

The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with '+91 85914 52129*', a Twitter icon with '@PlayToPotential', and a globe icon with '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 Deepak Jayaraman, with the text 'Podcast Host' and 'Deepak Jayaraman' below it. At the bottom left of the banner, a small note 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

Deepa shares her perspective on people playing to their respective potential. She discusses the criticality of having a happy mind, staying positive and having the discipline and work towards it. She urges us to be true to ourselves for us to push towards excellence

Transcription

Deepak Jayaraman (DJ): What about you has enabled you to come this far and achieve so much?

Deepa Malik (DM): I always say that there is only one disease that I suffer from and that is happiness to be able to remain happy in whatever circumstances I was has left me sane enough to plan to look around for opportunities because I think a sad person is a closed mind so the happy hormones had worked for me.

DJ: And what's the secret behind staying happy through these situations?

DM: I think look at the positive sides of things make the best of what I have had and worked hard to best of my capacity.

DJ: In summary what advice you would give the listeners about Play to Potential.

DM: It is very important to be honest to yourself, I love playing guitar but you never really pick it up and play, I want to write a book but you never made notes, how will you ever do it? So I think the best way to find your potential and to reach your optimum is to be honest to yourself if you set a goal for yourself then honestly work towards it, no short cuts, and no postponements no cheating to yourself because excellence will only come when you have very honestly put your best foot forward.

Reflections from Deepak Jayaraman

DJ: The point Deepa makes about writing a book is an interesting one. I think we live in a world where there is over-glamorizing of lofty goals. But I think sometimes that is misleading and lofty goals do not translate to daily action. It might make sense to say what is the baby step I can take and in which direction and do that consistently over a prolonged period of time.

Thank you for Listening. For more, please visit playtopotential.com. You might find the Curated Playlists section on the website relevant as I have tried to break things down into nuggets by theme. It might help you to get to the content that you might find relevant efficiently. If you find the content purposeful, please rate and review on iTunes. It will help others benefit from this content. Bye now.

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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Deepa Malik - 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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