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Context to the nugget

Prakash shares his definition of a PHD for people to play to their potential. He talks about the role of Passion, Hunger and Discipline in going after a goal for people to perform at their best.

Transcription

Deepak Jayaraman (DJ): In summary, two–three things you want to leave the listeners with, for people to play to their potential?

Prakash Iyer (PI): So, if you want to play to your potential, I'd like to submit that you should have a PHD. For me, that's a recurring theme for people who play to their potential, people who seem to get it right, people who seem to be able to do a lot more than might have looked possible. I think, they all have a PHD, and, for me, the PHD is really about those three things. The 'P' is for passion. You've got to be passionate about what you do. You've got to be excited about what you do. You've got to really love what you do. I think, time is too short to be wasted on doing things you don't enjoy doing. So, passion, extremely important.

And that passion's got to be backed with hunger. You must be hungry for success. You must be hungry for more. I think, one of the challenges for this generation can be the fact that they are not hungry. They are passionate but the hunger isn't there. And you will see that when you look at people who achieve, people who make a difference to this world — they are people who are hungry for more. I know, outsourcing's been quite a fad in all these years, but hunger still can't be outsourced to someone else; you've got to feel it for yourself. You've got to want it badly.

Therefore passion, there's hunger, and that brings me to the 'D' and that's discipline. You can be passionate and hungry, but if you don't have the discipline to see it through, you won't really achieve very much. I think, you've got to have a discipline to stick with it, to do it when it's not comfortable, to do it when the odds are stacked against you, to keep running along when you see hurdles on the way and you say, hey, you know what, I'll find another way. I love the story of the gymnast. She won a silver and when they asked her how she did it, she said, 'Simple, I practiced when I felt like it and I practiced when I didn't feel like it!' You know, the good news is most of us are half way to winning a medal because we do things when we feel like it.

DJ: It's like the 'Sholay' coin toss.

PI: It's a bit like the 'Sholay' coin toss. I think, if you can get yourself that PHD, be passionate, be hungry, be disciplined, you'll give yourself a chance to play to your potential. And you owe it to yourself. I think, each of us owes it to ourselves to play to our potential, because it's such a waste to

see that potential not being utilized. So, I think, we owe it to ourselves, we owe it to the world at large to play to our potential.

Reflections from Deepak Jayaraman

DJ: PHD is an interesting way of framing how one could tap potential. If we think about it Passion gives you direction, Hunger gives you momentum and Discipline helps you stay the course over the long run. Hope you found this chat purposeful. For more please visit audioboom.com and look for play to potential.

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End of nugget transcription

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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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