



— PlayBook — **The Genius Code**



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PlayBook

The Genius Code With Ayushmann Khurrana

“There is never a wrong time to do the right thing.”

Purpose: The purpose of the Playbook is to put you in the hot seat to decode your genius. Reflection leads to Awareness. In answering and reflecting upon the questions, you will find your resolve, you will acknowledge your strength and you will be forced to recognize your genius. Success in life is a sum total of all the people you associate with. Inspirations are the catalyst for self-transformation. Learning from people's experiences gives you an idea about what may work for you. Surround yourself with people who motivate you to be a better version of yourself every day. Invest yourself in doing the same for other people. Learn from people's successes and failures and always believe in the goodness of humankind. Have the ability to put your trust in people and accept their perspectives. Being surrounded by people who constantly encourage you and mentor you helps you to realize your potential. A genius is who he is because of these people, his family, friends and the mentors!

Lesson 1. Define Your purpose and align it with your values.

A life of meaning is defined by your purpose. When you live a life that is aligned with your purpose and values you do not have regrets. Life then becomes a constant source of accomplishments filled with learning at every step. Your criteria for selecting circumstances and people should be the opportunity to express your core, of what you want to do, what your purpose and vision is. Make a vision beyond your success. It is great to have a vision of climbing the mountain, but what after that? Create your next step for success after the success you currently envision. This way you know where you are headed and it keeps you motivated beyond your current problems. Keep your eyes on the future and your actions rooted in the present.

*“Bade hokar papa ki lagi paabandiyo ko todne me bahut maja aata tha
Ab bade hokar khud pe lagai paabandiya todi nahi jaati”
- Ayushmann Khurana*

1. Have you ever made decisions contrary to your purpose, vision and gut feel? Have you ever faced a situation when you knew the people were not right, or the environment was not the best for you, but you let other people's influence or your misguided emotion lead you to make decisions? How did life pan out in the term of that assignment or job? If given a chance would you do it any differently?

2. Can you think of a time when you took a stand to follow your purpose and your vision? That even though the environment and people didn't seem perfect, you went for it, and created turnarounds and magic. How did that feel? What results did you achieve, both in tangible and intangible terms?

3. Now write down what you will go for after you have achieved your current goals? What is the next step for you?

4. Do you have some goals in life? List down any 5 of your goals and the timeline when you would want to achieve them. Are you actively pursuing them? If not, what is stopping you from going after your goals with determination?

Lesson 2 : Life is a rollercoaster of success and failures.

You cannot taste the sweetness of success if you haven't tasted the bitterness of failures. Challenge yourself when you succeed and improve yourself when you fail. Know that just like failures doesn't determine your flaws similarly success doesn't determine your worth. Perfect your craft. And be willing to face the music of your errors and misjudgement and work to change it. Life is like a game of musical chairs, there IS a vacant chair next to you. Sometimes, you have to fight to take a seat or run to one that is available. Because that's what a Genius does!

1. Recollect a time when you made a mistake or failed at something. Even if it was a small error, write it down. Did you make efforts to turn it around? What did you do? What was the result?

2. Once rectified how did you rebuild your confidence and the confidence of others in your work?

3. When things don't go your way, or worse, when things go wrong, how do you handle yourself? What do you do? Do you work harder and study more? Do you withdraw and brood?

4. Can you think of a time when things didn't seem to go your way, because of either your fault or someone else's fault. Did you let go of the work?

5. In hindsight what could you have done, to keep the boat afloat and actually get to the shore with the results you had expected from yourself or someone else.

Lesson 3 : Be Vulnerable! Be fearless! Belief in your worth!

Fears often hold you back from living your dreams and conquering the world. Believe in your worth. Know where you stand. Be realistic and be honest about your position and your contribution. While there is always room for improvement, it is good to know your current worth and then work your way up to excellence. It is not what you become that matters, it is who you are that defines your life. A genius lives a life that is ever 'present' and 'aware'. Be willing to be vulnerable. Don't try to be over smart and cover up for your weaknesses with a misplaced attitude.

The series had such an encouraging start because Priya was honest in expressing her nervousness, despite being duly prepared. It also led Ayushmann to expressing his own nervousness in his journey to success.

1. Have you ever experienced that when you were honest about your vulnerabilities, you got support? Write out the situation and how that worked in your favor.

2. Without being overly critical write down what you truly think about the kind of person you are.

3. Now, putting all bias and emotion aside, write down, based on the feedback from others and your own feelings, how you must improve to make progress.

4. Would you consider yourself as a person with advantages and resources or do you feel that you are the underdog who has to work her way up?

5. What do you think are the factors that actually bring people to success? What are the factors that override the importance of luck and advantages?

6. List down the fears you had 5 years ago. Mention the ones you overcame. What is stopping you from facing your fears? What is the worst that could happen? What is the best that could happen?

7. Close your eyes and think sincerely if you are happy with life. Do you think you are comfortable in your own skin? What is the reason for your happiness or unhappiness? If there were no roadblocks or fears what would you do to live a life that will make you happy?

Lesson 4 : Look for mentors and when you find one believe in them!

Mentors may sometimes come in the guise of acquaintances or even people you don't like. They give you feedback, sometimes packaged as criticism or advice wrapped in stern instructions. Pay attention, especially when you are seeking and are charting a path toward your dreams. There is a message waiting for you at every corner to give you further directions and clarity. Mentors don't always come announced as so. You are blessed if they do. You attract them. Listen to them and heed their advice when they give it to you.

