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The piece of wisdom you would pass on to a child... Make sure you find something you love to do in life.

The unlikely interest that engages your curiosity... I’ve recently started taking flying lessons. I’ve only been up a few times, but it’s amazing.

The treasured item you lost and wish you could have again... My grandfather was a Spitfire pilot in World War II and he gave me all his medals before he died, but I was only six and I lost them!

The unending quest that drives you on... To win the America’s Cup finals in San Francisco in September and bring it back to Britain where it all began in 1851. We came up with the concept, but since that first race around the Isle of Wight we’ve never won it.

The poem that touches your soul... Invictus by William Earnest Henley. It’s a powerful reminder to be strong in the face of adversity. As a sportsman you need to be good at that.

From top: Flying, Sydney Harbour, Chelsea FC. Ben’s Olympic medals, Pebble Beach golf course, Lord Nelson. Ben and the JP Morgan BAR team and the America’s Cup trophy

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Hit Broadway musical Once – set in a Dublin bar – arrives at London’s Phoenix Theatre on Tuesday. Andrea Riseborough (right) stars in Tom Cruise thriller Oblivion – in cinemas from Friday. And English Electric, the new album from synth-poppers OMD, is out Monday