

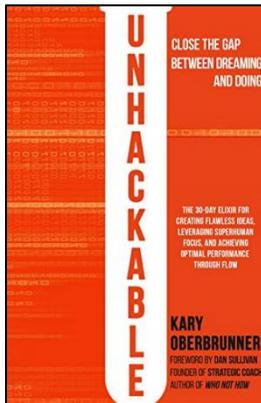
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Unhackable:

Close the Gap Between Dreaming and Doing by Kary Oberbrunner

CEO and Former Pastor Guides Readers on How to Identify and Eliminate the Culprits that Disturb Our Performance, Faith, & Happiness



Our lives are constantly filled with distractions and information overload from our smartphones, our jobs, social media, and even other people. Too often, these elements create distractions and sabotage our God given dreams, goals, faith, and even our happiness.

Without realizing it, when we lose our focus, our lives become vulnerable to being “hacked” (unauthorized access), leaving us feeling frustrated, anxious, and depressed.

KARY OBERBRUNNER is a CEO, in-demand international speaker and author of **UNHACKABLE: CLOSE THE GAP BETWEEN DREAMING AND DOING**. He believes we are all created to be souls on fire by fulfilling our deepest godly desires, greatest yearning, and truest longing (hero’s journey or “Boon”).

As a young man, Kary suffered from severe stuttering, depression, and self-injury but overcame and persevered despite these obstacles through his faith and God’s grace. Kary’s dream was to guide others in discovering and achieving their authentic God-given purpose. He holds several degrees, including a Master of Divinity (M.Div), Bachelor’s in theology, and a Doctorate in leadership, (D. Min.) which he utilized as a pastor for twelve years before expanding his ministry beyond the church.

Unhackable is Kary’s 30-day solution for achievers who want to create flawless ideas, leverage superhuman focus, and achieve optimal performance through flow. *Unhackable* is based on a six-year exploration of neurobiology, art, science, technology, education, athletics, the military, and business. Kary reveals a proven process how to:

- **Identify the Culprit:** When we discover the culprit of our dreams, we can control it and defeat it. Blaming our hacks on other people is easy, but we are in control of our jobs, smartphones, and our time. We can learn to transition from *BED* (blame, excuses, denial) to *OAR* (ownership, accountability, responsibility).
- **Track Your Progress:** Progress of an idea can be slow, but during this testing time, our ideas can dig deep roots. Without deep roots, our ideas can’t support the weight of their impact when they break the surface. Progress creates a commitment to maintaining our focus.
- **Strengthen Your Posture:** You can’t control what others say about you, but you can control how you respond, which should be an example of Christ. An enthusiastic posture lets others know your idea comes from God, especially in times of discouragement or criticism. Remain enthusiastic and trust God even when the results don’t give you any reason to rejoice.
- **Activate Your Information DIET:** Knowledge isn’t power. Wisdom—the correct application of biblical wisdom—is true influence. Be selective about the content you consume. **D**etermine where you want to go, **I**dentify who’s getting the results you want, **E**liminate all the empty info calories, **T**urn your focus only after applying last drop of value.
- **Create Your “Boon”:** All ideas are created twice, first mentally and second physically. Time is a measurement of limitations, so don’t wait for the perfect connections or resources to take action to create your “Boon.” Obstacles serve as opportunities to problem solve. Don’t forget to fulfill your calling, because when you get hacked, you choose humanity over divinity.

Additional elements of the *Unhackable* process featured are “Count the Cost” (identify your fears), “Claim Your Promise” (your idea was given *through* you, not *to* you), “Create Your Idea” (clarity comes because we take action), and “Establish a Deadline” (destination doesn’t mean you have motivation).

“Many times, there’s a big gap between where we are and where we want to be and what we have and what we want. Many people believe it is not God’s timing to fulfill their calling, so they wait on God,” Kary says. “We must make the first step of ‘imperfect action’ based on faith. Sometimes God lays the path out for us, but other times, it requires us to take a step of faith. Wisdom knows the difference between the two.”

Readers of *Unhackable* will discover how to:

- Create ideas and implement them effectively
- Architect your attention and invest in the things important to you
- Find and utilize the needed resources to accomplish your dream
- Exponentially increase your impact upon the world
- Organize your life around flow—where you feel your best and perform your best

For additional information and guidance on becoming *Unhackable*, visit **UnhackableBook.com** to take the free assessment and receive your baseline Unhackability score.



