



**From Sean Swarner**

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**THE NEXT**

**DAYS**



**THE ULTIMATE CHEAT SHEET TO CLIMB OUT OF AND RISE ABOVE ANY CHALLENGE BY  
OVERCOMING FEAR, DEVELOPING A FLOW, CREATING FOCUS, AND LEARNING NEW SKILLS.**

# HOW TO USE THIS CHEAT SHEET

## THE NEXT 7 DAYS WILL BE THE MOST IMPORTANT DAYS OF YOUR LIFE. WHY?

IT IS IN THIS SHORT TIME SPAN THAT YOU CAN BEGIN TO TAKE HOLD OF YOUR LIFE.

THESE 7 DAYS WILL ALLOW YOU TO FOCUS ON ONE DAY AT A TIME AND REACH YOUR PEAK IN LIFE, IT IS NEVER ABOUT THE TOP, IT'S ALL ABOUT EACH INDIVIDUAL STEP.

AS YOUR GUIDE, I WILL HELP YOU FOCUS ON EACH STEP, EACH DAY. I WILL GIVE YOU THE TOOLS THAT IF YOU TAKE EACH ONE AS EACH DAY COMES, YOU WILL BEGIN TO CREATE AN ENTIRELY NEW REALITY FOR YOUR LIFE.

YOU WILL BEGIN TO REACH NEW PERSONAL HEIGHTS, OVERCOME YOUR CHALLENGES, BOTH PRESENT AND FUTURE.



RELY ON YOUR TEAM



THE POWER OF REGROUPING

# WARNING



Do not skip to day one without reading the "GETTING STARTED" pages first. If you skip the intro, you will spontaneously combust. Not really, but it's only two and a half pages of background to understand how this is going to change your life. Aren't you worth it? Unless you have a fire extinguisher close by, please begin by reading the next page.



# GETTING STARTED

**TURN OFF YOUR PHONE.**

**TAKE A DEEP BREATH.**

**CLEAR YOUR MIND.**



# GETTING STARTED

Limitations are often an illusion and, like fears, are only in your mind. You have the power to determine what you let into your life experiences, how you react, and what you want, however if you don't program your mind and your life, it will be programmed for you. You have the opportunity to reinvent yourself every single day. You always have the choice to decide who you want to be, so live YOUR life, not someone else's! For The Next 7 Days, sacrifice what you are now, for what you are able to become.

Who do you most speak to throughout the day? Your significant other? Someone at work? Your kids? Your best friend? Think again... The number one person you have the most conversations with throughout the day is YOU. How often is that self-talk negative? How often do you doubt yourself and your abilities? How often do you put yourself down? Would you want a friend who was that negative around you? Would you want someone who's constantly berating and degrading you? Then why on earth do you do it to yourself? STOP the negative self-talk today, right now.

Start paying more attention to your thoughts, and your inner dialogue. What are you saying to yourself? Instantly catch yourself being negative and change it the moment you realize what you're doing. Change your thoughts to something more positive. An example would be a thought that I used to have a lot: "I'm not qualified to do that," or "I don't have the experience necessary." Instantly catch yourself and change it to "this is a great opportunity to learn something new." Whatever negative internal dialogue you have with yourself, stop that little, nagging voice from controlling your life. You have no idea the ability you have within to change your entire world.

Human beings are creatures of habit. We're all guilty of getting into a routine throughout the day, because we have our normal, daily patterns. More often than not, however, people have developed these routines unconsciously, and aren't even aware of what they're doing, because they just go through the motions. It's become normal. Here's the thing - it's just as easy to develop positive habits as it is negative ones. You simply make a decision, a choice. You consciously decide you want something different, something better, something more positive and constructive, not negative and destructive. You pay attention to your self-talk, you make conscious choices, and you decide you want to be more positive. It'll change your life, and the lives of everyone around you.

**CONTINUED >>>>**



# GETTING STARTED – continued

Let's talk about how you can change your routine, and ultimately your entire life. If you want change, if you want something better – this is it. How often do you wake up in the morning and think to yourself all the things you “have to do,” “need to do,” or “should do”? Sometimes? Most of the time? I'm going to guess nearly every day you wake up. What's this do to your mind-set? It changes it to a negative one without you even knowing. It starts your day off on a negative note, and you have no clue you're doing it to yourself. What would it feel like if, when you woke up, you decided to be more positive, more constructive, and thought about already having completed those tasks, the joy it gave you and others?