1. Do you have a mentor in life? If yes, what difference does it make? If not, what's stopping you from having a mentor?

2. When people give you advice, what is your general reaction? Do you argue and get defensive, or do you pay attention and listen for answers, even though they do not fully understand your situation?

3. Can you recollect a time when someone gave you advice or showed you direction and it actually worked for you and did wonders when you applied it?

4. Pick up someone you have always admired for the success that they have created. Put on your student hat and study their journey from "the start". Map out the steps they took to get where they are.

5. Who are the people who encourage you? List such 5 people and mention how they have affected your life. If you do not have people who encourage you, think why is it so? Is it the absence of people or is it your lack of understanding of their encouragement?

6. It is often said that life is defined by the 5 people who are in your closest circle. These are the people who define who you are, personally and professionally. Who are those 5 people in your life? Mention their roles in making you who you are. Is there anyone who you wish you could have in your circle?

Lesson 5: Invest in your skill! Be passionately obsessed with your craft!

The genius within you transforms into actionables when you are invested in your craft. Invest in your work as if there is no other way to do it. When you want to do something - take action immediately. Even if no one has charted the course yet - you take the steps in alignment with what you truly want. The FIRST MOVER advantage will always work in your favour before the rush and the noise begins. You need to chase your dreams like a horse with blinders and keep going till you get there. When that happens you begin to see the world from the filter of your purpose and your dreams - and it all adds up and makes sense - bringing you peace and fulfilment.

1. What do you think is your passion? If given a chance what would you do about it? What do you think is stopping you from doing exactly that?

2. Have you seen people so immersed in their work, that they see everything from the filter of their craft? Do they seem happy? Do they seem connected? Do they have your attention and admiration?

3. What would it take for you to get so immersed in your work that you can see nothing beyond it? Would that help you get to your goals faster? Would that give a greater sense of purpose to your job and your craft?

4. List down the opportunities that you can see in relation to what you want to do. Do you think if an opportunity comes your way you are fully prepared to tap it?

5. Mention a time when you created an opportunity for yourself rather than waiting for one. What made you take that step? How did it feel? What keeps you from creating more opportunities for your success in everyday life?

Lesson 6 : Be Intuitive! Have a perspective! Be willing to understand others perspectives too!

Intuition is a powerful trait of a Genius. To develop your intuition - you need to broaden your horizon on the perspective of what you do and about life in general. You need to think from the perspective of others, how do they feel about who you are and what you do? What do they want from you? How is your behavior and work impacting them? When you look beyond yourself, magic happens. Focus on every aspect of work no matter how insignificant it may seem. No job is small. Keep working the small stuff when the big stuff is not in your hands.

1. When life puts you in the back seat, alone, without a job or opportunities, how did you spend your time?

2. Think of someone you don't know very well at work. Write down what you think about the person, their behavior, personality and work. What is the reason for your opinion or judgement?

3. Now put yourself in the shoes of your boss or colleague or a junior and write down what they think of you, your personality, your behavior and your work. It's not about right or wrong. It's about understanding the mindset of others, which will help you become more aware, objective and thus intuitive.

4. Can you think of someone who is connected with everyone and everything to do with their business? We have heard stories of legendary people who are so deeply rooted in their business, they know the industry, the competition, their clients, their employees, the families of their employees and so on. Describe someone you know or have heard of that fits this description.

5. What steps can you take this week to expand your interest and attention to gather more information, knowledge and support in what you do? Can you connect with more people? Can you study? Can you go out of your way to understand the working of another department? Can you extend a helping hand? What can you do that will give you a wider reach with your work?

Lesson 7 : Have rituals. Believe in them!

Our habits shape who we are and what we achieve in life. You too must have some habits that form your greatest weaknesses or your greatest strengths. Remember, what you do consistently, eventually forms habits. In that, I urge you to make habits that will lead you to success. You need to have rituals of success.

1. Pick up some people you admire and study and research on their habits and rituals that contribute greatly to their continued success. Write them down.

2. What rituals can you make for yourself? Create at least one ritual that you will follow for the week, and then add one every week.

3. What keeps you from following your rituals? Is there a way you can overcome those things that hold you back?

Bonus : Lessons you learn from yourself!

What was your learning from the life of Ayushmann Khurana? List down some points that you feel will go a long way with you.

Have a vision and make sure to stick to it because when adversity strikes and imbalances you, your vision will keep you grounded and anchored on the path to success. And that is a mark of a Genius!

Well done on your assignment!!! Pat your back and clap your hands!

When I interviewed Ayushmann, I was on a high for days. His vibe, his attitude, his ability to make you comfortable, his humility, attitude of gratitude, focus, commitment to excellence, his determination to make a mark, his natural inclination towards being honest and not afraid to show his vulnerable side - inspired me incredibly. I wanted to capture the essence and the learning and put concrete steps about how I could enrich my life as a result of his presence. And hence the Playbook. This is something I made for myself, and I am sharing with you.

I believe that people come into our lives to support our purpose, to give us a message. In that, Ayushmann will always be a very important influence in defining and validating the steps of success and genius.

I hope this exercise does the same for you.

Committed to your success,
Priya Kumar