About the Author: KARY OBERBRUNNER is the CEO of Igniting Souls, a global company transforming lives and businesses. He helps individuals and organizations clarify who they are, why they’re here, and where they’re going so they can become souls on fire, experience unhackability, and share their message with the world. In the past twenty years, he’s ignited over one million people as the author of eight books and the host of the podcast *Igniting Souls*. He lives in Ohio with his wife, Kelly, and three children. Connect at www.KaryOberbrunner.com

Chapter Overviews:

Part 1: Unveiling

Day 1—Story: Write Your Story
Day 2—Desire: Pick Your Boon
Day 3—Culprit: Identify Your Culprit

Day 4—Conspiracy: Confront Your Conspiracy
Day 5—Cost: Count Your Cost

Part 2: Idea: Flawless Idea Anatomy

Day 6—Promise: Claim Your Promise
Day 7—Promotion: Inventory Your Promotion
Day 8—Progress: Track Your Progress
Day 9—Posture: Strengthen Your Posture

Day 10—Creation: Create Your Idea
Day 11—Time: Write Your Check
Day 12—Space: See Your Space

Part 3: Focus: Deliberate Magnetic Focus

Day 13—Urgency: Establish Your Deadline
Day 14—Agency: Choose Your Inputs
Day 15—Energy: Allocate Your Attention
Day 16—Alignment: Align Your Assets

Day 17—Attraction: Open Your Eyes
Day 18—Amplification: Amplify Your Impact
Day 19—Activation: Activate Your DIET

Part 4: Flow: Optimal Human Performance

Day 20—Characteristics: Optimize Your Performance
Day 21—Self: Silence Your Critics
Day 22—Cycle: Unpack Your Cycle
Day 23—Mastery: Embody Your Mastery

Day 24—Neurochemicals: Engage Your Neurochemicals
Day 25—Triggers: Understand Your Triggers
Day 26—Assessment: Assess Your Growth

Part 5: Boon

Day 27—Clarify: Clarify Your Boon.
Day 28—Craft: Craft Your Boon

Day 29—Communicate: Communicate Your Boon
Day 30—Creation: Create Your Boon

NOTABLE QUOTES FROM UNHACKABLE:

In one breath, we'll say how we want to become more productive and focused. We'll fantasize over having greater fulfillment and margin in our lives. Then, in the next breath, we'll say things like, "Yeah, but you don't understand ...". We'll spend exorbitant amounts of time and energy trying to convince ourselves why it can't happen for us. The truth is we don't get what we want—we *get what we argue for*. When we focus on why it won't work or how it can't happen to us, we waste energy and emotion betting against our desires. Essentially, we stack the deck against ourselves by directing our creative power toward unproductive action. (pg. 14)

It's impossible to close the gap between dreaming and doing when you've lost these eight components. Worse yet, when control, clarity, competence, confidence, insight, influence, impact, and income are stripped away, you make powerful negative declarations about yourself and your resources. It's time for you to realize two new truths: *First truth: I am somebody. Second truth: I have something.* (pg. 34)

Promises aren't dependent upon circumstances, events, or outcomes. When you claim a promise, you demand something considered your due. Results are irrelevant, and proof is unnecessary. You're simply telling the universe you're ready to assume possession. Claiming means you realize the promise is already yours. (pg. 46)

Once you take a few steps, you change into a very different person. This is intentional. Each step grows you into a bigger person who can handle a bigger step. The more steps you take, the more *committed* you feel, and the more *capable* you become. Besides, you're not supposed to know how it finishes. You're only supposed to know how it starts. (pg. 76)

Money always brings up a slew of feelings. In our private thoughts, we often wonder if we should have money or if we're worth money. Many people get hacked just thinking about money. Money is simply a *tool* and can be used for good or bad. It isn't evil, and it gives us options. Money doesn't ruin us—it simply reveals us. It's like a magnifying glass, and it brings us to the surface in a bigger, bolder way. (pg. 89)