The feeling of accomplishment – first thing in the morning? You'd instantly change how you saw the world, and how you perceived yourself. You're instantly successful in accomplishing your goals, tasks, etc, and as opposed to “needing to” do certain things, you wake up and think of all the things you WANT to do. What you do in the first 15 minutes of your day could change the entire trajectory of where you want to go. Every day you wake up is a new opportunity. Another chance to be who you want to be. Wake up every morning and don't turn on the news to get caught up in all the drama, but spend 15 minutes focusing on your future goals being completed in the present. You're already successful, and think about all the things you WANT to do that day.

Your morning routine could potentially determine the outcome of your entire day. If you wake up and turn on the news, what are you filling your head with? Negativity. How much of the news is positive? 0.3% maybe? How do you think this affects your attitude for the rest of the day? Within the first 15 minutes of waking up, you have an opportunity to direct your day any way you want. The choice is yours, but what do you think your day would look like if you woke up and started with inspirational videos on YouTube, or had a list of affirmations you repeated to yourself? Feel free to use what I do if you think it'll help. I wake up every day and tell myself, “there's nothing I can do about yesterday, the past is gone forever. Tomorrow may never come. No matter what happens today, today is the best day ever!”

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# GETTING STARTED

As I said earlier, human beings are creatures of habit, and everyone has their daily patterns. How do you think it would feel if you could change the way you see the world within the first 15 minutes of waking up? Change your routine to something more positive. Whatever works for you, but be aware of what you “normally” do, and be conscious of your decisions when you wake up. Start developing a “new normal,” and you’ll develop new patterns, new habits, BETTER habits. Like working out and building muscle, people don’t get stronger by working out 7 hours a day on Thursday. They do something consistently, because consistency is more effective than intensity.

Everyone has issues on a daily basis. Everyone has problems, struggles. Everyone is trying to climb out of their old ways, their old patterns, and up their own mountain. The great thing about being conscious of our decisions is that we all have a choice on how we want to perceive that struggle. We all have a choice on how we want our perspective to be. Wake up, be negative, and be inundated with the weight of the world on your shoulders, or wake up, be positive, and do something different to change your life for the better? Eliminate any negativity. You have the power, the choice to get rid of it. Bad news on tv? Turn it off. Everyone knows it’s there, but why drown yourself in it?

There’s a saying, “you are what you eat,” right? But what about “you are what you think.” You are what you CONSUME. If you’re consuming negativity, you’re going to be negative. If you’re focused on the positive outcomes, how do you think you’ll end up changing?

## ***TWO QUESTIONS TO CONSIDER***

Knowing you want more from life, how are you going to get it? How are you going to step over that line of fear to push yourself into the unknown with confidence and come out on top?

***One step at a time, and it begins with The Next 7 Days.***

# ON TO DAY 1 LET’ S GET STARTED!



# DAY ONE

## Day 1 – THE BOOKEND

**CHALLENGE: Change up what you do in the morning and evening to be more positive.**

1. Wake up and watch inspirational YouTube videos, create some affirmations, and say them to yourself, or out loud.
2. Look at all the things you WANT to do that day. Throughout the day, focus on positive aspects of every situation, and in the evening before bed.
3. Close out your day on a positive note by writing down five things you're grateful for. Then journal in detail about one of them, and why it made you happy. What did it do for you, and why? This will tap into your value system and get to the heart of who you are, and what makes you tick. It'll help reprogram your brain to be more positive.

### BONUS IDEA

Grab a partner. Someone you trust completely. Explain what you're doing, and that you want them to help hold you accountable for this process, for this change, and to help you remain faithful to yourself.

Also encourage him/her to do this program with you. That way you can potentially share the YouTube videos (the positive ones, not the cat ones) with your partner, and help each other along the way.

**GO TO DAY ONE WORKSHEET**



**THIS MORNING I THOUGHT ABOUT....**

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**DURING THE DAY I KEEP THINKING ABOUT....**

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**BEFORE BED I THOUGHT ABOUT.....**

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**I CHANGED THIS ONE HABIT TODAY**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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### Day 2 – SELF TALK

#### **CHALLENGE: Look for only the positives throughout the day.**

1. Bookend Your Day - Continue your awesome Day 1 activities and wake up with something positive. Make sure you fill out your Journal Worksheets in the evening before bed.
2. Repeat looking for opportunity and positive aspects throughout the day. Create the mindset that there are no challenges, only opportunities.

Think about the goals you have, and what you want to accomplish, and when you react a certain way, stop, take a deep breath, count backwards from five to one, and think, “how does reacting this way help....”

