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Context to the nugget

Thinking of a transition in life? Reflecting upon your purpose in life? Living a life that someone has decided for you? Amish shares a powerful quote from the Bhagwad Gita to conclude this conversation and urges people find their own uniqueness and 'swadharma'.

Transcription

Deepak Jayaraman (DJ): In summary one or two things you want to leave the listeners with?

Amish Tripathi (AT): I think the best way to sum this up is this wonderful line from the Bhagwat Geetha "Shreya swadharmo Vigunaha Paradharmat Swanushthitat that is its better to do your own swadharma even if you make mistakes while doing it rather than doing some one else's Swadharma even if you are doing it perfectly what lord Krishna was trying to tell us is find your own Purpose and do that don't try and be someone else don't try and live a life that society has decided for you or anyone else may have decided for you. You must live your own life you must, when only you can answer that question in life no one else can answer that for you and when you find that purpose perceive it, do it.

Reflections from Deepak Jayaraman

DJ: Following your swadharmo with mistakes is better than following someone else's swadharmo perfectly. Powerful lines to conclude the conversation. Hope you found this purpose. Thank you for tuning in. To follow the series please follow the Twitter handle play to potential. Bye now and hope to have you tune into the subsequent conversation.

End of nugget transcription

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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](#).

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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](#).

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