

VALUES AND BARRIERS



David Wright, New York Mets™

We all face barriers in our lives, even Major League Baseball players. Read below to see how some of these ballplayers face barriers by using Jackie Robinson's Nine Values.



"If there are any obstacles in your way, you need to be determined to dodge them and keep going. . . . Whatever it takes to be the best, determination will get you there."

"All I want to do is just go out there and play hard. If I do that, good things will happen. It's as simple as that."



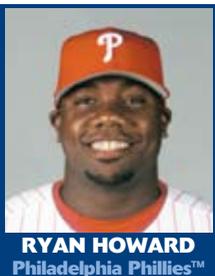
"Having charisma, playing hard every day, being a great citizen, and committing to teamwork is me being part of Mr. Jackie Robinson."



"Persistence and determination will carry you through even when your talent may not. I call this 'willing yourself to succeed.'"



"Being successful demands cultivating internal values that guide the way in which you conduct yourself both on and off the field. Seeing the courage and integrity displayed by Jackie Robinson throughout his life has had a great influence on me."



Jackie Robinson's Nine Values

COURAGE

Doing what you know is the right thing even when it is hard to do

DETERMINATION

Staying focused on a plan even though the path to its end may be difficult

TEAMWORK

Working with other people toward a common goal

PERSISTENCE

Working toward a goal and continuing to move forward even though you face obstacles or barriers

INTEGRITY

Sticking to your values, regardless of what others think you should do

CITIZENSHIP

Making a contribution that improves the lives of others

JUSTICE

Treating all people fairly, no matter who they are

COMMITMENT

Making a promise and following through on it

EXCELLENCE

Doing the best that you possibly can

For quotes from Major League players on values and barriers, visit BREAKINGBARRIERS.MLB.com

VALUE: A belief that is important to you and helps to guide your life.

BARRIER: A problem or obstacle that stops you from moving forward.



Cut here for your own Jackie Robinson's Nine Values bookmark.