#### **BONUS IDEA:**

**Begin paying attention to your inner dialogue. How do you react to certain things? How do you react in certain situations? What’s your modus operandi? How do you talk to yourself? Start asking yourself questions like, “why did I react negatively to...” Or, “why was that my first response?”**

**Listen to your internal dialogue and start asking yourself deep questions on why you do certain things.**

**Think about the goals you have, and what you want to accomplish, and when you react a certain way, stop and think, “how does reacting this way help me accomplish what I’m trying to do?” More than likely it probably doesn’t, how does your current way of thinking help you accomplish your goal?**

**Get to know yourself better!**

**GO TO DAY TWO WORKSHEET**



**THIS MORNING I THOUGHT ABOUT...**

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**DURING THE DAY I KEEP THINKING ABOUT...**

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**BEFORE BED I THOUGHT ABOUT.....**

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**I CHANGED THIS ONE HABIT TODAY**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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# DAY THREE

## Day 3 – CHOOSE WISELY

### **CHALLENGE: Choosing what you put in your body affects your 7 days.**

Nutrition. Instantly people think to themselves, “I eat healthy! I love salad!” But then they put a ton of ranch dressing on it, or they cover it in buttery croutons, or put it into a fried bowl. They think if they follow a certain diet program they’ll be able to lose weight.

Today might be more difficult than the other days for some, simply because it’s a truly ingrained habit for most people, and something that always seems like it’s changing, and no one can seem to figure out what’s best for everyone, because again – we’re all different.

The important thing today (and for the rest of your life) is to make conscious choices. When you’re presented with the option of (for example) a doughnut or an apple in the morning, why do most people grab the sugar-laden, fried piece of dough? Well, it tastes great, and it’s something we’re not “supposed” to have, maybe? Whatever it is, I’m guilty of it just like everyone else, but here’s the thing: when you pay attention to your decisions and the outcomes, and start making conscious choices, your results will be different. You won’t feel guilty for eating something you “shouldn’t have.” You won’t have the nagging feeling of needing to work out more to burn off those calories. What if you consciously chose to just take the apple instead? Wouldn’t you feel better?

Decide what’s best for you and make it a life-long habit, it’s a lifestyle not a “diet.” This way, you won’t “fail,” you continue being successful. It starts with that first decision to make your life better. Are you worth it?

Check in with your partner, it’s only Day 3. How difficult is it for you to stay faithful to yourself?

**GO TO DAY THREE WORKSHEET**



**THIS MORNING I THOUGHT ABOUT...**

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**TODAY I MADE THE CONSCIOUS CHOICE TO EAT...**

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**BEFORE BED I THOUGHT ABOUT.....**

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**I CHANGED THIS ONE HABIT TODAY**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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# DAY FOUR

## Day 4 – MOVE MORE

### **CHALLENGE: Leave your phone or device out of the equation.**

Today is simple – move more. I don't care if it's yoga, running, the elliptical, swimming, push-ups, rowing, lifting weights, skiing, rollerblading, playing basketball, or Zumba! Get your heart rate up. Exercise.

Do something that pushes yourself physically.

I don't care what it is, but do something YOU ENJOY, and put your phone away. Leave your phone out of the equation – unplug.

This time is for YOU and YOU only. It's like the analogy of losing cabin pressure in a plane. Before take-off, the flight attendants always say if the plane loses cabin pressure, oxygen masks will deploy, and you're to put it on yourself before helping others.

Do you know why they say that? In extreme altitudes (where planes fly), there's less oxygen, and if you don't put that mask on yourself first, you could potentially go unconscious. What good would you be to someone else if you weren't awake? How can you help someone else if you don't help yourself first?

#### ***BONUS IDEA:***

***Plan time for YOU to get your heart rate up. There's no need to go out and run 50 miles. You could walk around the block. The point is to do something FOR YOU.***

### **GO TO DAY FOUR WORKSHEET**



**WHAT WILL I ACCOMPLISH TODAY....**

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**MY BODY IS TELLING ME....**

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**BEFORE BED I THOUGHT ABOUT.....**

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**I DID THIS ONE THING TODAY THAT I AM PROUD OF....**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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## **CHALLENGE: Stop for 5 minutes and listen to your breathing.**

Today, take 5 to 15 min for yourself to unwind and/or relax. It could be at work, it could be in the shower, it could be after a stressful meeting, it could be before a stressful meeting. Whenever you think you need to refocus, whenever you're getting stressed, take time to pay attention to your body. If you're listening to your internal conversations, you should be very conscious as to what triggers stress for you, and you should know the best time(s) during the day to chill.

