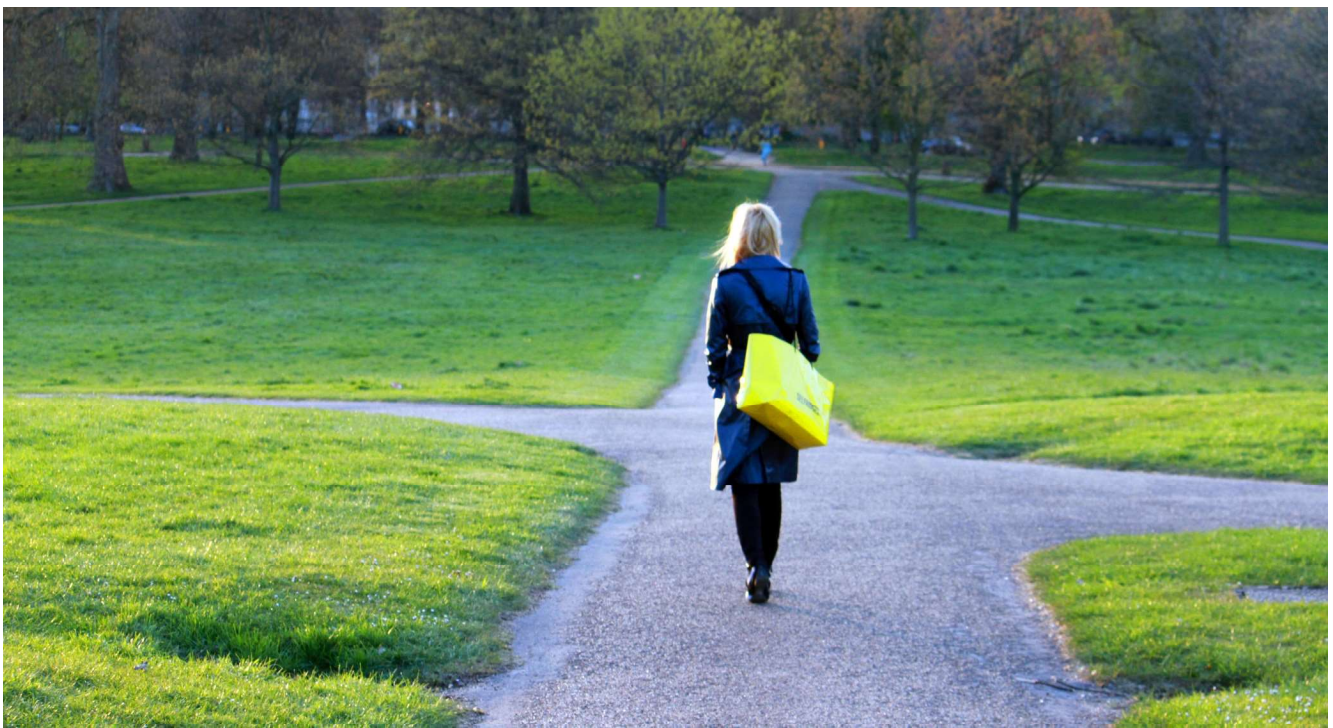
Will you believe that it all starts with a desire
and an intention to feel better!

Or hope for a dream to come true.

Let's stop for a moment, why is the choice we make so important? Let us first define that, it is because at the moment you choose.

You choose if something will change or if it will stay the same.
Making a choice at the moment opens doors to where you want to go
from a perspective of these answers.

- There is only you, who can make it happen, no one else.
- There is only you, who decides your behavior.
- There is only you, who knows your intentions.
- There is only you, who knows the outcome you seek in life.
- There is only you, who knows what is important and matters to you.



A choice can never stand alone!

and what you choose will lead you forward toward the next decisions.

The choices that change everything
Is very simple it is doing the right things in the little things. That is what will change everything.

How

Let's look a few cases, so you see what I mean.



It is not the woman; you have chosen to be your wife.

It is, how you decide to solve all the small daily conversations and interactions you have with her. It is, how you decide to keep love, trust, and respect life. It is not who she is, but the way you decide to define who she is to yourself.

It is not the job, you have chosen and get in life

It is, the way you decide to use the skills and knowledge that you process and how you decide to define your skills. It is how you decide to work every day, and how you decide to achieve the outcome you are seeking.



It is not the friends! that you choose to have.

It is, how you decide to help each other solve life's topics that will define the friendship that you have. It is not the problem it is how you decide to solve it.

It is, not your brother and sister you have.

It is, how you manage to reach out, talk things through, and how you solve life's topics that will determine what kind of relationship that you will have among each other. How you define, it is how it will be

It is, not the family itself.

It is, how you decide to be among your family members how you decide to solve the difficult issues and problems that arise in the family. That is what will determine, who you are and if you find the ability to keep the family together.

Any topic you solve!

