**Unhackable Soul**

Rise Up, Feel Alive, and Live Well with Pain and Illness

The 30-Day Elixir for Reigniting the Light Within

Maureen Sharphouse

Based on *Unhackable*—

The Wall Street Journal and USA Today Best-Seller

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All the techniques and methods introduced and explored in this book can be used alongside medical treatment. They are not intended as a substitute. If you are experiencing undiagnosed pain and other symptoms you are concerned about, it is encouraged that, in addition to reading this book, (or listening to the audio version of this book), you seek advice from a qualified medical practitioner or suitable therapist. Maureen Sharphouse is not a doctor or certified medical professional. She is a pain and illness patient, peer support advocate, an accredited and certified life coach and mentor, NLP Master Practitioner, writer, and speaker, putting to purpose what she has come to know to help others who are experiencing pain and illness. Her desire is to help readers enjoy greater joy and comfort in their lives, ignite and unleash the fire and passion of the soul and spirit within them, and live their best lives.

***Graphical user interface, website

Description automatically generatedMaureen Sharphouse hopes you have enjoyed listening to the audio version of her best-selling book Unhackable Soul: Rise Up, Feel Alive, and Live Well with Pain and Illness.***

Here is a summary of the Daily *Rise* Assignments in Unhackable Soul.

**Unhackable Soul Daily *Rise* Assignments:**

**Day 1 *Rise*: Face Your Story**

The first *Rise* assignment is to get real by facing the truth of who you are right now and how you live your life. Review the following questions and circle the answer that is most appropriate to you at this present time:

* *How often do I feel enthusiastic about my day when I wake up in the morning?*

Never Hardly Ever Sometimes Most of The Time Always

* *How often do pain and illness dictate my day?*

Never Hardly Ever Sometimes Most of The Time Always

* *How often do I allow myself to have fun and hear myself laughing?*

Never Hardly Ever Sometimes Most of The Time Always

* *How often do I have a sense of fulfilment and contentment at the end of the day***?**

Never Hardly Ever Sometimes Most of The Time Always

* *How often do I feel that life is passing me by whilst everyone around me seems to be getting on and having success and fun?*

Never Hardly Ever Sometimes Most of The Time Always

* *How often do I feel down about my circumstances, sad, depressed, or anxious?*

Never Hardly Ever Sometimes Most of The Time Always

* *When I think about my future, how often do I envisage it as bright, exciting, meaningful, and rewarding?*

Never Hardly Ever Sometimes Most of The Time Always

* *On a scale of 1 to 10 (10 being the highest), how happy do I currently feel?*

1 2 3 4 5 6 7 8 9 10

Celebrate your honesty and courage by rewarding yourself with something that uplifts you or makes you feel good.

**Day 2 *Rise*: Shed Your Labels**

List any labels (health or otherwise) that are currently associated with you and that you believe hinder the life you live. Once your list is complete, consider each label in turn and imagine peeling it away from the *true essence of you*. As you do so, imagine throwing each label away.

When you are done, breathe in some fresh energy and imagine dropping down deep within your body to reconnect with your soul, free of judgment and all labels. Finally, spend the next few minutes enjoying the newfound sense of freedom.

**Day 3 *Rise*: Redirect Your Thoughts**

The Day 3 *Rise* assignment is to start becoming more aware of what you think and say. If a thought no longer serves you well or fails to bring you feel-good feelings, interrupt it, thank that thought for coming to your attention, tell it you no longer need it, and consciously choose to redirect your thoughts elsewhere.

**Day 4 *Rise*: Honour Life’s Impermanence**

Today’s assignment is to project yourself forward in your mind towards the end of your life and imagine witnessing your funeral. What would you want to hear your family, loved ones, and friends say about you?

**DAY 5 *Rise*: Grow Strength and Mental Resilience**

Strength, courage, and mental resilience come from the actual *doing* of strength, courage, and mental resilience. There is no other way. So if you felt a little stronger now, had a little more courage now, a little more mental resilience, a little more hope for a better tomorrow, *how would you be acting now?* Take a moment to reflect on your answer. Your Day 5 *Rise* assignment is to go now and act in that way.

**Day 6 *Rise*: Adjust Your Mindset**

The Day 6 assignment is to grab a pen and paper (or open a note on your phone) and find a quiet spot where you can be uninterrupted for about ten minutes. List all the things you know make you feel happy, tend to make you feel better in some way, and lift your mood. If you are mentally not in the best place just now and need a major mood shift, aim to make as comprehensive and as lengthy a list as you can. When you are finished writing your list, read it over, shut your eyes, and see yourself doing one of those feel-good activities now.