STOP for a bit throughout the day and think about what's happening to you – stress-wise. When you continue your normal routine, when you continue moving through life like a zombie, without thinking, without making conscious decisions, without reflecting on what's happening to you, what do you think that's doing to your goals, your desires, your thoughts, your self? It's sucking every bit of life out of you and who you are. We're all unique human beings, but we're all so busy with our days, we get caught up in what others want for us, as opposed to what we want for ourselves. Stop for 5 minutes and just pay attention to your breathing. Make your mind silent.

At some point, pay attention to yourself through breathing... just focus on that. Whatever thoughts come into your mind, that's great, let them, just don't dwell on them. Understand they're just thoughts. Everyone has them. Let them come in and out of your mind.

### **BONUS IDEA:**

*You're half-way through The Next 7 Days. Check in with your partner and let him/her know how you're feeling, and what's on your mind. Have you done what you said you were going to? If not, many times, why someone DOESN'T do something says more about them than when they actually take action and do something.*

*The decision is yours. If you want to find the path to more, that answer is in front of you right now, but it's up to you to walk down it. Decide now that you want to see what's waiting for you on the other side.*

**GO TO DAY FIVE WORKSHEET**



**THIS MORNING I WATCHED A VIDEO ABOUT...**

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**I SPENT TIME BEING ACTIVE BY DOING...**

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**BEFORE BED I THOUGHT ABOUT.....**

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**I AM GOING TO DO THIS ONE THING TOMORROW**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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### Day 6 – HAVE FUN

#### **CHALLENGE: Act like the person you see yourself becoming.**

Now that you have developed a sense of routine with waking up in the morning, checking your inner dialogue, exercising, and spending time in thought, it's time to have some fun!

Do something for you! Do something you enjoy. Life isn't meant to be lived by rules and regulations preventing us from exploring the world. It's meant to be lived passionately! Remember, we're human beings, not human doings. Get out and be. Be someone you see yourself being.

If you've always wanted to go hiking, go hiking! If you've always wanted to go to the theater, go to the theater! If you've wanted to try some new food... Stretch yourself, and do whatever it is you've always dreamed of! I'm not talking about booking a flight to go see the Great Wall in China, but do something you've been putting off.

#### **BONUS IDEA:**

*Why would you wait to do something you've always wanted to try? There's absolutely no judgement here. Give yourself a reward! Go biking, hiking, bowling, play computer games, go dancing, watch the sunrise/sunset. Whatever that might be for you. Whatever makes YOU happy! But while you're doing it, ask yourself this question - why? Why does it make you happy? Get at the value behind the event and your feelings. What's it remind you of? What does it do for you? Does it bring you together with friends or family? Does it help you understand who you are more? It might just give you a jolt of excitement, and that's fine, but under that burst of dopamine, maybe it helps you feel more alive?*

*Now that you're in remission, maybe you value life more and see it differently? Explore and question those underlying values. They guide your life and help keep you on the path to more.*

**I HAVE A NEW ROUTINE THAT CONSISTS OF....**

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**I SPENT TIME FOR MYSELF BY DOING....**

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**THIS ONE THING MAKES ME THE HAPPIEST....**

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**I'M FEELING LIKE THIS TODAY....**

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**FROM A SCORE OF 1 to 10, I FELT  
TODAY WAS A**

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# DAY SEVEN – yay! you made it!

## Day 7 – REFLECTION

### CHALLENGE: What changed in you over the last 7 days?

CONGRATULATIONS! Today is a day you should be proud of! Today is also a day of reflection. Look back on your past 7 days and be proud of what you've accomplished.

Review your check list and see what was easy for you to complete, and why? What was difficult? Why? Get to know yourself. Ask empowering questions of yourself that make you think more than a simple "yes" or "no" answer. What? How? Why?

Look at your journal and focus on the positives. Yes, negative stuff happens all the time, but it's up to you to decide what perspective you want to have moving forward.

What information do you now have about yourself, and how do you understand yourself better? Not one thing in the world has changed to make you feel how you do now, so ask yourself this question: "What has changed IN YOU to make yourself a better person?"

Knowing what you want from life, knowing you want more, how are you going to get it? How are you going to step over that line of fear, push yourself into the unknown and come out on top? You don't have to be THE best, however be YOUR best. One day at a time, one step at a time, become a better person. One day at a time do something that enhances your perspective of yourself and the world.

### ***Remember:***

***One small step each day will lead to huge changes in your future.***

**GO TO DAY SEVEN WORKSHEET**



**THE THREE POSITIVES FROM THIS WEEK HAVE BEEN....**

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**WHAT ONE THING DO I WANT TO PUSH MYSELF TO DO?....**

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**I WILL TAKE ON THIS NEXT STEP....**

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**MY SCORES FROM DAY ONE TO TODAY ARE....**

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**MY WEEKS AVERAGE SCORE IS**

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