

In My Corner (IMC)

*The only people you should get even with are those that have **HELPED YOU!***

It is important to be surrounded by a team of people (supporters) who really care about you - right or wrong, in good and bad times. The team may consist of parents/guardians, other relatives, friends, religious leaders, neighbors, a coach, teacher, mentor or your local barber/hairstylist, to name a few.

Hopefully, all those that surround you possess good morals and character traits. A true team member will have your back, accept and love you for who you are. They are *In Your Corner* at all times, even when you are angry, depressed, feeling lost/neglected or just think that you don't count or matter. You must identify, know and feel that your team members are those that you:

- Trust
- Will listen to you
- Respect
- Be there, without question
- Can talk to
- Help you get back in the game

Make a list of your team members: _____

T - Together
E - Everybody
A - Achieves
M - More