

11 Things I Wish I Could Tell My Younger Self

By JEREMY WILSON

1. Your **playing ability** is not your **identity** or your only source of **self-worth**.
2. Music is not **about YOU** .
3. The **grass** is **greener** where you **water it**.
4. It's OK to not **know something**.
5. **POTENTIAL** – **INTERFERENCE** = **PERFORMANCE**.
6. **Hug** the **cactus**.
7. **Failure** is not only OK, it is **necessary!**
8. In 5 years you will be the same person except for the people you **spend the most time** with and the **books you read**.
9. Put the **oxygen mask** on **yourself first**.
10. Be **kind** to **yourself** .
11. It's hard to be **unhappy** when you cultivate **gratitude**.