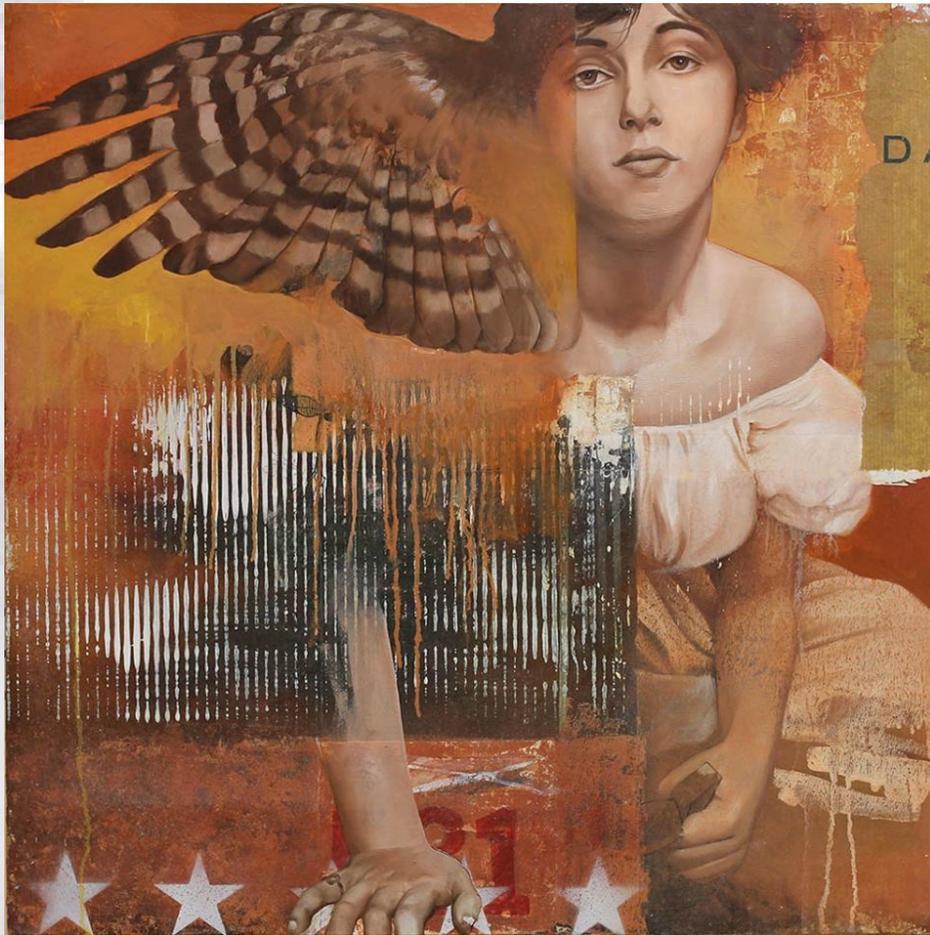


Secret Intelligence Service

Acting skills and the spy

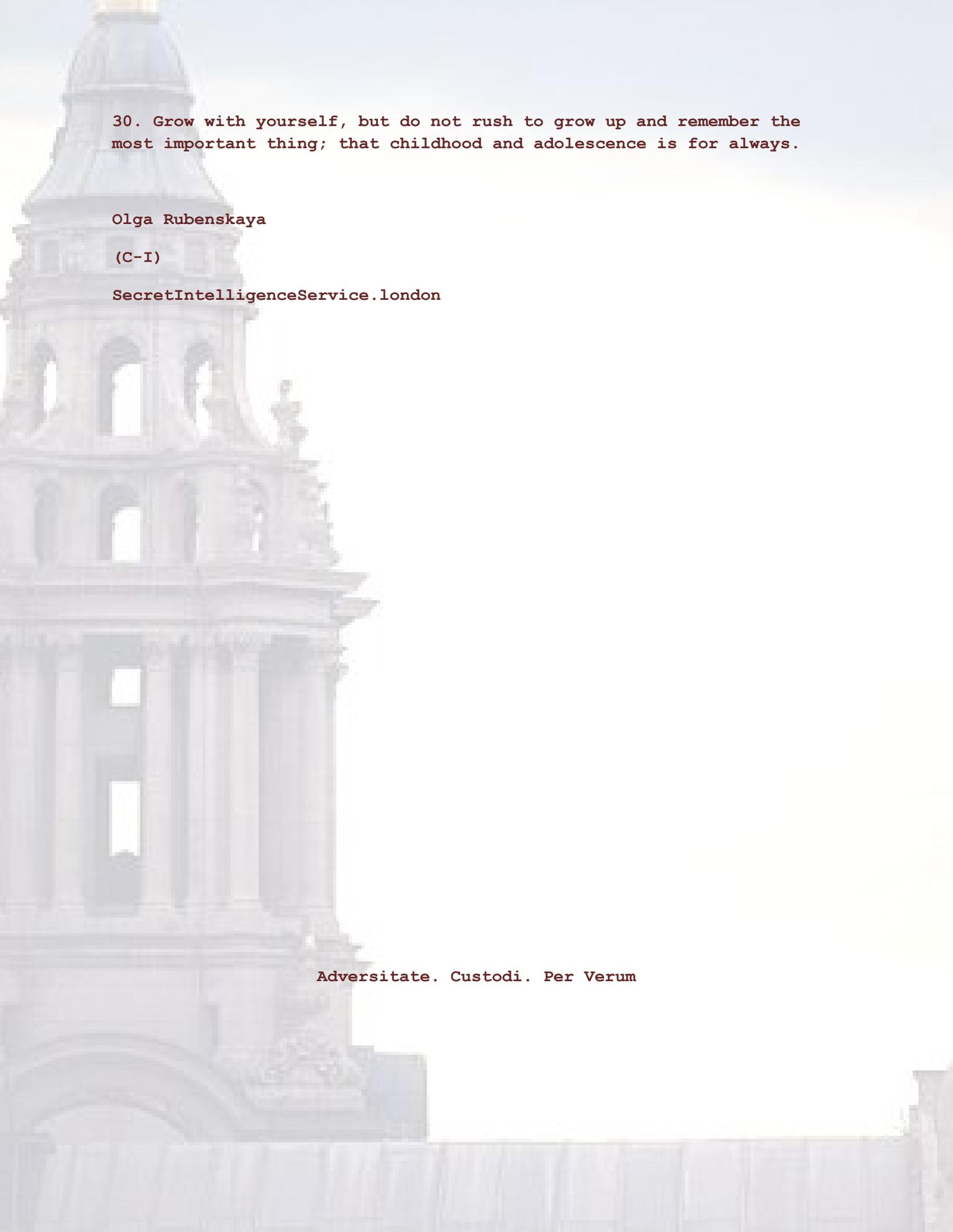
The maintenance of self



1. Do not try to be a mind-reader and read other people's thoughts. Do not expect this from other people, neither is possible. Communicate openly.
2. Always be polite, but do not try to please everyone around. Better to concentrate on the relationships that are really important to you.
3. Take good care of your health. Get enough sleep. Eat fully. Do not allow the brain to boil.
4. Live within your means. Buy only what you really need, everything that you do not need, just throw. Set aside a certain amount of money

for a rainy day and let it be your airbag.

5. Do not waste time and energy on envy. The only person you can be jealous of - is you, during different periods of your life.
6. Surround yourself with people who will fill your gaps, and you, in turn, add to them, in the manner of a puzzle.
7. Take the time to explore ways to save time. It pays off.
8. Do not change yourself for others at the decisive moment. Do what you think is right.
9. Do not drink alcohol when you feel sad and uncomfortable. It will not bring relief.
10. Use advanced technology to make your life easier, and not vice versa; do not let it steal your time.
11. Be honest with yourself and with others.
12. Often tell loved ones that you love them.
13. Travel light. Do not load yourself with excess baggage.
14. Do not try to multitask. Productivity increases when only one thing is done in the same unit of time.
15. Do not delay cleaning until later. Clean up after yourself (utensils, workplace, etc.) At once, so it's easier.
