

The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with the number '+91 85914 52129*', a Twitter icon with the handle '@PlayToPotential', and a globe icon with the website 'playtopotential.com'. Further right, under the heading 'Also available on:', are icons for Spotify, Apple Podcasts, and Google Podcasts. On the right side of the banner is a portrait of the host, Deepak Jayaraman, with the text 'Podcast Host' and his name 'Deepak Jayaraman' below it. A small disclaimer at the bottom left reads: '*Just send us a Whatsapp with your name, number and email and we will add you to our distribution list.'

Context to the nugget

In summary, Vijay talks about the role of passion and enjoying what you do in us producing our best work. He also alludes to a certain mindset with which we could approach life that will help in us playing to our personal potential. He refers to inspiration from Thurgood Marshall and Buzz Aldrin to talk about how we could approach life to ensure that we go as far as we can give the unique capabilities that each one of us has.

Transcription

Deepak Jayaraman (DJ): In summary, what would be the two three things you would leave behind as perspectives for people to play to their potential

Vijay Amritraj (VA): Well a lot of things we have covered obviously, and I think everyone needs to go to sleep at night knowing that they didn't waste the day, we all know that in irrespective of what we do, if its becomes the chore it takes the more out of you, of you are tend to enjoy what you are doing, which is fairly rare in today's world then you tend to bring more passion to it and then in turn the job gets done better. But at the end of it all as you look back at life and I don't mean to be sort of nostalgic about this as much but I think the more important thing is people have asked me how would you like to be remembered? It brings me back to what the first ever African American supreme court justice at the US supreme court said, when they asked them that same question, Thurgood Marshall said that he would like to be remembered as follows: "He did what he could with what he had" which truly really translate to live every day fulfilling your potential and if you can't do that then you are always sort of reaching for something within you that you never thought you had. In one of my interviews one of my guests on one of my talk shows was the second man on the moon Buzz Aldrin who was a friend of mine and when I went to interview him at his home in California, you look at all the various acrylates and so on and so forth like you've seen in peoples home, trophies and plaques so on and so forth the very few things really catch your eyes you go through pictures and this and that but there was just one little plaque in a corner that absolutely caught my eye I never forgotten it and it as very much in the back of my mind when I do things and it was stuck in a corner in his living room and it said, you know we always tell kids, as you grow up better do this where you are fulfilling potential sky is the limit, and everything is always sky is the limit and so that little plaque said, "who sets sky is the limit when I left my foot prints on the moon." So those kinds of things, kind of resonate with me to a great extent and I think that's exactly what children and parents should work together to be able to achieve.

Reflections from Deepak Jayaraman

DJ: He did what he could with what he had. Simple but powerful lines from Thurgood Marshall. On that note we conclude the conversation with Vijay Amritraj. I will be uploading the next conversation in a couple of weeks' time. Thank you for listening and to be updated please follow the Twitter handle Play to Potential or follow Play to Potential on soundcloud.com. Bye now.

End of nugget transcription

RELATED PLAYLISTS YOU MIGHT LIKE

In Summary – Playing to potential: This playlist captures the essence of what the speaker is trying to say in their conversation. In a way, it captures the key principles with which they have approached life which has brought them to where they are today. They share their perspectives on the mindset we need to adopt as we navigate through life. You can access the playlist [here](#).

SIGN UP TO OUR COMMUNICATION

Podcast Newsletter: Join 1000s of leaders who benefit from the Podcast newsletter. Not more than 1-2 emails a month including keeping you posted on the new content that comes up at the podcast. High on signal, low on noise. Sign up for the podcast newsletter [here](#).

Nuggets on Whatsapp: We also have a **Podcast Whatsapp distribution group (+91 85914 52129)** where we share 2-3 nuggets a week from the Podcast archives to provoke reflection. If that is of interest, please click [here](#) and send a message stating "INTERESTED". Do also add this number to your Phone Contacts so that we can broadcast our messages to you when we share a nugget.

Vijay Amritraj - Nuggets

- 01.00 Vijay Amritraj - The Full Conversation
- 01.01 Vijay Amritraj - Recalibrating The Notion Of Success
- 01.02 Vijay Amritraj - Perspectives on Resilience
- 01.03 Vijay Amritraj - Transitioning from playing sport to commentating
- 01.04 Vijay Amritraj - Attributes Of A Great Commentator
- 01.05 Vijay Amritraj - Framing Good Questions
- 01.06 Vijay Amritraj - Spotting Long Term Potential
- 01.07 Vijay Amritraj - Role Of Coaching In Development
- 01.08 Vijay Amritraj - Achievement Orientation to a Giving Mindset
- 01.09 Vijay Amritraj - In Summary

About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

Disclaimer and clarification of intent behind the transcripts

This written transcript of the conversation is being made available to make it easier for some people to digest the content in the podcast. Several listeners felt that the written format would be helpful. This may not make sense as an independent document. Very often spoken word does not necessarily read well. Several of the guests have published books and the language in their books might be quite different from the way they speak. We request the readers to appreciate that this transcript is being offered as a service to derive greater value from the podcast content. We request you not to apply journalistic standards to this document.

This document is a transcription obtained through a third party/voice recognition software. There is no claim to accuracy on the content provided in this document, and occasional divergence from the audio file are to be expected. As a transcription, this is not a legal document in itself, and should not be considered binding to advice intelligence, but merely a convenience for reference.

The tags that are used to organize the nuggets in the podcast are evolving and work in progress. You might find that there could be a discrepancy between the nuggets as referenced here and in the actual podcast given this is a static document.

All rights reserved. No part of this document may be reproduced or transmitted in any form or by any means, or stored in any retrieval system of any nature without prior written permission.