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Context to the nugget

Arun talks about how it is easy to get lost in the here and now and the buzz of the day to day that we sometimes might forget where we are headed. He likens it to Spanish tiki-taka where there is a lot of graceful ball-passing going on but sometimes the ball doesn't get to the goal enough (something that commentators about the Spanish team in 2018 FIFA World Cup in Russia). He urges us to spend time reflecting on what we deeply care about and take our first steps towards that.

Transcription

Deepak Jayaraman (DJ): In summary how would you ask our listeners about they should play to their potential.

Arun Miara (AM): I hope that every person sooner rather than later in life would feel that they would like to live their life even better in a way that will make life better for everyone so it's a sort of feeling of compassion for the world around and in that world better for everyone of course physical environment is a part of it too which is the whole system around oneself and of course people keep saying leave the world in a better shape than when you came into the world so maybe that's one way to put it another of course people say what sort of world are you living for your grandchildren and I ask young children today that look yes to ask me what sort of world I want to live to my grandchildren they are 13 year old and maybe they should be asking themselves the question about what sort of world do they want to live in? So I am asking myself and I ask, this is what I put out as a question to young people whatever age they are 40s or they are in their 20s, what sort of love do you want to live in? And in these collective conversations that you asked me about... I find when there are some 50 people or even 300 people in a room and the broad subject is how to make the world better or how they could be better leaders in their own life I always start with the question to them that what do you care about the most in life and I say just think about it and don't look at me and now you have to concentrate on your own thought and so if you feel like noting it down for you future reference please do so, so after five minutes I find that they are also *Mast* in their minds or writing some things down and I say I am going to give you two more minutes and then please them lets continue and after these two more minutes some have stopped some have to be stopped and say so and they say this is something we never reflect on, we are so busy doing as they said in the recent meeting I was like the Spanish team, you know passing balls very efficiently to each other (Tiki taka) we forget there's a goal and what's the goal of my life, what do I care about the most to achieve in life so after that I do suggest to them that if you could, let's take 10 more minutes out of this longer discussion that we are going to have and ask someone next to you, what they care most about in life, I mean they have thought about it now but listen to them don't start saying why do you think about it, this is first time I have heard it, it is unusual just calmly listen look in the eye appreciate to this persons caring and let the person hear you, now that also they want to hear a

third person so I said OK we have got the ground prepared so in this with this character we go on later in to what one has to do, at the end of which I say about the first steps you are going to take towards creating a world which is going to have this quality of the caring and that you care about in the world, so what is it if you are going to do it now, whether you are 20 years old or you are 60 years old whatever, what is it you are going to do now to take you and the little world around you which you could influence on that path . so it's getting that definition of leadership into action, to take the first steps towards that which you deeply care about and in ways that others wish to follow and that's with the reminder to them to listen to the caring of others who could be in a partnership with them.

Reflections from Deepak Jayaraman

DJ: This is a great insight from Arun. Sometimes, we are so caught up in the day to day and feel busy that we don't ask ourselves if we are taking the ball to the goal. I guess the related point is that given the proliferation of technology and addictive experiences from companies like Facebook and YouTube, we end up feeling busy even when we are not doing something and just killing time. Like Arun says, taking a step back and really asking what we really care about in the long-term and ensuring that the actions we take in the short term take us there is key. Shane Parrish of the Farnam Street blog calls it the difference between Displacement and Distance. You could cover a lot of distance by spinning in circles. But the key is to have velocity in a certain committed direction for us to achieve displacement.

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End of nugget transcription

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Arun Miara - 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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