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Context to the nugget

In this nugget, Amish elaborates on the one important question you should ask yourself before transitioning to a new profession. For eight years before he switched to becoming a full time author, Amish focused on only three things- his job, his writing and his family. What drove this level of discipline and commitment? Hear on.

Transcription

Deepak Jayaraman (DJ): What are the questions people should ask to themselves before committing to a direction in writing, in your sense what does it take to become a good fiction writer?

Amish Tripathi (AT): I think the first step is to think do you enjoy it? This is not something you should take-up just because you think it will make you famous or you will make terms of money from it because if that's the purpose there are other routes which are much surer in the corporate world as well, I think the first thing you clearly have to answer is Do you actually enjoy it so much? would you rather this than do anything else? And for me that answer was yes, for seven, eight years I was working on my books, writing, promoting etc. and doing a full time job at the same time so I actually had a very little free time I was doing only three things for that seven, eight years and they are like essentially doing my job, working at my books and spending time with my family I did nothing else and of course I was stretched for time but I just loved writing, spending time in that fictional world I loved it so much that I couldn't think of anything else so that is the first thing one must answer and only your heart can answer that it is not a pragmatic balance shit, assets-liabilities, opportunities and threads kind of discussion, no. only your heart can answer it.

DJ: When you look at the people who somehow don't make it is there some sort of a pattern that emerges in terms of what doesn't work out for them?

AT: Procrastination, you will find so often and it happens in large number of cases most of the writers who begin writing the book most of them never actually complete it because remember writing is not the team sport unlike many other creative pursuits as well like film making, so you don't have others who are the part of the project who are driving you together, it's the benefit in the corporate world as well because you have an entire team where the momentum pushes you forward writing is in that sense a lonely profession you are sitting by yourself and you are doing your thing it's very easy to get distracted, it's very easy to lose momentum and so many people simply don't finish their books and you need to have that discipline that's what I meant when I said that, that discipline and that commitment only comes when you actually love it so much it would rather do

that than anything in this world because the chances of success are very low, the chances of even getting it published are so low so what can motivate you there is no rational reason to motivate you to write a book or to Paint even painting is in the sense very solitaire profession you have to just love it so much that you will find every free time available and do it.

Reflections from Deepak Jayaraman

DJ: What struck me about this piece is the power of focus and commitment. Amish talks about doing three things for 7 to 8 years his job, writing the book and focusing on family. That's nontrivial focus on prioritization over a pretty long period of time. The other piece is about having the discipline to write and create momentum Charles Duhigg who has written the book "The Power of Habit" refers to the benefit from writing 1000 words a day irrespective of how you feel about the writing each day or the quality of what comes through what he says is that the tear to benefit of forming the habit would be well worth the effort. Thank you for listening. For more you might want to subscribe to the twitter handle Play to Potential. Thank you.

End of nugget transcription

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Amish Tripathi - Nuggets

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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](#).

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