



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 a red name tag below it that reads 'Podcast Host Deepak Jayaraman'. At the bottom left of the banner, there is a small note: '*Just send us a Whatsapp with your name, number and email and we will add you to our distribution list.'

Context to the nugget

Feel like you are not using your potential to the fullest? Thinking about taking a new course or certification to harness this potential? Wait! Hear what Raghu says about the 'journey of your full potential' and how you might already know what you need to know! Intrigued? Hear on!

Transcription

Deepak Jayaraman (DJ): In summary, any two or three nuggets you want to leave people with, for them to play to their fullest potential?

Capt. Raghu Raman (RR): Sometimes, in life, there are lessons that you know, but you are unable to implement. One of these lessons I will share with you, just one and leave it at that. We all know that anything bad that happens to us, let's say, there was this teacher who was a terror for you in school and who was this larger-than-life demon and you were afraid of physically, maybe even emotionally afraid. When you look at him or her today, you laugh. You look at that silly thing that happened, that embarrassing moment in school or in college or that moment where you thought that you should just melt and disappear into the ground, it was so bad. When you look back it, maybe you squirm a little bit, you laugh about it today. So, in other words, you know that anything bad that is happening today, if you just fast forward it by six months or 12 months, it doesn't really matter. It's no big deal. Similarly, if you look at any of your greatest moments of happiness, whatever they are, the greatest moment of joy, and if you went sufficiently back in history, you'll find the origin of that moment of joy is in a moment of tragedy. So, if you are in a relationship with someone amazing, it is because you broke off from a relationship earlier; now if that break didn't happen, you would not be with this person. Or if you didn't quit that job, you wouldn't be in this place. If you were not fired from that opportunity, you would not be here. I think the trick — which even I am still some distance away from — is while we can understand this for the past, why can't we implement it with the present or the future? So, if some bad news hits me right now, why can't I just go back into my memory and say, hey this is the beginning of something good. I can always advise you, but can I internalize it for myself? I think that's the journey, to start implementing the stuff that we already know, in our lives. That, to my mind, is the journey of your full potential, because I don't think there are places where you need to acquire any new knowledge. Knowledge that is already in our soul, in our *zehan*, if only we implement it to a better degree...

So, I remember that I used to have this chemistry teacher many years ago. One day, I was trying to faff around and say why don't we do this or why don't we do that and discover something new or whatever. And he just said, this electric bulb is able to convert some minuscule portion of energy into lights — it's some ridiculous amount, it's some 3 or 4% — if you just triple this or double this,

you would have achieved a great leap. So, rather than wondering about some dramatically new skill that we need to learn, the skills that you already know theoretically and which you are able to advise other people on, if you can internalize and the 5% that you are following if you can make it 10%, you've doubled your potential anyway. Rather than trying to say I need to know one more language and one more programming code or whatever, just the knowledge that we have already in our head, if we are able to implement that to its fullest potential, I think we are out there anyway.

Reflections from Deepak Jayaraman

DJ: I guess this is about increasing the say-do ratio. Not only does it help us achieve more, it also helps in building trust with the world around us when our actions are consistent with our words. Thank you for tuning into this 3rd conversation at the Play to Potential Podcast series. In case you are interested, the first two guests were Vijay Amritraj and Amish Tripathi. For more, you could follow the twitter handle playtopotential or follow soundcloud.com/playtopotential. Thank you for listening.

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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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Capt. Raghu Raman - 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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