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Context to the nugget

Jay talks about importance of us cherishing the fact that we have a democracy before we get down to analysing what its short-comings might be. He also talks about the criticality of doing things that you enjoy and things that matter.

Transcription

Deepak Jayaraman (DJ): In summary *Playing to Potential* for our listeners.

Bajjayant Jay Panda (JP): We often dis politics and politicians and for good reason we see all the what's but we should recognize that democracy is something that billions of people aspire for so we must first cherish the fact that we have a democracy and then grapple with its short comings and try to improve them sometimes you fall into the pattern of thinking oh maybe democracy is the problem, it is not. Democracy is the solution but it is necessary but not yet a sufficient condition because it need further improvements, as far as people playing to their potential I would again Reutter it what we started out with you can improve the country, you can improve the world dramatically no matter whichever field you are in you can be in business, in science, in art you can be a social worker, you can be a doctor, you can be anything, you can be of course a politician also I would like to say, that to play to your potential you must, this is an old adage everybody knows it do things that you enjoy doing which matter. I said one of the requirements of the politicians is to spend a lot of time with constituents and some people do it as a burden others do it because they love being with people and you can see the difference in terms of the support that they get the branding that they build similarly do find your passion and pursue it it's much easier to succeed that way.

Reflections from Deepak Jayaraman

DJ: 2 takeaways for me. 1st is the point around gratitude. In most of our lives, we often look at the 10% glass empty than the 90% glass full. The point Jay makes about democracy is possibly generalizable to having a sense of gratitude for what is going right in our lives - whether it is our families or our business. The second point he makes about doing things that you enjoy that matter is a nuanced point about marrying passion and purpose. Often people go after passion and they miss out on having meaning and getting fulfilment. They often go after purpose and they find it a grind and not fun. The sweet-spot is somewhere in the middle where you do something or a portfolio of things that is a combination of passion and purpose.

Thank you for listening. If you are new to the podcast and want to get a sense of the nature of content that is covered, you might want to go to YouTube and type “PlaytoPotential Highlights from 2017”. I have tried to capture the key takeaways from my various conversations last year with leaders across disciplines. From people such as Zia Mody, Nandan Nilekani, Viswanathan Anand, Vijay Amritraj, Amish Tripathi, Vinita Bali and the like. For more, please visit playtopotential.com where the content is organized by nuggets and they are tagged by themes so that you could get perspectives from multiple individuals on a topic that you care about. If you want to listen offline say during a car ride home or during airplane travel, you could also access the Podcast on iTunes, Stitcher, Saavn and several other podcast apps but that may not give you the flexibility to navigate across speakers by theme. If you find the content purposeful, please go to iTunes, rate the show and share a review. It will help others discover it.

End of nugget transcription

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Bajjayant Jay Panda - Nuggets

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- 26.01 Bajjayant Jay Panda - Politics as a career option
- 26.02 Bajjayant Jay Panda - Markers of Long term Potential
- 26.03 Bajjayant Jay Panda - Resilience
- 26.04 Bajjayant Jay Panda - Staying relevant and leveraging technology
- 26.05 Bajjayant Jay Panda - Generating options amidst political constraints
- 26.06 Bajjayant Jay Panda - Balancing the macro and micro views

- 26.07 Bajjayant Jay Panda - Three pieces of advice that stood out
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- 26.12 Bajjayant Jay Panda - 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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