

Hello,

If you are reading this, then you will have become of age and now know that I am your biological father. I hope this entire process of learning about who you are and where you came from is and continues to be informative and enlightening and a source of joy for you.

By the time you are reading this, I will be well into my [REDACTED]. However, while writing this, I have no idea what the world will be like, or what I will be doing when you do read this. I was part of the programme in the year [REDACTED]. Certainly, a very interesting time in modern human history and as such I can't even begin to imagine the world you were born and raised in. While there is much turmoil and change currently, there is also great beauty, hope and positivity in the world and I trust this has been your experience growing up.

I won't tell you much about me, as by the time you read this it will be irrelevant, other than I had a remarkably normal middle class upbringing, but I will tell you about where you come from, as that will remain permanent. Your biological grandparents, who came from incredibly humble rural backgrounds, arrived in the UK from India with little more than what they were carrying and their academic qualifications. My father was a doctor, who changed medical specialties twice, and mother was a nurse who worked around the world. After arriving in the UK [REDACTED]'s, and starting careers in a new country, with a new language and with no safety net, they began their lives. It is a time I wish I could have seen. They were never wealthy but provided well, and my sister and I were always looked after. However through hard work, sacrifice and focussing on the things that matter, they achieved many, many great things across the spectrum. They are still active and well, enjoying a much-deserved retirement as best they can [REDACTED]. So too did many of their siblings, my various uncles and aunts, your grand uncles and aunts, many of whom left their homes to pursue success around the globe. What I will say is that what you deem to be great, and what you deem to be success is only for you to decide, but I will say that anyone would agree they achieved both. These qualities in them passed down to me, and at the time and age of writing this, I continue on my journey to do the same. As such these qualities are also in you. Right now, for me [REDACTED] am well, healthy, very active in a variety of sports, "speak" three languages, like to travel and read, not a bad cook and have a respectable job. But as with all things in life, this could change tomorrow.

As I say, I have no idea what the world will be like when you read this and will have no idea the circumstances in which you were raised. So all I can do is to impart some of the lessons I have learnt that have served me well. You are young and have years to learn about yourself and the world.

1. **Mastery-** be dominant in something. It doesn't matter what it is, whether work, sport, activities, music, arts, languages. Have something that you dominate in over others. But outside of this, in anything you attempt, constantly strive to achieve excellence. It will be your refuge and your strength.
2. **Circle-** When you find them, build a small trusted group of friends around you and keep them close. These things don't always happen overnight, but also can happen suddenly. You will know some of these people already, others you will meet, but when you know someone has your back, and is in want for nothing in return, keep them by you as you travel through life, and never be afraid to let others go.
3. **Health-** don't take this for granted for a second. While young, you're invincible, you can do what you want and the body will forgive you. But this doesn't last forever. Exercise well and smartly, it will benefit you in later life. Eat well, healthily and hydrate!!! Don't follow food trends, but follow the established truth. And always, always, always ensure you are sleeping well. It is something so overlooked, but so vital to your mental and physical well being. Starting these things now, will spare you much pain and suffering in later life.
4. **Excitement-** always have something to look forward to. The world will always be trying to beat you down and keep you there. You have the tools to overcome and best whatever the world throws at you, but always have something to look forward to, in the short, medium and long term. They will help you through the daily struggles.
5. **Discomfort-** never strive for a comfortable life. You should always be pushing yourself to try difficult, demanding, challenging things. Never be afraid to fail and fail often. This will keep you sharp, will

toughen you to life's difficulties and the rewards you get from them will be that much more enjoyable, as will the mundane normalities of life.

6. Travel- just travel. Don't worry about money, that will come and go. But just travel as far and as wide as you can. Go to places you'd never heard of and places you'd never want to go. Talk to strangers, eat whatever you are offered. Just travel. As long as you're smart and safe, there will never be a downside.
7. Goals- I touched on this before, but determine what is important to you and what you deem to be success. You are still young, you have years to discover this in yourself, but you can only become successful if you know what you are chasing. I know you will achieve it and wish you well. But also know success is not just an end point, rather on-going improvement, and that whatever other people are doing, what they achieving and what they determine to be successful isn't going to be the same for you.

I don't have much more to say right now. I hope this letter has been of use to you in painting a picture of the type of person I am, or should I say was, and has hopefully given you some advice that, if you haven't been told it previously, might point you in a positive direction. I've deliberately kept the information about me brief, because as I said, how it will have changed since the time of writing I don't know, but if the time comes and it is appropriate, I could tell you in person.

By being brought into the world the way you were, I will bet you have a very loving family, who absolutely wanted you. So from this alone you will have had a good start, but I still wish you the very best in whatever you chose to do in your future, and should you choose that I be a small part of that, all the better.

Sincerely

