

PRINCIPLES FOR ACTORS

By John Britton
(Adapted by Kamil Haque)

1. Turn Up

An actor's first job is to the present- body, mind, spirit, imagination.... Everything

2. Pursue Pleasure

It's not about doing what you like; it's about finding what you love in what needs to be done.

3. Pay Attention To Your Work

If you do not think your work is worth paying attention to, why should anyone else?
When you are interested, you are interesting.

4. Exist (Only) In The Moment

Performance happens NOW!
If you are not paying attention now, you cannot perform now.

5. Love The Chaos

You are surrounded by chaos. You'll never control it, so learn to flow with it.

6. Pay Attention To Things You Can Do Something About

Your attention is limited. Don't waste it.

7. Know Your (Hierarchy Of) Tasks

Do your job. Know what you must do. Know what you would like to do. Know what you could do.
Ignore the rest.

8. If There Is Nothing For You To Do, Do Nothing

Don't fill up empty time/space with distraction. Do nothing and be ready for anything.
Stillness and silence are your friends.

9. Fail Gloriously

We learn by getting things wrong, not by getting them right.

10. Have No Pre-Conceived Opinion

In the moment that something happens, it is not wrong or right, it's real.
A real stimulus demands a real response.

11. Don't Be Helpful

You never know what someone else needs. If you guess, you are as likely to be wrong as to be right.
Focus on doing your job – let others discover for themselves what they need.

12. You Cannot Start At The End

However far you climb up the mountain yesterday, today you start from the bottom again.

13. Get Out Of The Way (Your Own Way)

Most of the time, the one stopping you from doing what you can do is you.

14. Only You Can Know What You Can Know

...So only you can do what you can do. Hear advice. Learn from others. Trust yourself.

15. Smile

It really does help.