MARCUS RASHFORD

YOU ARE A CHAMPION

HOW TO BE THE BEST YOU CAN BE

Written with Carl Anka
With contributions from Katie Warriner

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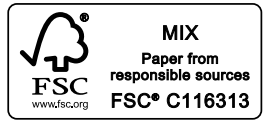
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TO EVERY YOUNG PERSON WHO IS TRYING
TO FIND THEIR WAY.

TO MY MUM, FOR HELPING ME TO BELIEVE
THAT DREAMS CAN COME TRUE.



HELLO,

MY NAME IS MARCUS RASHFORD.

YOU MIGHT KNOW ME BECAUSE I REALLY, REALLY LIKE FOOTBALL.

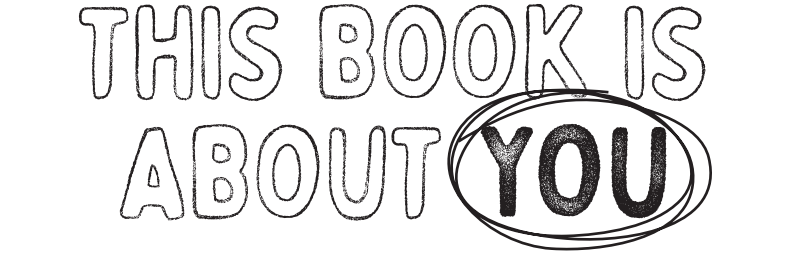
I mean, I **REALLY** like football. I've supported Manchester United ever since I can remember, and I've been playing for them since 2016. It's been an incredible few years. I scored during my debut match, and the team has won some important trophies. I also play for the England team (I scored on my debut there, too!) and have been to a World Cup with them – that was an incredible experience, and I'll definitely tell you more about it later.

That's not what this book is about, though. Not really.

You might know me because I play football for Manchester United and England, but you might also know me for the charitable campaigns I helped organise in 2020. Together with the food charity FareShare and the help of people up and down the country, we launched the End Child Food Poverty campaign to make sure that millions of children all over the UK had access to the food and support they needed, during the pandemic and beyond.



I'm really proud of that work, too, but that's not quite what this book is about either.



I WANT YOU TO KNOW THAT THERE ARE PEOPLE OUT THERE WHO BELIEVE IN YOU,

and who understand that you are at the start of your life's journey, a journey that can be the most incredible thing. My journey has taken me to some really interesting places, and something I've always tried to remember is that **there are no limits to what is possible in this life**. I know it isn't always the easiest of journeys, and that sometimes you might get stuck and need help, but you are capable of amazing things.

No matter who you are and no matter where you come from, every single person in the world has the potential to be a champion. It doesn't matter

what your background is, where you started in life, what you look like, what you sound like or what challenges you have already faced. You can be a champion. You already have been a champion. And you are going to continue to be a champion in the years to come.

That's not hype or me making stuff up just to make you feel good; these are some important things I realised when I was younger that really helped me. I've achieved some things in my life so far that I'm really proud of, and I want to go on to achieve so much more, but I couldn't have done any of it without believing in myself and getting help from others.

And that's where this book comes in.

I WANT YOU TO KNOW THAT
I BELIEVE IN YOU.

Within you right now is the most incredible potential to go out there and chase your dreams. This book is the book I wish I'd had when I was a teenager, and it's my way of trying to lend a helping hand on your journey; I want to show you how you can be a champion in almost anything you put your mind to, and that you don't need to have a gold medal or a big trophy to prove that you're a champion, because there are so many different ways that you can be one!

- **You can be a champion in a competition, and come out number one, and you can be a champion in the things you enjoy and not win prizes for them. I want to help you to develop skills for the challenges ahead so you can be a champion at life.**

- **You can be a champion for another person, and try your best to support them in what they do. I hope you'll learn that there are people all around you who are championing you right now, and that you can even be a champion for the people who are close to you too.**

- **You can be a champion for a cause. I've been involved in a few anti-food-poverty campaigns, because that's a cause very close to my heart. You might decide you want to be a champion for something that you believe in, and I'd like to show you how to do that.**

And no matter what happens in your life, the most amazing way that you can be a champion is by being your **OWN** champion. Trust me, when you believe in yourself, incredible things can happen.

For me, learning how to believe in myself came when I started reading books; it showed me how to explore the possibilities within myself. When I was younger, I had a dream of playing football for England, but I wasn't quite sure how to get there. Books helped me figure out how to dream big, how to chase my dream, and how to develop a champion mindset, which I practise every single day. I'd like to pass that on to you with this book.

One thing I love about books is how every person can take something different from them. Books are powerful because they allow you to dream about different worlds and to look at things in different ways.

I want you to think of this book as a key that unlocks new doors in your mind, and I hope that in reading this you find something useful for all the years ahead. I hope that by the time you get to the last page you'll have found some new ways of thinking that will help you. Everyone is different, everyone has their own journey, but everyone, in their own special way, is a champion.

SO LET'S FIND OUT ALL THE WAYS THAT YOU ARE A CHAMPION.

TURN THE PAGE AND LET'S GET TO WORK. TOGETHER.

M.R.

YOU ARE

A CHAMPION

WHEN YOU ARE BEING

YOU