



WAKE UP



**THE POWERFUL GUIDE
TO CHANGING YOUR MIND
ABOUT WHAT IT MEANS
TO REALLY LIVE**



LINDSAY TEAGUE MORENO, MSP

A PDF COMPANION TO THE AUDIOBOOK

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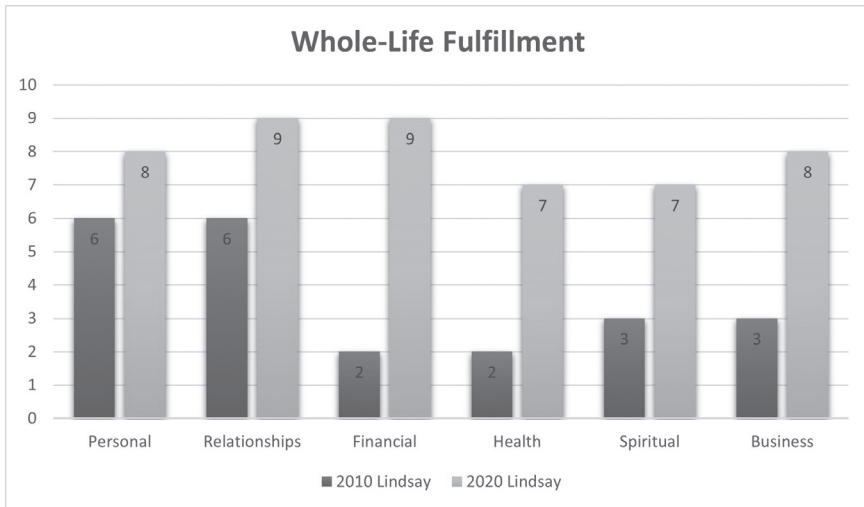
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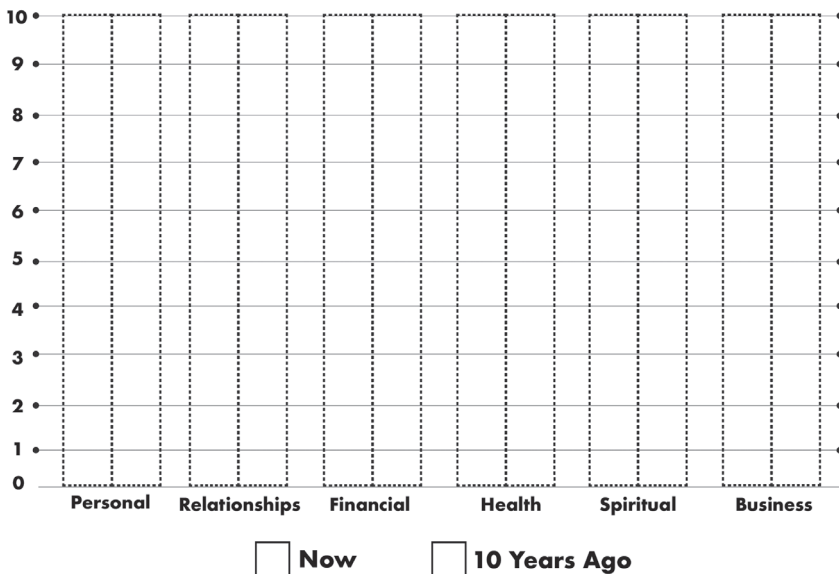
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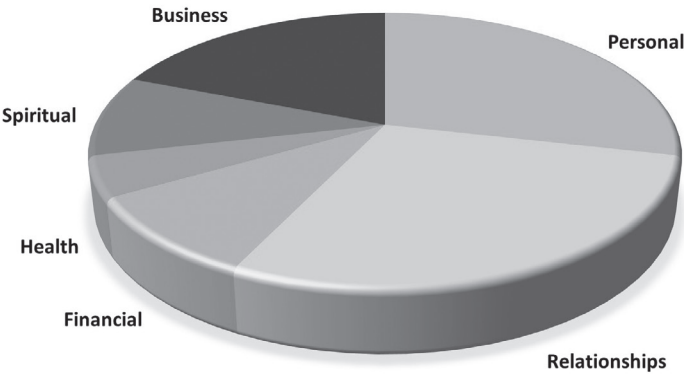
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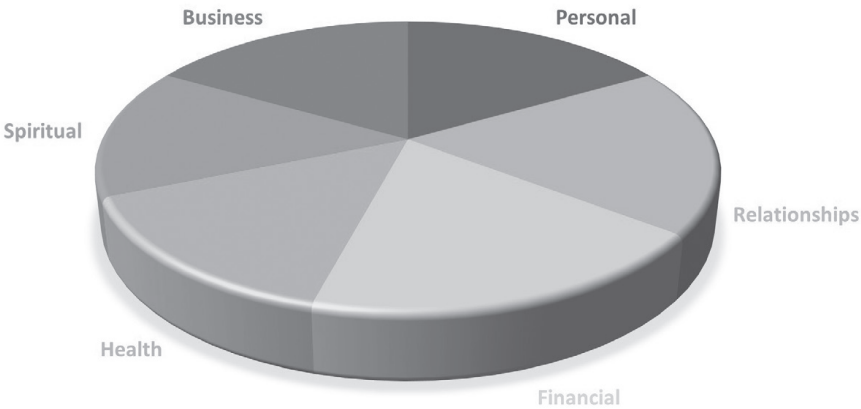
Whole-Life Fulfillment