Unhackable people always make decisions. Decisions are powerful because they signify closure. Many of us try to avoid making decisions altogether. We think we're preventing ourselves from feeling loss. However, we fail to realize not making a decision is actually a decision in and of itself. We will never be confronted with that exact same opportunity in that exact moment ever again. By choosing not to decide, we are actually choosing to stay exactly where we are. Indecision doesn't solve a problem. It only prolongs pain. Hacked people rarely make decisions. Indecision requires that our subconscious keep expending energy and attention on unresolved issues. As with a computer, these open windows drastically reduce our overall performance and productivity. (pg. 148)

Neuroplasticity is an umbrella term referring to the ability of your brain to reorganize itself, both physically and functionally, throughout your life due to your environment, behavior, thinking, and emotions. Conventional wisdom suggests leaders are born, not built. Yet a growing field called "neuroleadership" aims to change this stereotype by applying brain training techniques originally designed to help make better soldiers. Neuroleadership helps less-gifted business leaders become better and good leaders become great ones. Neuroplasticity makes this possible. (pg. 199)

5 Internal Flow Triggers:

- Success demands singularity of time and space (no switch-tasking): If you're belaboring the past or worrying about the future, your flow will elude you. To experience flow, you must be fully open to the present.
- Output is no longer optional: Just because you have a destination doesn't mean you have motivation. Urgency is what gets you moving full force.
- Participation is mandatory, and I influence the outcome: If you don't believe you matter, then you have stepped out of flow. Pressure lets you know you influence the outcome.
- There's a personal cost for failing: Risk is relative. "If it don't cost much, it ain't worth much."
- Autotelic (self) experiences are embedded with purpose: experiencing flow drives us to both internal and external goals. (pg. 209-210)

You'll always have naysayers and doubters trying to make you stick to the script. Sometimes your strongest resistance comes from the lips of loved ones. They mean well and don't want to see you get hurt. Their desire is for you to be safe and do the right thing. But sometimes, the right thing is to go off script. It's your choice, and it's your life. Today, as you craft your Boon, you'll have to decide which script to write—the one they *want* you to write or the one you know you *need* to write. (pg. 242)

Never forget your divine birthright. You've been created to create, and when you do, you're literally fulfilling your God-given calling. But the opposite is true as well. When you get hacked, you choose your humanity over divinity. It's easy to tell the difference. Look no further than your level of enthusiasm for your work and life. If you lack true enthusiasm, you're being fueled by a source other than the divine. Duty? Guilt? Shame? Revenge? Spite? Or something else? But when you're fueled by enthusiasm—literally meaning “possessed by God”—then you're Unhackable. *Nothing* can stop you, and *no one* can stand against you. (pg. 249)

Suggested Interview Questions for Kary Oberbrunner:

1. In our lives of distraction and information overload, you believe our lives can become “hacked.” In what ways do our lives become hacked? What does it mean to become “Unhackable”?
2. You write that if we want to create a story for success, we shouldn't forget our old story (it's an exercise in futility) but should utilize this phrase “up until now.” How does this help us change our story?
3. What is the “Boon” that you refer to regularly in the book? How do we identify what our “Boon” or what our God-given passion/true calling is? What will it take for us to acquire our Boon?
4. Kary, you overcame some strongholds in your life including depression, stuttering, and self-injury before becoming a pastor and respected author. Looking back, what did this time teach you?
5. You write that many get stuck and remain safe because we do not identify the culprit hacking us. What are ways to identify the culprit? What do we do after that?
6. Define the four elements and the importance of a flawless idea (promise, promotion, progress and posture).
7. If we take action on our idea, we move forward. When we track our progress, what can we learn if we go backward?
8. Rather than focus on criticism or skepticism from others, our goal should be to strengthen our posture. Why is this important, and how can we accomplish a stronger posture?
9. Define the four stages of FLOW (struggle, release, flow, recovery) and how our awareness to it influences reaching our goals.
10. What are the Focus Filters© that can help us achieve our goals in a fraction of time with a greater ability to focus?
11. You write that we would save time with an information DIET. Can you define what that is?
12. Why is it important for Unhackable people to make decisions? How does our choice to avoid decisions create further distractions?
13. What are some flow triggers that hinder our lives and goals?
14. Scientifically speaking, new experiences and information created alters our brain and creates neuroplasticity—how can that benefit or stifle us?
15. Clarity is a good thing to measure accomplishments. But you write that there is danger in clarity. Can you please explain?
16. Where can we find out more information and resources on becoming *Unhackable*?