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Context to the nugget

Meher talks about the role of self-awareness and discovering what energizes you. She also offers a practical tip to people who claim “I don’t know what I am passionate about”. She suggests that they start somewhere and then along the way, figure out what energizes them.

Transcription

Deepak Jayaraman (DJ): In summary any headline themes on how people could play to their unique potential?

Meher Pudumjee (MP): I think you can play to your unique potential, if you have a passion in whatever you do and very often you don’t even realize possibly what your passion is, I do realize that, so then even if you don’t have your passion I would say in terms of the commitments you make to yourself, if you are to make a commitment to yourself that, I should not have more than one coffee a day or I should do my one hour of exercise or my one hour of meditation every other day if you stick to those commitments I think you feel good about yourself and you are willing to take on the next and that’s how you grow as an individual and I also feel that as a leader I think the most important thing is to be self-aware and lead yourself before you can lead others so getting in touch with, who you really are, I think it matters over time and sometimes I speak of passion because if I had certain passions but I do see many people who say, I don’t have that passion right now so then what? And then I am saying have confidence in yourself and be committed to whatever you commit to and somehow something will click somewhere,

DJ: And it goes back to one of the phrases you used is self-awareness, it’s sort of not just doing but also reflecting on the doing and overtime hopefully something comes up.

Reflections from Deepak Jayaraman

DJ: Meher makes an interesting point about people often not knowing what their passion is. It is a tricky question to answer but in my work with leaders in transition where I try to help them with the question “where to go” the first point is often asking the people that know you well (on the home and work front) and really find out from them, when they see you energized and when they see you deflated. That can be a good starting point for figuring out what next. I find that often people try and get to this insight by inward reflection alone and that can be quite suboptimal from a data gathering point of view in getting to what really energizes you. If this is of interest, you might want to look up the work of Tasha Eurich, who has researched Self-awareness and is the author of the book – Insight – why we are not as self-aware as we think. I am also reminded of the insight from the book – The

Design of life – written by professors from Stanford’s D School. They talk about the notion of Way-finding where we need to take a best guess of where we want to go and then change course along the way. Too many people try to get to the passion question in a static manner and given my limited understanding of the subject, the solution to the question is something that evolves over time and cannot be solved in a onetime static manner. Thank you for listening. For more please visit Playtopotential.com

End of nugget transcription

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Meher Pudumjee - Nuggets

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- 22.08 Meher Pudumjee - 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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