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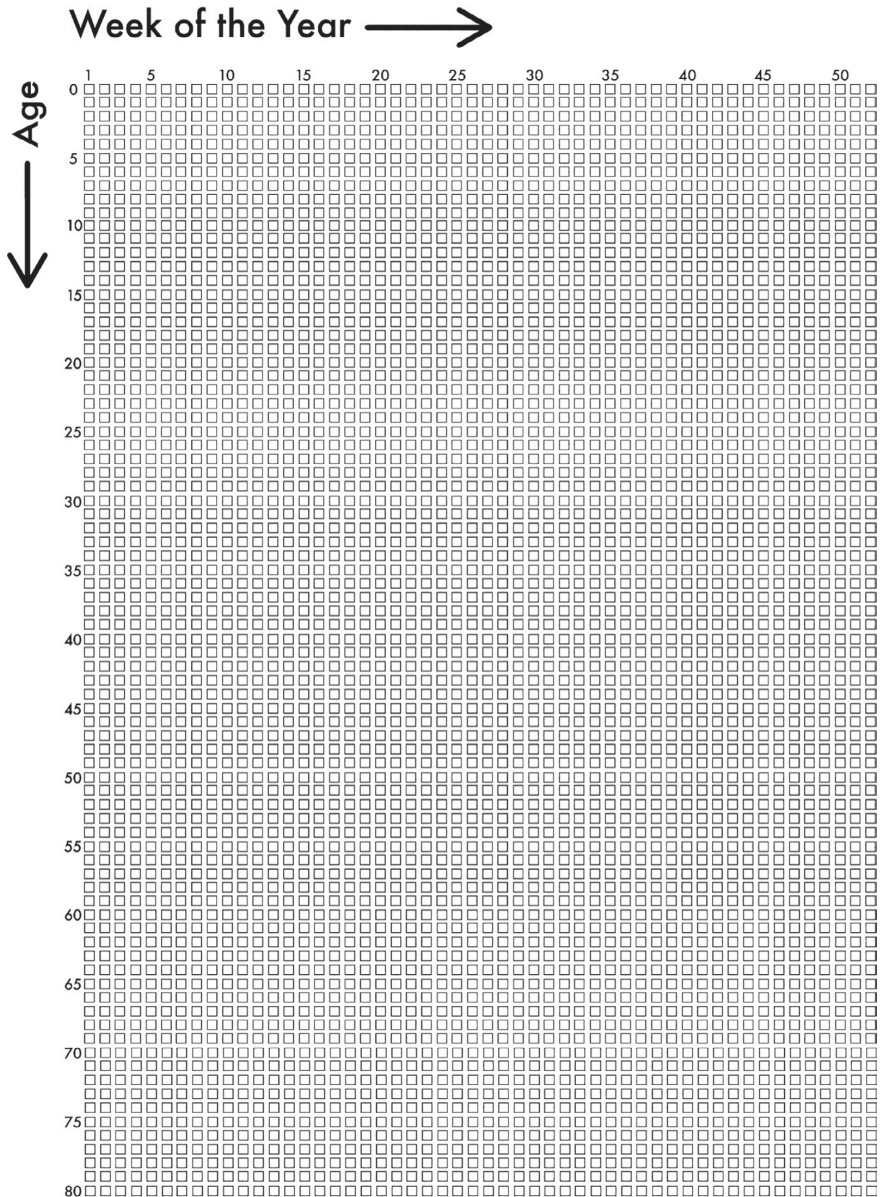


