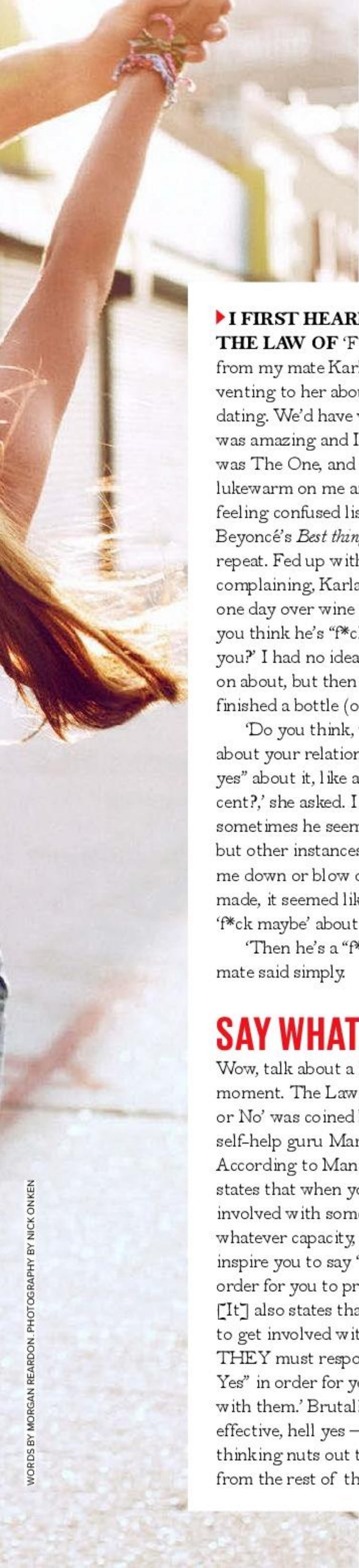


WHY WE NEED TO START LIVING A 'F*CK YES' LIFE!

Forget doing things half-baked, it's time to ditch the grey matter and embrace your f*cking feelings, says Morgan Reardon

LEARN TO LET
GO AND LIVE
YOUR BEST LIFE!





► **I FIRST HEARD ABOUT THE LAW OF 'F*ck Yes or No'** from my mate Karla when I was venting to her about a guy I was dating. We'd have weeks where he was amazing and I was so sure he was The One, and then he'd go lukewarm on me and I'd be left feeling confused listening to Beyoncé's *Best thing I never had* on repeat. Fed up with my constant complaining, Karla turned to me one day over wine and said, 'Do you think he's "f*ck yes" about you?' I had no idea what she was on about, but then again we had finished a bottle (or two) of red...

'Do you think, when he thinks about your relationship, he's "f*ck yes" about it, like all in, 100 per cent?,' she asked. I guess sometimes he seemed to be all in, but other instances when he'd let me down or blow off plans we'd made, it seemed like he was more 'f*ck maybe' about me...

'Then he's a "f*ck no",' my mate said simply.

SAY WHAT?

Wow, talk about a lightbulb moment. The Law of 'F*ck Yes or No' was coined by author and self-help guru Mark Manson. According to Manson, 'The law states that when you want to get involved with someone new, in whatever capacity, they must inspire you to say "F*ck Yes" in order for you to proceed with them. [It] also states that when you want to get involved with someone new... THEY must respond with a "F*ck Yes" in order for you to proceed with them.' Brutal? Sure, but effective, hell yes – this line of thinking nuts out the time-wasters from the rest of the bunch.

In fact, upon reading Manson's blog post about the law, I ended my quasi-relationship with Mr 'f*ck maybe', and I felt a huge weight off my shoulders. Getting real about my emotions and his lack of, was incredibly cathartic and it got me thinking about how this rule could apply in other areas of one's life.

TAKE CHARGE

Take your job, for instance. We spend more of our waking lives at our place of work than anywhere else, so we *should* love it. But in reality, I could count on one hand the amount of people I know that would say 'f*ck yes' to their job every day. So should we embrace Manson's theory and up and quit?

'This depends on the purpose for your job – is it a dead-end job that you hate and you dread, so you are 100 per cent yes to leaving it? Or is it a job you're unsure about, yet a stepping stone to your bigger career goal?' asks transformation expert Dr. Vesna Grubacevic (Qttransformation.com). 'Avoid jumping ship too soon until you work out what you really want and whether this job will help you to achieve that. Also, there is little point in changing jobs if you take the same problems with you. For example, if you lack confidence in a work situation, changing jobs may be insufficient to change your level of confidence and belief in yourself. The same problems may still be there, yet in a new job.'

While it works so well for romantic relationships, what about testing it out on friendships? 'All relationships help us to learn and grow as people and to develop our flexibility,' says Dr. Grubacevic. 'For example, you may have a friend you love to bits, yet they're slack in calling you back or organising a catch up. This doesn't necessarily mean that they are not

'THIS LINE OF THINKING NUTS OUT THE TIME-WASTERS'

saying 100 per cent "yes" to your friendship. Some people are just more organised and others are more laid back – it's their personality. Perhaps you and your friend need to learn from each other instead – the organised friend needs to learn to relax from time to time, while the laid-back friend needs to learn to plan ahead occasionally.'

F*CK SORTA?

OK, so that's one for the Law of F*ck Yes and one against. When I thought about applying it to other areas of my life, I ran into even more problems. This morning, I hated everything in my wardrobe, but does that mean I have to throw it all out this minute? And if I'm having a bad hair day, do I head straight to the hairdressers for a new 'do? While this extreme thinking isn't appropriate in every facet of my life, I still see the benefits in having a more clear-cut approach to life and our relationships with one another.

'Regret is the result of decisions and choices which are made out of fear and second guessing. Instead of following our instinct as to what is right for us, we override it with too much overthinking,' says Dr. Grubacevic.

'Stop being a bystander – fully participate in life. Whatever you do, do it wholeheartedly... fully commit to your relationships, job and life.' I'd say 'f*ck yes' to that! ■