PART 1



Don't lend money to people who you know cannot pay you back. Give them money gratuitously or don't give them at all. Avoid the bitterness that destroys great association and potential collaboration.

Stillgrowing

- Don't make promises you can't keep.
 Don't promise support when all you CAN
 - Don't entertain associations or activities that make you misplace priorities. Bury the poles of your life firmly in the ground, or people will shift it as they will and when they will.
 - Don't give what you don't have, even if it's in your possession. Possession is not ownership. Don't try to pull out of a pit, anyone who is heavier than you.

On't settle for less than your worth. Do you know your worth? Don't beg anyone to love you or you will pay more for your relationship than you are supposed to and much more than your heart, energy, time and finances can hardle.

Don't celebrate your own mediocrity, no matter the applause you get. If you know you could have done better, don't bask in the ovation of sycophants.

Don't say "It's ok" if it's not. If it's not good enough, do it again and again till it's good

Don't spend your time on work and studies alone. Connect with family, connect with friends, connect with nature and let the time you spend with all units of your reality be quality time. Nothing less is good enough.

Don't spiritualise things that obviously require the application of COMMON SENSE. Don't accept that critical thinking is a lack of faith.