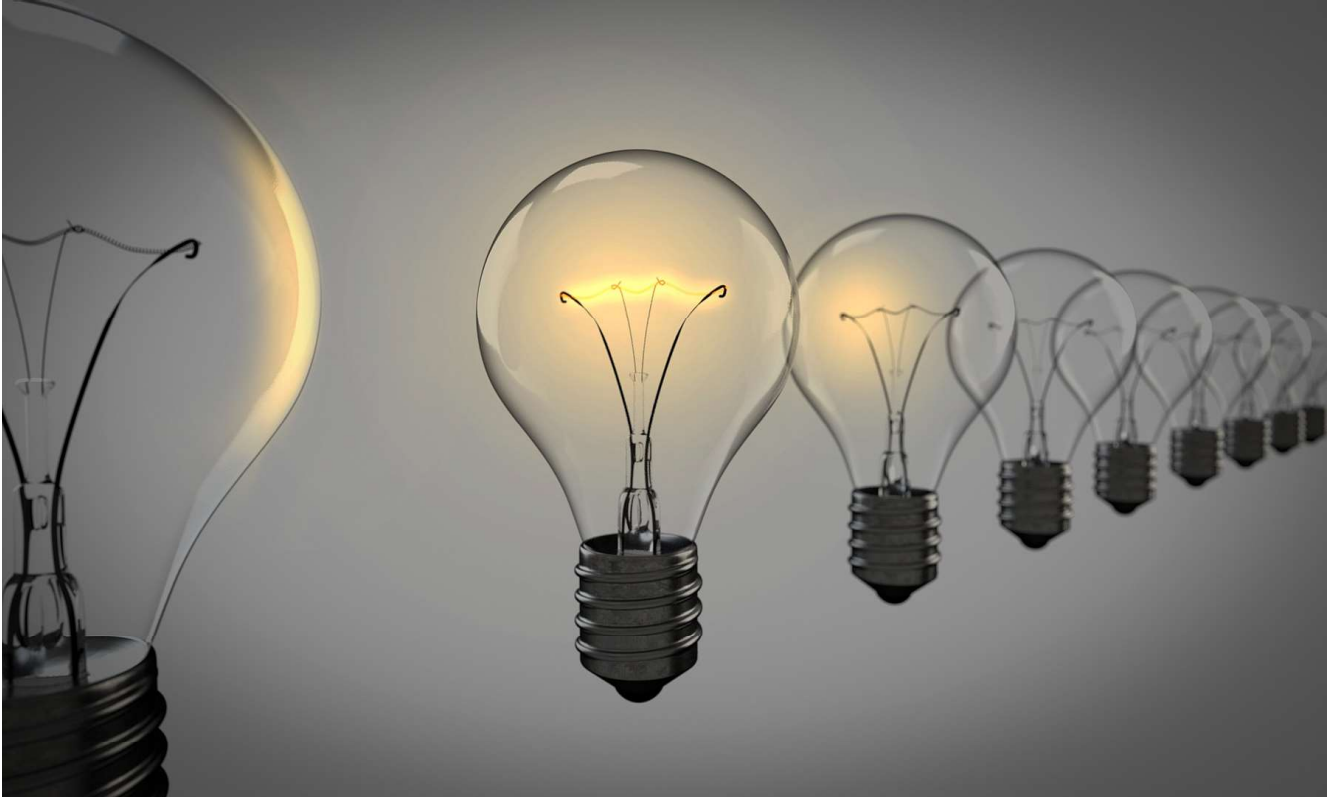
It is, not the problem, but how you solve it, how you work the best way for you.

Why do some always manage to make the good choices that changes it all

The choice that changed it all

Did you ever think about, what changed your life, what was it that made the difference to all the good things that happened?





Who can make a difference in your life? And if you can make a difference in your life:

How you react and then think about how you would like to react.

Is there a Gap or Alignment?

A choice to change your reaction.

Nothing can happen, that you do not let happen, so it is not happening to you. You make it happen and therefore it is happening for you.

Life is meant to challenge you in the degree you seek. If you seek tough challenges that is what you face, and if you seek easy challenges that is too what you face. One challenge can be easy for you and hard for me. It is the skills and knowledge that determines how our outcome is.



What is your intention in this situation?

It can never go wrong unless you have an intention and a wish for a certain outcome. If you walk into a room with no intention whatsoever. Whatever happens, will be okay with you.

If you walk into a room with the intention to makes friends, you have a wish you want to fulfill and you will work your way through the crowd to see who among the people that you can become friends with.



You have an agenda.

It is the agenda that we work to fulfill

Because you want to achieve your outcome, and the first step is your intention to make it happen.

Think about it, what you do when you want to achieve something, you move on your intention. My intention was to help?

– the result that others measured was something else.

That is the challenge you face you stand between your intention to achieve a goal and how you do it is what other people measure.

In business, there is a strategy and what we do to achieve it, is the outcome we get. Your boss wants to achieve a specific result, and the way he makes people work is how he achieves the result. If there is a match between what his intention is and the outcome he gets all is good.

If there is a gap between the two he's the intention and how others measure his doing is not matching.

The same thing is for you and me as a person, I have an intention for me to have a great relationship with my co-workers at work, but this is not the outcome that I have. If I want things to change, at work I must change the intention and act that I do.

You get what you do, and it all starts with the intention you have.

