



Dear Me,

I am writing to my 20-year-old self as it's about the time I wish I had this advice.

Hello, Meredith!

Knowing you well, If I can give you just one piece of life changing advice it would be ...

Get a dog! It will make you so happy.

If you are ready for more, this is what I would like to share.

You are going to have a business and it won't be small. It is in your genes. You love to make things so it's going to be creative and involve manufacturing. Go to university and study art. Learn to draw well. It will make your life so much easier. While you are there, take some business classes, too.

Learn to read a balance sheet and get some basic accounting skills. Get organized and develop some good systems. Keeping everything in your head is crazy. It is hard on you and everyone around you.

Be confident in your ability and talent. Hear others but trust yourself. You are capable of so much more than you think.

Don't easily give the power away. You can look after your team and your company better than anyone else. Accept this position and lead with open-mindedness, compassion and care.

It is important to surround yourself with people who are more talented than you and with different skills than yours. Build your team carefully and support them well. They are the foundation of a successful company. Think, think, think, before you speak and think extra hard before you criticize.

It is crucial to not be embarrassed by success at work or in life. It will give security and freedom. It will give you options for your business and the ability to better look after your team.

Choose your life partner very thoughtfully. Wait to marry until you know yourself. Make sure they are calm, kind, generous and understand the importance of family and community. They need to be ambitious and excited by all the opportunities that life has to offer. You will be in conflict if you feel like you are being held back.

Be easy on your children. They hear everything you say with a megaphone. Coach them, and support them, but don't push them too hard. Introduce them to as much of the world and as many things as possible. Don't try and steer them. You really have no idea what their passions will be.

Always exercise, aerobic exercise sets you up for the day. Learn to play tennis! It is fun, social and a great form of exercise. If you don't learn, you are going to be jealous of every tennis player you see. Spend more time sailing, it will feed your soul.

Read the news from the most objective sources you can find. Always really know what is going on in the world. Stay current in arts and commerce. This will all help inform business decisions and personal ones too. It will also keep you young.

Fight for the causes and people you believe in. Always look after your family and friends. You will be lost without them.

Always set the table! Show up to important events. Milestones matter. They may not even know you are there, but you will know.

Cherish your sister dearly. She has been and always will be your greatest fan. Everyone wishes that she was "their" sister. How lucky you are, that she is yours.

Be kind to everyone, have a bit of time for everyone and please be kind to yourself.

Truly, get a dog!