



Thank you for using the *Win the Day* Planner!

This planner was developed with the insight gained from years of working with athletes of all ages and abilities.

Humans are creatures of habit, both good and bad.

We are a product of the actions that we continually take.

Over time, I came to the realization that building a personal or team culture of winning revolves around forming good habits.

This planner is a tool to do just that.

Making gratitude a part of your morning routine will set the tone for your day in a positive direction.

Putting your tasks down on paper will calm your brain and help you focus.

Setting intentional goals and benchmarks will keep you moving in the right direction.

Taking time for honest self-reflection will help clarify your goals and plans.

This is an 18-week planner, aligning with the length of a traditional sports season - or whatever season of life that may cover for you.

It is our hope that this planner will help you create winning habits that last with you for a lifetime.

We are confident that if you use this planner consistently as a part of your daily routine, you will become a better athlete, student, teammate, friend, and most importantly - a better person.

Thank you,

Dan Rigby, *Creator & Owner, Win the Day Planner*



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