



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 right side of the banner is a portrait of a man in a suit and glasses, identified as 'Podcast Host Deepak Jayaraman'. At the bottom left of the banner, there is a small text note: '*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 talks about the discipline that she got from an upbringing in the Armed Forces context. She specifically discusses the point around planning for tomorrow and having Plan B and Plan C for situations. She also discusses the mindset of being prepared for the unseen which has helped her overcome extreme obstacles.

Transcription

Deepak Jayaraman (DJ): How people's formative years shape them? In your case if you were to say what are the two three things that have really shaped you and your attitudes to life?

Deepa Malik (DM): I feel that when you are young and you are impressionable, whatever virtues are imbibed in you they go a long way and I always say that your team is never what you want them to be, it is who you are and my father always led with examples so did my mother so we had role models within the house, Army upbringing and the qualities, first of course like I said time management, the punctuality, because there is always an organised time table and duty is assigned a day ahead, you know what is going to happen tomorrow, so the preparation for tomorrow, that has come in very handy, even if I align it to my sports training or I align it to my management of paralysis so if I have worked and planned my day one day ahead I am stressed free because I am prepared for my next day, so this is one quality and the major one is contingency planning, if plan A fails, how to quickly switch to plan B? so when you are not dependent on one plan you definitely don't give up on life, you immediately open the next door and you walk you through that and you start working on your plan B and there's always a very self-motivated, very self-confident fearless attitude that army gives you because you are always prepared for the unseen, whether it's a war like situation or you are dealing with ammunition, you are training for a war like training it's a very accident prone job and if you really look at it your life is always at stake, so you are prepared for the accidents and I think that is something which helped me prepare myself for this huge accident of losing my lower power in the limbs and moving on with the life.

Reflections from Deepak Jayaraman

DJ: I am reminded of the movie The MARTIAN directed by Riddley Scott and the main character being played by Matt Damon. In the movie, Matt Damon is accidently left behind on Mars assumed to be dead. The film is about his struggle to survive and how he solves one problem at a time, keeps his hope and eventually gets back to Earth.

Planning for tomorrow and living one day at a time is a great insight. The related point to make is that we often go through life-changing situations our sense of identity gets profoundly shifted. Enough studies have proved that for us to embrace a new identity, the most effective way is to start taking baby-steps one at a time in that direction rather than trying to cognitively overcome it.

In that context, Deepa talking about living one day at a time and planning for Option B and Option C is a great insight to bear in mind as we go through our journeys.

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

RELATED PLAYLISTS YOU MIGHT LIKE

Formative years: Discussions around how the leaders were influenced by the climate in which they grew up and how that has impacted them as individuals and the choices they have made as they have gone about their journeys. You can access the playlist [here](#).

SIGN UP TO OUR COMMUNICATION

Podcast Newsletter: Join 1000s of leaders who benefit from the Podcast newsletter. Not more than 1-2 emails a month including keeping you posted on the new content that comes up at the podcast. High on signal, low on noise. Sign up for the podcast newsletter [here](#).

Nuggets on Whatsapp: We also have a **Podcast Whatsapp distribution group (+91 85914 52129)** where we share 2-3 nuggets a week from the Podcast archives to provoke reflection. If that is of interest, please click [here](#) and send a message stating "INTERESTED". Do also add this number to your Phone Contacts so that we can broadcast our messages to you when we share a nugget.

Deepa Malik - Nuggets

- 32.00 Deepa Malik - The Full Conversation
- 32.01 Deepa Malik - Early formative years
- 32.02 Deepa Malik - Dealing with two possible fatalities
- 32.03 Deepa Malik - Rebounding from a near-death event
- 32.04 Deepa Malik - Getting people comfortable with the context
- 32.05 Deepa Malik - Picking the first "mountain" to climb
- 32.06 Deepa Malik - Training for the Olympics

- 32.07 Deepa Malik - Perspectives on Excellence
- 32.08 Deepa Malik - Picking an effective Coach
- 32.09 Deepa Malik - Building resilience
- 32.10 Deepa Malik - About Wheeling Happiness Foundation
- 32.11 Deepa Malik - 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](#).

Disclaimer and clarification of intent behind the transcripts

This written transcript of the conversation is being made available to make it easier for some people to digest the content in the podcast. Several listeners felt that the written format would be helpful. This may not make sense as an independent document. Very often spoken word does not necessarily read well. Several of the guests have published books and the language in their books might be quite different from the way they speak. We request the readers to appreciate that this transcript is being offered as a service to derive greater value from the podcast content. We request you not to apply journalistic standards to this document.

This document is a transcription obtained through a third party/voice recognition software. There is no claim to accuracy on the content provided in this document, and occasional divergence from the audio file are to be expected. As a transcription, this is not a legal document in itself, and should not be considered binding to advice intelligence, but merely a convenience for reference.

The tags that are used to organize the nuggets in the podcast are evolving and work in progress. You might find that there could be a discrepancy between the nuggets as referenced here and in the actual podcast given this is a static document.

All rights reserved. No part of this document may be reproduced or transmitted in any form or by any means, or stored in any retrieval system of any nature without prior written permission.