The prized possession you value above all others... A series of four photos of my two-year-old nephew Louie. He's my sister Fay's child and he made me an uncle for the first time. He brings sunshine into my life.

The unqualified regret you wish you could amend... Not devoting myself to studying music and drama when I was 16. I was really interested, but I feared my mates would think I was a sissy, so I qualified to be a personal trainer.

The way you would spend your fantasy 24 hours, with no travel restrictions... I spend my whole life on planes, so my ideal day would start at home in Essex. It would kick off with a bacon and egg McMuffin, then I'd play football for my old team the Valley Swifts. We'd go to the pub where I'd have a lager shandy – I always drink that and the lads call me a lightweight – then to Old Trafford to watch Manchester United beat Arsenal 2-1. Then we'd hit a few bars in Stockholm. I'd probably give myself whiplash looking at all the blondes! I'd end the day at my parents' house for roast beef followed by apple crumble and custard.

The temptation you wish you could resist... Custard! As a boy I got so excited at the thrill of getting it but now I've become totally obsessed with it because it's always available on tour. I have it with just about every dessert.

The book that holds an everlasting resonance... A self-help book called The Secret by Rhonda Byrne. I was introduced to it by TV presenter Jeff Brazier. It's about channeling positive thoughts into making things you want come true.

The priority activity if you were the Invisible Man for a day... To win the Brit award for British Male Solo Artist. The philosophy that underpins your life... If you believe, you can achieve!

The figure from history for whom you'd most like to buy a pie and a pint... Michael Jackson. I think all singers would agree that he was the greatest – the king of singing, writing and performing. I'd love to ask him how he created his songs. Maybe I could also find out what really happened during his last hours. The piece of wisdom you would pass on to a child... Respect people and always look out for your family.

The unending quest that drives you on... To be happily married with kids. The poem that touches your soul... 'I can't resist custard. As a boy I was excited at the thrill of getting it but now I'm totally obsessed!'

Richard Curtis’s new rom-com About Time, starring Bill Nighty, hits cinemas on Wednesday. Sheila Hancock’s back on stage in Barking In Essex at London’s Wyndham’s Theatre. And soul man John Legend’s new album Love In The Future is out Tuesday.