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# Father & Daughter Duo Are Taking Over The Spotlight And Fighting Bullies



**J**ohn Otto is one of the founding members and drummer of iconic rock band, Limp Bizkit, so of course, he has had many years figuring out and managing stardom and what comes along with being in the spotlight. However, his 11-year-old daughter Ava Otto is new to having all eyes on her, as she has seen her career in acting, modeling and as a social media influencer take off in the past year. But with the positives of attention, so comes the negatives, and Ava has had to deal with bullies in her young life, but is now saying NO MORE and fighting back through her words of encouragement to other young adults.

We sat down with John and Ava to take a look more into their lives, dynamic and how being in the right mindset these days on a health front has helped them both within their careers and relationships.

**1. John: Why is being in the right mindset mentally important in order to succeed in whatever you do in life?**

I've found success is much easier to achieve when I've approached a goal with a calm and positive mindset.

I'm a visual person. I like to see my goals/tasks and how I plan to achieve them. My artistic brain is always creating and exploring concepts. Having small achievable goals helps me stay focused and driven.

**2. Ava: How did being bullied at a young age by people much older than you (parents) affect you on a daily basis? And how did you overcome this?**

That was a very tough time for me. I've always been a confident person, but when I was in that environment I felt unsafe and insecure. I didn't understand why I was being targeted so it made me question so many things. I was able to overcome those feelings with constant reassurance from my parents, teachers, studio owner and friends that it wasn't my fault. They always made sure I knew I didn't deserve the bad treatment

I was receiving. Having consistent support from those around me helped me stay positive through that horrible time in my life.

**3. John: You have had highs and lows in your career. How does one get over failures or low points that just don't go their way?**

I think perspective is everything. When things don't go as planned I don't consider it a failure or low point. I consider them learning experiences and try to find the benefits in the situation. I don't let underwhelming results stop me from trying new things and pursuing my goals.

**4. John & Ava: What types of things do you do on a health front to prepare yourself for each day both mentally and physically?**

John: I meditate and work out almost daily. That is how I release stress and get myself ready for the day. I have a strict vitamin regimen I follow which also helps me feel physically balanced each day.  
Ava: I like to sit quietly after I wake up. Rushing around first thing in the morning is a big pet-peeve of mine. I like to ease into my days even if that means I have to wake up 30 minutes earlier than necessary. Sometimes I listen to meditation apps, but I usually listen to music while I get ready for the day. I like to have a light breakfast before school or dance. Normally, I review my to-do list while I eat my breakfast. That is when I set my intentions for the day.

**5. John: With COVID-19, how has that changed the way you go about your daily life as a public figure?**

My daily life is pretty simple. I've always been a homebody so quaran-

ting at home with my family wasn't a big adjustment for me. However, not being able to tour with my band for such a long time was strange. I missed the guys and I missed the fans. I took that time to reimagine myself as a musician. I've always wanted to be a teacher and a mentor. Covid definitely inspired me to engage more with the public through the development of my online drum school and social media.

**6. Ava: Why do you feel it is important to share your personal journey on social media and these stories of being bullied?**

It's important to share my story because I want to support other people going through similar challenges. I want them to know they aren't alone. I also want to show people it is possible to overcome challenges and tough times. For me it was bullying, for someone else it could be depression or a physical challenge. I hope sharing my pain and how I turned it into my strength motivates people to do the same.

**7. Ava & John: What new things are you most looking forward to for the rest of 2022? (feel free to promote projects here)**

Ava: I am super excited about some new tv projects I'm involved with coming out this year. My non-profit Passion Project X became official in January. I'm incredibly excited about the official launch this Spring! I'm also diving deeper into my acting, dancing and singing training. This is going to be a fun year of growth and new experiences for me.  
John: Limp Bizkit released a new album last Fall. I'm ready to play our new hits and our fan-favorites live. I'm looking forward to hitting the road soon. I'm also looking forward to teaching students through my online school John Otto Drums and gaming with my fans on Twitch.



Follow John on social media at: [instagram.com/therealjohnotto](https://www.instagram.com/therealjohnotto)  
Follow Ava on social media at: [instagram.com/avalillianaotto](https://www.instagram.com/avalillianaotto)