To my sister Sharlee, who made this book possible.
To all the kids who have dreams and to their caregivers
and families for nurturing those dreams.
To my parents, always an inspiration.

— Derek Jeter

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Everyone has the potential to be an All-Star.
Lots of kids ask me how they can become professional ball players? How can they do what I’ve done? What does it take to be a “star,” an “All-Star”?

Be True to
Let me tell you right now: It takes you!

Being a “star” isn’t just about hitting home runs or catching line drives. It’s about making the right choices. In this book, I’m going to show you all how to find the star that’s already inside you, just waiting to shine. I’m going to help you to become your own “All-Stars” by teaching you my “10 Life Lessons,” and then helping you to create your own life lessons. Good luck.

Yourself
Lesson 1

Set Your Goals High

Time to step up to the plate. Time to get in the box and ask yourself, what do you really want from life. You might not even know the answer right now. Some people never know for sure. But that's OK too. Just give it some thought and I'll bet that deep down inside, you do know what you want from life.
List 10 things here you would like to achieve. Remember no goal is too lofty. Nothing is impossible. You can fulfill your dreams.

Fulfilling Your Dreams

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Lesson 2: Dealing with Growing Pains

Strike-outs happen. It’s true. We don’t always get it right every time. But every time we “strike out” we learn something: We identify areas for growth. Things we can work on. Things we can improve. For example, if you didn’t get the grade you wanted on your last math test, you know you have to study harder next time. Or if you didn’t make your foul shot at the basketball game, you know you have to practice your foul shot.
List 10 things you would like to improve.
(Pick some that aren’t sports.)
Then for each thing, list two things you can do to make those improvements.
Finding Role Models

The Bull Pen is Deep

Lesson 3

Look around you. Wonderful people are everywhere. Your teachers, your parents, your caregiver, the school nurse. The boy in class who writes a great essay. The fireman who saved a child. The kid dragging a giant cello on the bus to practice everyday. The doctor who cures sick people.

Role models don’t have to be sports stars. Role models are anyone that lives and promotes a healthy lifestyle. People that make good choices and care about others. You know, those people who tell you to eat your vegetables and get plenty of rest. Remember: Choose your heroes carefully and don’t be fooled by glitz and glamour. What’s inside a person is the most important thing.
Remember: Choose your heroes carefully and don’t be fooled by glitz and glamour. What’s inside a person is the most important thing.

List 10 role models, what you like about them. (Yes, some can be athletes.)
Lesson 4

The World is Not Always Fair

Sometimes You Have to Sit on the Bench: But That’s an Opportunity

Just when you’re doing great and you think you’re on top of the world, the coach benches you. No Fair! That’s right. Unfair things happen all the time. But think of unfair things as opportunities. I know everyone doesn’t have both a mom and dad. Everyone doesn’t have a grandparent in their life. Some people have physical and mental challenges. Some people are sick. And sometimes, it just seems that the other guy has all the good luck.
Let's say another kid in your class always gets picked for everything. The part in the play. The team captain. Seems no fair, right? Well you can learn from them and turn their success into an opportunity for yourself. Get to know that person. I'll bet you'll learn that he or she practices, studies a lot and works hard at what they do. Be happy for that person and know that you have talents too.

Name your personal strengths.
List 10 things you are good at.

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Lesson 5

Don’t Be Afraid to Fail

No One Bats 1,000

Sometimes we don’t do things because we tell ourselves we can’t. We have self-doubts and worry that we might fail. That's normal. There were many times when I was in the minors that I wondered if maybe I wasn’t good enough after all. But you know what? I kept trying. And believe me, I made a lot of mistakes. Thank goodness I didn’t let my fear of failure stop me. If you try something, you’ve already succeeded just by trying.
List 10 things you would try if you weren’t afraid to fail.

Now Go Out and Try Them!

### Getting Over Your Fears: Trying New Things

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DON’T LET THE FEAR OF FAILURE STOP YOU!
Lesson 6

Have A Strong Supporting Cast
Choose Your Friends Wisely

People that want you to do bad things are not your friends. People that want you to take drugs, to get into trouble, to not do your homework are not supporting you. They are sabotaging you. You don’t need these people. You could get into trouble just by hanging around with them because people will think that you are like them.

Your REAL friends want good things for you! Your caregiver wants good things for you. Have people around you who wish you well and you can’t go wrong.
Name 10 people who want good things for you.
Lesson 7

Be Serious But Have Fun

You can work hard at things you love, and keep on doing what you’re supposed to do.

It may seem like I’m telling you two opposite things here, but I’m not. I’m saying that it’s great to be dedicated, great to be hard working, but never lose sight that having fun and laughing are much more important than winning every single time.

Sure, winning is great, getting an A is great, scoring 100 is great, but the process of getting there can be great too. And you won’t always get that A, so enjoy whatever it is you are learning, whether it’s swinging a bat or a new math problem or a new story for your English class.
List 10 things that are both fun to do and good for you.

**Combining Work With Having Fun**

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Lesson 8

Think Before You Act

Always think of the consequences of your actions. If you think it’s fun to laugh at someone, remember, you could hurt their feelings, and that is definitely NOT COOL. If you think it might be fun to do something against the law like taking drugs, remember that you hurt yourself and your family. That is not cool either. Think about it.

Everything you do has an effect on someone else. Everything you do affects your future. Make wise choices!
Life is full of choices you have to face. List 10 life choices you’ve had to make.

**Making Choices That Affect Your Future**

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**MAKE THE RIGHT CHOICES**
Lesson 9
Be a Leader
Follow the Leader
Take Direction and Learn

Wow. Another one that seems like I’m suggesting you do two opposite things. But I’m not. You can be a leader and follow the leader at the same time — here’s how.

When your coach or your mom or your teacher gives you advice, stop and listen carefully, and then you can decide how to apply that advice. You’ll set an example for others.

Like when your mom tells you not to smoke and someone offers you a cigarette. You take that advice and say “No.” Then you become a leader by saying no. You allow others to do the right thing by your example.
Name someone who sets a good example and the things you can learn from them.
Lesson 10

Life is a Daily Challenge

Challenges are Opportunities

Sounds tough doesn’t it? But it’s true. Every day brings new challenges, sometimes real problems, pressures and obstacles. But I tell you that you can overcome them. You can become the best you can in something that you love doing, as long as you stay positive and focus on the goal. Then, the challenges won’t get in your way. They’ll only make you try harder.

You say you want to be a star. Let me tell you again, just by being you and trying to be the best you can be, you are already a star. All you have to do is let your light shine. Then you and the rest of the world will know how great you are.
List some challenges you face and some ways you can meet those challenges.

Now, go out and make them happen.
You can do it!
You’re Already an All-Star

I hope you’ve had fun reading about my life lessons. I know that setting goals and making them happen are not easy tasks. That’s why I encourage you to list the things you want to accomplish — it’s like your own personal contract.
Keep in mind that life doesn’t come with any guarantees. It is full of choices you have to make, like saying “NO” to drugs, tobacco and alcohol. Life is also full of opportunities you should take advantage of, like staying in school and getting a good education.

I hope you can take these lessons and apply them to your own life. Come up with a few lessons of your own.

Good luck — and remember, you are already an All-Star, just by being you.
Use these pages to journal your thoughts and feelings. Here, you can also continue to track your goals and your progress toward meeting those goals.
Write anything you want. These pages are for you and you alone, unless you decide to share them.