

# APPENDIX

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## F. RECOMMENDATIONS FOR BOOKS AND PODCASTS

This list is based on experience working with middle school, high school and college aged athletes during book clubs. Send us your book and podcast recommendations!

### BOOKS

- A Game Plan for Life - John Wooden
- Atomic Habits - James Clear
- Chop Wood, Carry Water - Joshua Medcalf
- Energy Bus - Jon Gordon
- Grit - Angela Duckworth
- Hard Hat - Jon Gordon
- Legacy - James Kerr
- Make Your Bed - William H. McRaven
- Sum It Up - Pat Summitt
- The Mamba Mentality: How I Play - Kobe Bryant
- Training Camp - Jon Gordon
- What Drives Winning - Brett Ledbetter
- Wolfpack - Abby Wambach

### PODCASTS

- John Maxwell Leadership Podcast
- Jon Gordon Positive University Podcast

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### ABOUT THE AUTHOR

Dan Rigby is the creator & owner of the Win the Day Planner.

From coaching wrestling to teaching physical education, Dan has devoted his career to helping student-athletes excel on and off the field.

When not working, Dan enjoys spending time with his family, hiking, traveling and watching people "Be Great" at what they do.

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