What do other people see?

That's the trouble we are facing, we have black spots, that no one can see, what we are thinking.

You are the only one who knows what is right for you and it is up to you to explain to people around you, what outcome you seek, and how you feel that the right way to achieve your outcome is.

Lucky for all of us, that many life strategies happen by themselves we do not even think about them, as things go faster and become more extreme we see more challenges to find the right outcome.





The choice we make

What do you want to be when you grow up, the first challenge is, when am I grown-up, there is no longer a time for things, you can do most things at any age and you can change many times if you like to?

If you are to become good at what you do, you must stay with what you set your mind off to.

Being a good player of tennis was hard 50 years ago, being a tennis player year 2017 is so different. We are challenging not only the body but the techniques, the tools, the play has changed so much over the years.

Any game changes over the years and skills change and the challenge is to change to adapt to the new mindset.

Our mind-set is defining how you seek to solve, this comes from what you have learned from home plus the skills you achieve over the years, the people you meet the challenges you seek.

**Your act is from your intentions,
which you have defined from the
outcome you are seeking**

If this is the case, it is so important for you to have the right insight and facts.

It means:

That you have decided even before anything happens, what you are going to do. Where you are going and where it is all leading.

You have chosen:

How and what you are going to do.





Your wife, and your choice of how to be with your wife

Your intention and your ability to act is the result you have, to get the results to find balance in your intentions and your outcome defines, how you feel about the relationship, you have.

The inner picture and outcome, which is defined by you, how you manage to make that inner picture come true this is how your inner intention works its way out.

Looking at a perfect wife is your creation because during the years she turned into the perfection your aim for. She spends her time on the things that give a good basis for your good relationship.

Our time together tells what is important to you. Your time with your wife shows what is important to you. Let it be what you are all about.

Your husband, and your choice of how to be with your husband

Your intention and your ability to act and find the common ground of your relationship, what is your relationship when you thinking about it numbers is it 50/50?

Close your eyes and work your way through, see what you do well and know what is right for you. The challenge is not to burst out and get it your way, the challenge is to reach the right way – it is not what happens it is your reaction. The time you are with your husband he will turn into what you think is the right husband to have because you are a strong whip every day together you wipe into each other what is right and what is wrong in your relationship. You get the basis of what you are; this is what you see, shown in



With this said and done

Let's turn it around for a moment.

if you do not get your way, how would you like others to react? That is how we should proceed if you want something and you get it, you smile, you grow, you feel wonderful, you like the people you are among?

Did you ever stop for a second and think – did they get what they came for, do you know.

- When you get your way, how much did others get their way?
- When you do not get your way, how much did others get their way?

The next step is our reaction.

How we react

Is not getting your way equal to that you do not like each other, or is it equal to that you like each other even more because you are who you are.

Your children, and your choice how to be with them

It is not all your good intentions for the future. It is, what you do with them this moment, the hug you stop and give them, even though you feel like getting angry.

It is the passion you show and teach them, what the right thing to do is, even though you know you have said it a 100 times, the comfort and understanding your child needs when they feel hopeless, the strength and ability to go on when times are hard with friends. That is, the choice that will change it all.

Your job, and your choice how to work

It is, not what you know, when you start a new job, it is how you decide to learn and adapt to their way of doing. It is how you listen to their good performance and add more positively to.





It is your way of understanding what is important to them, and what they are doing, it is how you decide to adapt to their way of life. How you lift them. How you with the right attitude lift them up - so they will carry you.



You are a brick and “the puzzle must match”

It is how you manage to go about and adapt yourself to being the match. What skills are you bringing; it is, the ability to use the skills from all co-workers that gives great results.

You know the game, and you are a player, a game needs different plays with different skills and positions, what are your co-workers good at? You know what you can do, and you know who they are and what they can do? How do you use it?

That is the choice that will change it all.

That is what will take you to where you want to go.



Your friends and the choice of how to be with them.

What are friends all about?

Friends are about so many things and most importantly it is about how we follow and support, comfort, guide each other through the journey. Our friends we choose, our friends have the role in our lives we decide, they come as close to you as you like.

They are formed, as you shape them.

How you solve life's travel and tasks during your journey, is what will define the friends you have and your ability to move on.

That is, the choice that will change it all

Your friends will stay on as long as you are on a common journey. With support for one another. Close your eyes and see the role you define for your friends.



Your brother and sisters and the choice you make how to be with them
Your brother or sister is not your choice; they are your family and part of
you no matter what you do.

It is not possible for you to change them; it is possible for you to forgive
them. The way you choose to be together will define the relationship you
will have and build upon.

One must also be aware of the difference can be too wide, or maybe you
have already taken so many difficult paths together that it is time for rest
and new input and wise man said, that it is better to be apart than tire
each other up due to different views. Maybe it is the best gift you can
give each other to be apart.

**That is, the choice
that will change it all**

The choice that will change it all.

**Is the choice to change the way you
act " in the moment"
right here, right now,**



in all small day-to-day doings.

Chose To Learn And Train Is A Choice





I believe the key to
alignment is to ask



Berit Ladefoged
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