

A cup of coffee, a notebook, and a pen on a white surface with a small potted plant.

rise & shine

REFERENCES + RESOURCES

to keep you motivated

Holly marie haynes



R I S E & S H I N E R E S O U R C E S

To live a well-rounded life, 20% of your results will come from your workouts, 80% from your nutrition, but 100% from your MINDSET. Think of the reasons you either got to the point where you are or gave up in the past.

"I can't seem to stay motivated...I'm not a morning person...I don't have time...I'm afraid I'll fail....I have no discipline or self-control...I've never finished what I've started...I will never be a fit person...If I fail once, I might as well never try again..." ALL of these are SELF-LIMITING BELIEFS.

What if you knew that if you changed your mindset, you could achieve ANYTHING you want? Anything? This can easily be done through PERSONAL DEVELOPMENT. Remember, if you own your story, you get to write the ending!

This is what the most successful people in the world do every day to start their day with a positive, goal-oriented mindset. These are some of my favorites!

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MOTIVATION

- The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM) - Hal Elrod
- You're a Badass: How to stop doubting your greatness and start living and awesome life - Jen Sincero
- Girlcode: Unlocking the secrets to Success, Sanity, and Happiness - Cara Alwil Leyba
- Now or Never: Your Epic Life in 5 Steps - Alexi Panos & Preston Smiles

LEADERSHIP + CONFIDENCE

- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead - Brene Brown
- The Universe Has Your Back: Transform Fear to Faith - Gabrielle Bernstein
- The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage - Mel Robbins
- The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results - Gary Keller
- PODCAST: The School of Greatness - Lewis Howes



HEALTH + WELLNESS

- Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life - Gretch Rubin
- Pretty Happy, Healthy Ways to Love your Body - Kate Hudson
- Present over Perfect - Shauna Niequist
- Start Where You Are; A Journal for Self-Exploration - Meera Lee Patel