



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, a portrait of a man in a suit is shown with the text 'Podcast Host Deepak Jayaraman' overlaid in a red box. 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 conversation

Dan speaks about how we could play to our potential by keeping the concept of death close to us. He also speaks about how we can unlock others' potential by providing timely feedback to others without falling trap to the notion of eulogy delay.

Transcription

Deepak Jayaraman (DJ): Dan, this podcast is called Play to Potential. Given your journey, your life, your lived experiences, your research, if you had to sort of leave the listeners with a couple of things that occurred to you when I say the phrase Play to Potential, what comes top of mind?

Dan Cable (DC): Yeah. I absolutely love how you would end it with that by the way, it is the things we have already talked about but I will just re-highlight them, the transience aversion and the eulogy delay. I would say those are, transience aversion is remember to keep death close to you. I really believe the monks and the aesthetics I believe, they used to keep a skull on their desk and the idea would be, you know, I am close to death and by remembering that it reminds us to play hard, you know, to really try to do what we are capable of doing today and not just put it off for a day and then a week and then a month and then a decade. So I think that is number one. And I think the number two is that if we catch people doing something right, and alert them to their impact, we not only build better relationships, so they like us better and they feel they can trust us more and they feel closer to us but then they feel this reciprocity where they all do that back to you. And I feel like if we can get beyond these barriers, these natural resistances, we can be, that is one of ways of becoming exceptional. You know, we really can become somebody that highlights people's strengths and builds better relationships and does it today rather than kind of blending into the woodwork, which is actually a place that some of us end up being if we are not careful.

Reflections from Deepak Jayaraman

DJ: Most of the other guests speak about how we can play to our respective potential. Dan reminds us that we possibly have an opportunity or even a responsibility to share timely feedback in a constructive manner for the people around us to play to their potential. Worth bearing in mind as we go through our busy lives.

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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Dan Cable - Nuggets

- 75.01 Dan Cable - Cancer and life-choices
- 75.02 Dan Cable - Crowd-sourcing your highlights reel
- 75.03 Dan Cable - Eulogy delay
- 75.04 Dan Cable - Visualization and peak-performance
- 75.05 Dan Cable - Developing directional clarity
- 75.06 Dan Cable - Emotional Labour
- 75.07 Dan Cable - Providing thoughtful feedback
- 75.08 Dan Cable - Highlights - Big bang vs Drip feed
- 75.09 Dan Cable - Engaging different parts of our brain
- 75.10 Dan Cable - When strengths become derailleurs
- 75.11 Dan Cable - In Summary - Playing to Potential

About Deepak Jayaraman

Deepak seeks to unlock the 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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