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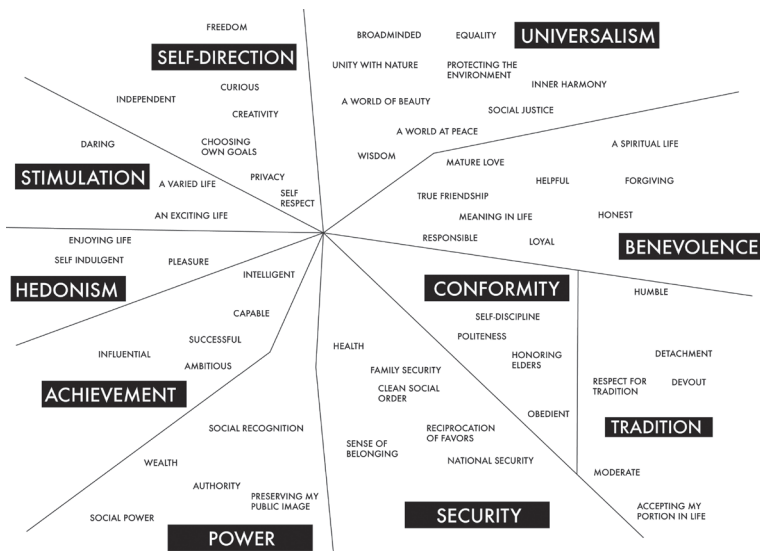
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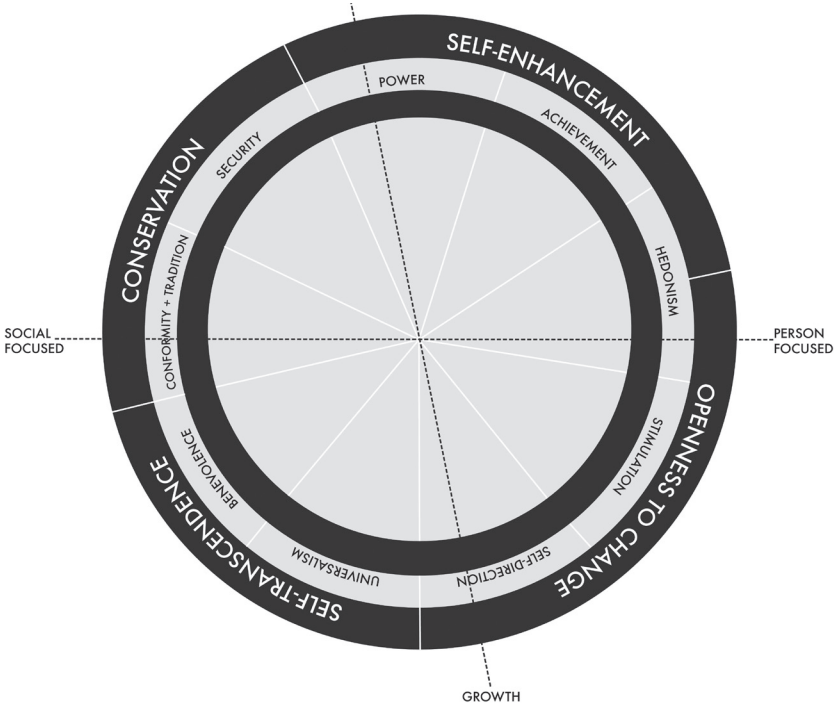


VALUES

CORE VALUES



DICHOTOMY OF VALUES





RELATIONSHIP FULFILLMENT

The Relationship Target





THE *WAKE UP!* CHEAT SHEET FOR LIVING YOUR GOOD LIFE

Are you ready to share what you've learned in *Wake Up!*, but your head is spinning with life-changing ideas? Don't worry. I know the feeling. Here you'll find both book and chapter summaries to help you turn the major concepts into shareable bits of content.

