

# The Spy and the Traitor

by John le Carré & Oleg Gordievsky

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Study the anatomy of a successful mole**

Understand recruitment, access, tradecraft, and exfiltration-the stages of espionage that Gordievsky mastered.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Examine how institutions can be weaponized**

Gordievsky used the KGB's own hierarchy and tradecraft to hide his disloyalty. Understand how trust systems can be exploited.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Learn the importance of ideological conviction**

Gordievsky risked his life because he believed in something. What principles would you act on despite the personal cost?

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<sup>04</sup> **Practice counter-surveillance awareness**

Read the techniques Gordievsky used to avoid detection. Apply them to your digital privacy and personal security.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Study the Cold War geopolitical context**

Understand the paranoia and proxy conflicts that made Gordievsky's intelligence so valuable to Western policy.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Document your own principles and commitments**

What are you willing to risk for? Gordievsky was clear on his values-clarity enabled action.