In baseball, you have to follow bases as you run. Likewise, when you write an essay, each step is important to make sure what you write is effective. Follow these four steps to make sure you’re off to a good start.

1. **Choose Your Topic**
   Brainstorm some ideas of barriers in your life. Choose one that you overcame, or are overcoming, by using one of Jackie Robinson’s Nine Values.

2. **Write Out Your Main Ideas**
   Make sure you write out main ideas related to your topic. Remember that each main idea will need details to support it.

3. **Create Your Outline**
   Use an outline to help organize your main ideas. The outline will keep you on track as you write your essay.

4. **Write Your Topic Sentences**
   Use details from your outline to help you write topic sentences. Try writing practice sentences to get to the topic sentences you want. Now begin writing your essay!

**Jackie Robinson’s Nine Values**
- Citizenship
- Commitment
- Courage
- Determination
- Excellence
- Integrity
- Justice
- Persistence
- Teamwork