***WAKE UP!* IN A FEW WORDS**

Wake Up! is filled with big ideas and challenges that will change your life if you're ready. Lindsay Teague Moreno tells her story of burning her old life to the ground and finding whole-life fulfillment that will have you questioning everything you think you know, in the very best way. It's the dawn of a new day, and this book is your first step.

WAKE UP! IN A FEW MORE WORDS

Wake Up! is the first step to getting what you truly want out of life. You know your potential, and you've seen glimpses of greatness, but your conditioning is keeping you stuck.

Lindsay Teague Moreno tells her story of waking up and making a choice to live consciously. She's going to teach you how to find whole-life fulfillment, walking you through the deep and scary process with actionable activities.

Do you hear the rooster crowing? It's time to wake up!

CHAPTER 1

You are worthy of living “the good life,” but it doesn't come without fighting for change. In chapter 1, Lindsay explains how she achieved whole-life fulfillment by living with six distinct areas of focus called The Cornerstones of a Good Life. She walks you through an exercise to determine how fulfilled you feel today to clarify which areas need work.

CHAPTER 2

If you've spent your life trying to make changes that don't stick, chapter 2 of *Wake Up!* is going to help you understand why. Lindsay explains how automatic behaviors keep you stuck and walks you through an exercise that will shift your perspective. It's time to create new programming that pushes your mind past your previous threshold of success.

CHAPTER 3

Learning about The Four Endowments and The Twelve Universal Laws were integral to Lindsay's change process. The Four Endowments are gifts from God that help us to choose the correct path. The Twelve Universal Laws help reframe your mindset and set yourself free. In chapter 3, she explains these concepts and the significant role they've played in her healing.

CHAPTER 4

Values help you determine what's most important in your life, and fulfillment comes when you work toward the things you value highly. In chapter 4, you will discover or get reacquainted with what those things stand for using the Schwartz theory of basic values. The clarity gained from this exercise creates the foundation for meeting your goals.

CHAPTER 5

In chapter 5, Lindsay walks you through an intensive exercise to get your mind and body to create long-lasting change. The WOOP (wish, outcome, obstacle, plan) framework was developed by Gabriele Oettingen using twenty years of research on motivation. If you put the time into the WOOP experience and commit to immersing yourself in the activity, it will change the way you think.

CHAPTER 6

Personal fulfillment gets a bad rap because society tells us that acting in our own interests is selfish. We've been conditioned to believe that we should think only of the greater good. In chapter 6, readers are shown that personal fulfillment is important because we alone are responsible for our decisions.

CHAPTER 7

In chapter 7, Lindsay debunks the myth of balance through the story of building her first million-dollar business. She explains how it might be necessary to intentionally allow low-priority areas to stand idle while you focus most of your attention on your top priorities. There's no shame in work and business fulfillment.

CHAPTER 8

Society has made money taboo to talk about, but Lindsay isn't here for it. In chapter 8, she explains it's not about the money but about the

mindset. You'll see that financial fulfillment doesn't have to be a challenge through the activity in chapter 8.

CHAPTER 9

Women are usually so busy taking care of everyone else, they put off taking care of their health. In chapter 9, Lindsay tells the story of taking control of her health and building lasting habits by shifting her perspective. It's time to ditch the excuses and work on our health fulfillment.

CHAPTER 10

In chapter 10, Lindsay focuses on setting goals in three relationship types: marriage, family, and friendship. Connections and relationships with other people are an integral part of a good life. Lindsay explains how to achieve relationship fulfillment by leaning on your values and having honest conversations with your loved ones.

CHAPTER 11

There's a reason that you're here at this exact moment on earth. You have a purpose, and finding that purpose is a spiritual journey. Lindsay tells a story of a difficult time in her childhood and how it empowered her to seek spiritual fulfillment at age forty. Spirituality gives a realness to everything you do.