



A letter to my younger self

Adrian Rollins

Dear Adrian,

I am just checking in to offer you some words of encouragement as you make decisions about the way forward at Key Stage 4. My uncles Dennis and Stephen were instrumental when I was in your position, so I am hoping my encouragement will also help you in making the best decision for yourself. Look for those who are of a mindset that everything is possible in the right way; these are the people you should have in your friendship group.

Life is about knowing your worth but understanding that you might have to find it yourself, even if other people don't see your worth.

- Know your strengths and be proud of them but also develop the areas where you know you are weak.
- Appreciate the things that you have. Sometimes young people focus on negatives rather than the things that they already have in their lives.
- Pick friends who have positive mindsets and encourage you to be a better version of yourself.

Finally, Adrian, don't be afraid to be different. Its sometimes easier to fall in with others, but I am proud of my Caribbean roots and it helped me as a youngster stand tall and proud to achieve my ambition to play cricket at the highest level. Good luck with the decisions you make, as you will be a success as long as you keep working hard and always try your best.

