

The banner features the 'play to potential' logo on the left. To its right are social media icons for WhatsApp (+91 85914 52129*), Twitter (@PlayToPotential), and a globe icon for the website (playtopotential.com). Further right, it lists 'Also available on:' with icons for Spotify, Apple Podcasts, and Google Podcasts. On the right side of the banner 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

Vishy talks about the criticality of loving what you do in order to sustain the interest and passion and to rise to the very top of the field. He also refers to an Ad where he is shown playing cricket (<https://www.youtube.com/watch?v=zcnGW4nOTBA>) and urges people to pick the right sport. A profound reminder of the fact that for us to play to our potential picking the right canvas to operate is almost as critical as or arguably more important than working hard and attempting to scale up.

Transcription

Deepak Jayaraman (DJ): In summary anything you want to tell the listeners about playing to their potential.

Viswanathan Anand (VA): Yes I elucidate to this few times during the podcast which is that you tend to do something, something tends to be much easier if you are interested in than you uninterested in it and life is tough enough without you finding something that you are not good at or boring we started with the beginning of this Advertisement and I think that the point you should find and do something that you love rather than you don't.

Reflections from Deepak Jayaraman

DJ: The ad Vishy is referring to is on YouTube. You could just type in Vishy and Cricket and it is a short 40 second clip. It shows him facing a fast bowler and getting beaten a few times and clean bowled a few times. It was an Ad for AMD which basically makes the point picks the sport carefully. I find this to be a powerful metaphor for all of us. I do believe that as leaders grow through their career, they ask two questions at various points in time Where to go and How to grow? This is parallel to businesses asking Where to play and how to win in the context of their business strategy. The key is that if you haven't thought through where to play, you are going to have a hard time winning. Or to translate it back to individual journeys, if you haven't thought through where to go (which is often a function of your life objectives, career capital, passion, commercial constraints, geographical preferences, market conditions and so on, you will have a much harder time in playing to your potential.

Thank you for listening. For more please visit playtopotential.com. You could either look for content by speaker or you could use the search functionality on the site to look for a certain topic you have in mind around leadership, transitions or careers and find specific nuggets pertaining to that topic. If you want to listen offline either during a car ride or a plane ride, you could find the podcast on iTunes, Stitcher or one of the other Podcast apps.

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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Viswanathan Anand - Nuggets

- 21.00 Viswanathan Anand - The Full Conversation
- 21.01 Viswanathan Anand - Committing to Chess as a career
- 21.02 Viswanathan Anand - Early formative years
- 21.03 Viswanathan Anand - Growing as a player and inflection points
- 21.04 Viswanathan Anand - What it takes to compete at the top
- 21.05 Viswanathan Anand - Understanding the Processor inside
- 21.06 Viswanathan Anand - Staying relevant in the world of machines
- 21.07 Viswanathan Anand - Performing at the top and staying grounded
- 21.08 Viswanathan Anand - Dealing with losses
- 21.09 Viswanathan Anand - Identifying and unlocking potential
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- 21.11 Viswanathan Anand - In Summary - Playing to Potential

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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