

Values And Barriers



George Springer,
Houston Astros™

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**.



YU DARVISH
Texas Rangers™

"Wherever and whenever I'm told to pitch, I'll just do my best. I always strive for excellence."

"I learned from my dad, if you make a mistake, don't let it happen again. Just keep your head up and keep playing. Persistence and determination are very important in life."



ROBINSON CANO
Seattle Mariners™



CLAYTON KERSHAW
Los Angeles Dodgers™

On citizenship: "Being able to contribute to others to improve their lives is an honor and a privilege."

"We won't let history define our future. Our actions will do the talking. Our determination will turn doubters into believers."



ANDREW MCCUTCHEN
Pittsburgh Pirates™

GLOSSARY OF TERMS

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

> BARRIER: A challenge or obstacle that makes it difficult or prevents you from moving forward.

JACKIE ROBINSON'S NINE VALUES:



CITIZENSHIP

Making a contribution that improves the lives of others

COMMITMENT

Making a promise and following through on it

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

EXCELLENCE

Doing the best that you possibly can

INTEGRITY

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

JUSTICE

Treating all people fairly, no matter who they are

PERSISTENCE

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

TEAMWORK

Working with other people toward a common goal

To learn more about Major League players and breaking barriers, visit MLB.com/BREAKINGBARRIERS.

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