16. Smile more often, even to strangers on the street.
17. Do not stifle curiosity. Always be open to novel thoughts and ideas. Be curious about the natural world and all its inhabitants. Ignore those who claim they are the only ones that matter, they don't.
18. If you want to drink - drink water.
19. Do not eat out of boredom. Eat only when really hungry.
20. Add into your day a little physical activity. A long walk or a half-hour workouts at home is quite suitable to maintain a minimum tone.
21. Do not hassle yourself because you cannot change. Concentrate on what you can do.
22. Remember your priorities in life, and always act accordingly.
23. Strive to fulfill your desires. Do not waste your life on the embodiment of someone else's dreams.
24. No matter how bad (or good) it is during this moment - everything changes. Take this simple fact for granted.
25. Do not be afraid to make a mistake. Learn from your mistakes, laugh at them and move on.
26. Make, build, and create something that you can be really proud of. Do not forget about small victories; mark them to savor.
27. Even if you think you are 100% wrong in something, always leave room for the idea that it might not be so.
28. Do not worry because of other people's opinion of you. It's absolutely not worth it.
29. The magic words "thank you" and "excuse me" are relevant at all times. Use them, without fanaticism, of course.



30. Grow with yourself, but do not rush to grow up and remember the most important thing; that childhood and adolescence is for always.

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(C-I)

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Adversitate. Custodi. Per Verum