**Day 7 *Rise*: Nurture Hope**

Your Day 7 *Rise* assignment is to take a few minutes to rest and reflect and explore what having more hope of a better tomorrow could mean to you. Use the following statements as prompts (simply fill in the blanks):

*With more hope, I might be…*

*With more hope, I might feel…*

*With more hope, I might do…*

*With more hope, the following might become a little easier or possible for me…*

Pull those thoughts into your present moment by shutting your eyes and crafting a mental image of yourself doing and feeling the things you have explored and imagined. See yourself moving positively forwards and emanating a hope renewed, nourished, and brightly burning.

**DAY 8 *Rise*: Live in Your Now**

The Day 8 assignment is to slow your breathing and notice what is real in this present moment. Jot down your observations in your journal…

*Five things I see now:*

*Five things I hear now:*

*Five things I taste or smell:*

*Five things I am touching and can feel:*

Then sit for a few moments keeping your focus fully in your present—experiencing, noticing, and feeling what is real and here for you*.*

*Feel the floor or chair beneath you.*

*Feel the temperature of the air around you.*

*Feel your heart beating.*

*Feel your soul speaking.*

Gently breathe a little more deeply and open your awareness even further—notice all that is here for you now and present.

**Day 9 *Rise*: Live in the Breath**

The Day 9 assignment is to follow this simple step-by-step breathing exercise, which will almost instantaneously help ease any feelings of anxiety, overwhelm, stress, or discomfort.

1. Gently breathe in through your nose for the count of two.
2. Holdthe still space of the breath for the count of two.
3. Breathe out through your mouth for the count of five whilst saying in your mind the word *relax.*

Repeat the above three steps another two or three times (to a maximum of four repetitions if you feel a little lightheaded), developing awareness of how more deeply relaxed you are beginning to feel.

As you are able, gently stretch your limbs. With your next breath in, visualise the vitality of a fresh spring morning entering your body. Then, as you breathe out, imagine letting go of any remaining negative energy that no longer serves you well. Rest for a moment and enjoy all that the power of breath has brought you. Notice how much more peaceful and comfortable you now feel.

**Day 10 *Rise*: Look Inside, Be Proud**

The Day 10 assignment is to list ten things you are proud of yourself for—both the small and the large. Once you have finished the list, take a moment to read it through. Then reflect on what you have achieved so far in life and what you achieve daily. Pat yourself on the back. Give some thought to what you can do as you move forward to be even prouder of yourself being *you*.

**Day 11 *Rise*: Reignite Your Passion**

The Day 11 *Rise* assignment is to jot down in your journal the creative activities that have the power to uplift your mood and spirits. Think about what you used to love to do and enjoy—and explore the possibilities of what may be feasible to recommence (or alternatives that would bring you similar feel-good feelings). Then surf new interests or activities that excite or appeal to you that perhaps you have never had the time or opportunity before to try. Be brave and bold. Write them down! Once you have captured your thoughts, shut your eyes and see yourself in your mind actively enjoying and doing one of those things.

**Day 12 *Rise*: Embrace Alive**

The assignment for Day 12 is to ask yourself the following questions and jot down your answers. There is no need to show anyone what you have written.

* *How soul awake and alive am I?*
* *In what aspects of life am I simply existing and going through the motions day by day?*
* *What am I hiding from, protecting myself from, blocking, fearing, avoiding, or resisting?*
* *What is it that I need to allow myself to experience more fully, accept the truth of, or do?*

**Day 13 *Rise*: Value Your Birthright**

The Day 13 assignment is to read the following commitment aloud. If it resonates with you, you may wish to write it down in your journal and add your signature and date.

*Today I choose to embrace the magic and mystery of life as it unfolds for me. I commit to living my life more fully, doing and being more, and doing all I can to honour the privilege of my birthright. I am of value to this world. I am enough. I am worthy and deserving. When I cannot change my circumstances, I can grow and evolve within them. From this day forwards, I choose to rise and embrace and serve the truth of me.*

### **Day 14 *Rise*: Invite Possibility And Purpose**

The Day 14 *Rise* assignment is to answer the following questions.

* *In what way might I still be attached to what has happened to me or the conditioned thoughts of who I am?*
* *To what extent am I embracing new possibilities as they arise for me in each moment?*
* *How can I redirect my thoughts away from the darkness of pain and illness and towards enthusiastically embracing the possibilities available to me?*
* *What could I do differently?*
* *What do I need to think about anew?*
* *How can I move forwards now? What is my next best step?*

**Day 15 *Rise*: Welcome Magic and Wonder**

Your Day 15 *Rise* assignment today is to ask yourself the following questions:

* *Did I give myself fully to today? (Answer ‘Yes’ or ‘No’)*
* *Did I embrace all the opportunities this day offered?*
* *What achievements or actions today am I most proud of myself for?*
* *What might I do differently tomorrow?*
* *What action(s) could I commit to take when I wake up tomorrow to welcome in the new day?*

As you move forward, I encourage you to commit to asking yourself these same questions every evening and jotting down your answers in your diary, journal, or notebook so you may

reflect on them at a future date.

