



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 far right is a portrait of the host, Deepak Jayaraman, with the text 'Podcast Host Deepak Jayaraman' below it. A small note 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

Can competitiveness and calmness reside within you side by side? Why should one's mind and heart be aligned? Listen on to find out what things, Amish thought, were not taught enough in B-schools.

## Transcription

\*\*\*\*\*

**Deepak Jayaraman (DJ): What are the three things they don't teach you in B-school?**

Amish Tripathi (AT): You don't have to allow your hyper competitiveness to cloud your inner happiness, trust me you can actually be competitive and still be calm I know it sounds counterintuitive but it is possible and if you are internally calm you will find you are even more productive and more importantly you are happier, I think that's one of the key things and essentially life skill not so much career skills but life skills but if you are not able to handle your own life how will you handle your career well? And this is something that needs to be in ancient time was taught at a schooling stage itself through philosophies but today is not taught anywhere including not in B-schools so this is a very important part, how to manage your own life?

The other thing is you must try and find an alignment with your heart and your mind I am not one of those new age guys, the hell with responsibilities and the mind and follow your heart and kick your boss, no, that's irresponsible, but the B-schools are on the other extreme, where you have to sacrifice your heart completely always be pragmatic, just focus on how to get the next promotion, the next bonus and if you lose your heart, your sense of values then then you get the scandals like you have got in financial services industries for example, in the west. So, how do you balance your heart and your mind don't swing on either string that is something that I think worth learning from all ancient cultures there are not just ancient Indian culture it's just too happened to that ancient Indian culture happened to survive but this is something to be learnt from all ancient cultures.

## Reflections from Deepak Jayaraman

DJ: I am reminded of the book Status Anxiety by Alain de Botton, where he talks about the fact that we often benchmark ourselves with our peer group and how that drives a lot of our anxiety and competitiveness. One of my mentors would say something which I found useful. Be competitive with yourself over time, but be collaborative with the world around you. Thank you for listening. For more, you might want to subscribe to the Twitter handle Play to Potential.

## End of nugget transcription

\*\*\*\*\*

### RELATED PLAYLISTS YOU MIGHT LIKE

**What they don't teach you in a B School:** In a resource-scarce country like India, it requires tremendous hard-work coupled with a blinkered focus to get to institutions of repute. However, individuals need to broaden their perspective and horizons once they get through the gates and prepare for their life ahead. Leaders share their wisdom around what they would do differently with the wisdom of hindsight. 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.

\*\*\*\*\*

### Amish Tripathi - Nuggets

- 02.00 Amish Tripathi - The Full Conversation
- 02.01 Amish Tripathi - Where the seeds of transition were sown
- 02.02 Amish Tripathi - Writing for self
- 02.03 Amish Tripathi - Transitioning from Financial Services to Writing
- 02.04 Amish Tripathi - Dealing with failure
- 02.05 Amish Tripathi - Harsh realities of Writing
- 02.06 Amish Tripathi - What does it take to be an Author
- 02.07 Amish Tripathi - Driving Deep Work
- 02.08 Amish Tripathi - Marketing innovations around the first book
- 02.09 Amish Tripathi - Building culture in a company
- 02.10 Amish Tripathi - Three things they do not teach you in B school
- 02.11 Amish Tripathi - 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.