

The banner features the 'play to potential' logo on the left. To its right are contact details: a WhatsApp icon with the number '+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 far right is a portrait of the host, Deepak Jayaraman, with the text 'Podcast Host' and his name 'Deepak Jayaraman' in a red box below. A small disclaimer 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

Mr Bhatt talks about a simple habit that he has found helpful in his journey over the years. He talks about the role of the conscious and the sub-conscious mind and how that can be leveraged for self-development. He talks about spending 5 minutes at the start of the day and at the end of the day reflecting.

Transcription

Deepak Jayaraman (DJ): In summary Mr Bhatt this podcasts title Play to Potential which is about individuals discovering what their plus is or what is their potential to use a language and really playing the best game so in summary what the one or two things you want to leave the listener with for them to play to their potential.

OP Bhatt (OP.B): Most people don't know what is their potential that the problem. Most people don't know what is their potential even I didn't know for a long time. So, I can say all the things wh9ich people say you know sincerity, hard work this that and the other. I thing two things if people do it would help them realize their potential. One is every morning just spend 5 minutes just listening what you have forgotten all this this and you have to do it could it be making a phone call saying thank you for something. Whatever it is random mundane things just write it down anywhere. And in the evening just spend another 5 minutes thinking about how the day went and what is it that you could have done different not necessarily better what different. I think within a week or month somehow clarity will come around a lot of issues including potential. It seems completely unrelated, disconnected these two things two different things 5 minutes. It has shed a lot of clarity because as things happen you will find that you are more focused. It used to happen to me right sometimes I have not responded an email a week around because you have just forgotten about it or forgot bringing up my daughter or something like that these are important. Now you forget and you have not dome it but your subconscious got forgotten it is creating some you know some disturbing energy there all the time. Not allowing you to work to your full potential throughout the day. So, if you do this for 10 days 15 days that negative energy goes away out of your system. Like-wise in the evening when you spend time that that how could you have done so for example if I want to spend time today evening how I could have given you slightly different answer. Next time if you not you somebody else wants to talk to me it would be better thing right. So over time it reduces disturbance in the conscious and subconscious. It improves focus and will somehow help you realize you know where you should do and use the word potential for this.

Reflections from Deepak Jayaraman

DJ: I couldn't underscore this point more given the work I do and the reading I have done on this topic. I do think in this age of people trying to hijack our attention, trying to steal time for ourselves and reflecting on the situation can be priceless in providing data for personal growth, driving thoughtfulness in our decisions and in ensuring that we are acting on things that matter than meandering and squandering our attention to things that come along during the day.

End of nugget transcription

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In Summary: 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](#).

Mindfulness: Given we live in a world with exponential increase in content creation and with firms like Google, Facebook, Amazon and Apple vying for our attention, it is quite hard to reclaim our own space and attention. In this context, being mindful could be a key differentiator and a competitive advantage. Some leaders talk about how they created that space for themselves amidst the noise. You can access the playlist [here](#).

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OP Bhatt - Nuggets

- 36.00 OP Bhatt - The Full Conversation
- 36.01 OP Bhatt - Transitioning to becoming a Board Member
- 36.02 OP Bhatt - Being an effective Chairperson
- 36.03 OP Bhatt - Making good Board decisions
- 36.04 OP Bhatt - Chairperson versus CEO - Leadership nuances
- 36.05 OP Bhatt - Ensuring Board members add value
- 36.06 OP Bhatt - Seeking and giving feedback

- 36.07 OP Bhatt - Attitudes that have driven career
- 36.08 OP Bhatt - 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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