**Day 16 *Rise*: Rest in God**

For your Day 16 assignment, I encourage you to think aboutGod and the quality of how you interact together.

* *Do you speak?*
* *Do you create quiet and space for your voice to be heard?*
* *And to listen to his answer?*

Take a moment to reflect on your answers and ask yourself what action(s) do you think you could take now to further your spiritual growth and enrich your place of rest within?

**Day 17 *Rise*: Hold on to Faith**

Asking for help does not always come easy. We can put up protective barriers around ourselves and perceive asking for help from others as a sign of shortcomings and weakness.

Whatever your religious or spiritual beliefs may have been until now, all I ask is that you remain open and curious. Awakening the power of faith and prayer is simple. Today’s assignment is to insert the words of your choosing after the words, ‘God, I ask’……

**Day 18 *Rise*: Own Your Space**

Your Day 18 assignment is to take a few moments to look around you and think about the environment you spend most of your time in. Jot down which elements of that space provide

nourishing, positive messages. Also note the elements around you which drain or deplete your energy. Over the next few days and weeks, commit to making small but significant changes to diminish the negative inputs in your life and increase the inputs that motivate, inspire, or uplift you. In addition, commit to taking at least one action to instigate positive change in your personal space within the next twenty-four hours

**Day 19 *Rise*: Craft Your Calm**

Your Day 19 *Rise* assignment is to pull up a picture in your mind of an occasion, time, or place when you have felt deeply at peace with the world, content, calm, or relaxed. If pain

has consumed you as of late and you struggle to think of a specific time, imagine yourself in a situation as relaxed and comfortable as you would ideally like to be. Visualise yourself experiencing the same relaxed emotions and feelings as if you were in that same place now. Allow yourself to soak up and enjoy those feelings, shut your eyes—and imagine holding them deep within you. When you open your eyes, bring those same feelings with you as you gently ease into your present moment and move forwards with your day.

**Day 20 *Rise*: Practise Self-Care**

Your body, mind, spirit, and soul cannot play their best part in your life if you do not look after them well and feed and nourish them regularly. For your Day 20 *Rise* assignment, grab a pen or pencil, and in your journal, list ten ways you could start taking better overall care of *you*.

**Day 21 *Rise*: Enliven Your Senses**

The Day 21 *Rise* assignment is to look around you and notice *what you notice*. Then allow your focus and senses complete freedom togo where they naturally want to go. Jot down in your journal what yousee, hear, taste, touch, savour, and feel all around.Then expand your awareness and consciously see, hear, taste, touch, savour, feel, and notice more. And then jot down what you are now aware of that you had not noticed before.

**Day 22 *Rise*: Find Joy in the Journey**

To awaken your joy, you must make supportive and uplifting choices. You must live and act in ways that speak clearly to your heart and soul. Your Day 22 *Rise* assignment is to ask yourself the following questions and capture your thoughts.

* *In what ways are my current actions and living patterns separating me from the joy that lies within me?*
* *What could I start to do differently from now on to craft more joy in my life*

**Day 23 *Rise*: Choose to Love**

Your Day 23 *Rise* assignment is to spend a few minutes looking at yourself in the mirror through the eyes of someone who dearly and unconditionally loves you, and capture your insights about who and what you now see

**Day 24 *Rise*: Unleash Your Power**

If you have had enough of feeling like a soul bound by chains in a chronically ill body, then you must stop seeing yourself and talking about yourself in a way that reaffirms or fortifies

that way of thinking. Thus, your Day 24 assignment is in the form of a word swap challenge: do not mention the word *pain* for the next twenty-four hours. You may choose to give it a more friendly, gentle, or comforting identity or name, but even better, turn all your focus on bringing greater feelings of comfort to yourself by avoiding talking about it at all. As you move forwards, do all you can to keep this word swap challenge going by consciously choosing not to name the discomfort you are feeling as ‘pain’ unless you are at a doctor or hospital appointment and doing so proves necessary. Remember your words have power. Talking about what you are experiencing in your physical body as ‘pain’ only serves to reinforce the powerful negative connotations that your brain associates with that word.

**Day 25 *Rise*: Allow Good in Abundance**

Your Day 25 assignment is to ask yourself the following questions and jot down your answers in your journal. Answer these questions every evening for the next week, then look back over your entries and notice how much good you have allowed to enter your life.

**Evening Reflection Questions**

* *Did I allow myself to love today?*
* *Did I allow myself to laugh today?*
* *Did I allow myself to live today fully?*
* *Did I allow myself to feel alive today?*
* *Did I steer and allow my thoughts to focus on the good in life?*
* *What one thing stands out as being the best thing about today?*
* *What could I allow myself to do tomorrow to help me make even more of a positive difference in my life?*

**Day 26 *Rise*: Be the Light**

The *Rise* assignment for Day 26 is to spend a few minutes thinking about the wisdom you have gained from living with pain and illness. Then jot down in your journal all the ways that you could help or guide others through their darkness by boldly shining your light and freely sharing what you have come to know.

**Day 27 *Rise*: Be at Peace**

It is Day 27, and your assignment today is to sit in quiet reflection. Allow your thoughts to be with your loved ones who have passed before you and explore what place they hold in your heart and how you mostly remember them. Jot down moments or situations when you feel you may have sensed their presence around you. Record the small events or happenings that have made you stop and think about them with the sense that, in spirit, they are still very much here.

**Day 28 *Rise*: Pay Attention**

Your Day 28 *Rise* assignment is to be more attentive to the dreams and desires trying to attract your attention. Perhaps you have a repeating thought or idea to go somewhere specific, meetup with someone, enquire about a new job or hobby, make an appointment with a particular specialist, paint or create something, pick up your guitar, tick an item off your bucket list, write to an old friend. Or maybe you are experiencing a growing feeling of a bigger presence supporting and guiding you, bringing certain people, opportunities, events, and happenings your way. Simply allow your attention to go where it is naturally feeling drawn and pay attention to what is calling you to see, hear, experience, do, or be. No matter how small a step you may take, take one inspired action *now* to acknowledge and explore that path.

**Day 29 *Rise*: Rise and Flow**

Congratulations on getting this far! We are on the penultimate day of your elixir. It is Day 29, and your assignment today is to speak directly to your mind, body, spirit, and soul to gain clarity on what they most need so you can feel fully alive once more. Do not speak about yourself in a head-thinking way, as in ‘What do *I* want?’ or ‘What do *I* most need now?’ Drop down and shift inward. Speak your words directly, first to your mind, then to your physical body, then to your spirit and your soul, asking, ‘What do *you* most need from me? How can I help you? What do I need to do now, and who do I need to be now, to nourish, fuel, and help you best?’ Be attentive to what you intuitively hear*,* and jot down what becomes clear for you in your journal.

**Day 30 *Rise*: Seize the Day!**

The final *Rise* assignment of your 30-Day elixir is to go to YouTube. Search for ‘“Creating the Spectacle!” Online – Part 1 - Finding Freedom’13 and watch the incredible video of a lady called Sue Austin fulfilling her dream of scuba diving in a wheelchair. I was first introduced to this video in Kary Oberbrunner’s *Wall Street Journal* and *USA Today* best-seller *Unhackable* (the 30-day model upon which this book is based). Mesmerized, I saved the link to my computer to watch it again and again. Do yourself a favour. Gift yourself the next five minutes to be inspired by this amazing lady. If there were ever a way of encouraging you to make the most of your ‘dash’ and make the very most of your time on planet Earth, *this is it.*

**YOUR NEXT BEST STEPS:**

Reach out to me if you feel you would benefit from further support. If you need help navigating the often-challenging path of pain and illness, I am here for you. We can connect no matter where you live in the world. For a daily dose of uplifting words of wisdom and affirmations, you can connect with me on Facebook at *Facebook.com/MaureenSharphouse.Coaching*. If you would like to enquire about my personal mentoring or one-to-one coaching, the Unhackable Soul online course (based on the content of this book), or workshops and speaking engagements, you can email me directly at *Maureen@MaureenSharphouse.com*. The bottom line is, please reach out. I’d love to come alongside you to help reignite fire into your soul so you can live a life fuelled by joy, enthusiasm, and purpose.

**ONE SIMPLE REQUEST:**

Now that you have discovered *Unhackable Soul*, I leave you with one simple request. If what I shared with you in this book has made a positive difference to you in some way, please spread and share the message. Living with pain and illness is far from easy, but it should never stop you from fully embracing life and stepping into your unique role in this world. Please tell people about *Unhackable Soul*. Gift them a copy of the book if you can or point them in the direction of my Facebook page or website. No one suffering chronic pain should have to withdraw to the side-lines of life and feel unsupported or alone.

**YOU’VE READ THE BOOK:**

Ready to dive deeper and take the 30-day Unhackable Soulonline course?

*Stop retreating from life. Choose to rise.*

It’s time to restore life to your spirit and soul and become Unhackable.

Start your 30-day journey today.

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