BY [MICHELLE RUIZ](https://www.vogue.com/contributor/michelle-ruiz)

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This is self-help with an edge. As the subtitle says, The Life-Changing Magic of Not Giving a F\*ck is a primer on “how to stop spending time you don’t have with people you don’t like doing things you don’t want to do.” **3.\_\_\_\_\_\_\_** it is a parody, it’s less a takedown of Kondo’s tactical tidying methods and more inspired-by: Shortly after quitting her successful corporate job as a book editor, Knight KonMari’ed (a process of throwing out things that don’t “spark joy” and/or you never use) both her and her husband’s sock drawers and felt a surge of **4.\_\_\_\_\_** peace. Between the socks and the job-quitting, she was inspired to write the truth of her own mental decluttering.

“Even though I’ve always been this type A overachiever, ambitious person, it’s okay to say, ‘I don’t give a f\*ck about getting up at 6:30 in the morning and **5.\_\_\_\_\_\_\_\_** the subway to Rockefeller Center to sit at a desk job surrounded by people that I don’t **6.­­­­\_\_\_\_\_\_\_** my friends, and solve other people’s problems all day instead of solving my own,’ ” Knight told me.

Soon, she began **7.­­\_\_\_\_\_\_\_\_** the same philosophy to baby shower invites, Thanksgiving with her in-laws, and Kickstarter requests from virtual strangers. But how do you stop people-**8.\_\_\_\_\_\_\_**and not become a jerk? Here’s what I learned.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | with the aim | in order | for the purpose  | so that |
| 2. | after | back | off | in |
| 3. | though | nevertheless | however | since |
| 4 | inside | within | interior | inner |
| 5. | driving | taking | using | getting |
| 6. | feel | think | value | consider |
| 7. | using | applying | executing | exercising |
| 8. | satisfying | liking | pleasing | agreeing |

***FCE Reading and Use of English part 2 – Open cloze***

**Embrace the NotSorry Method.**
Knight’s answer to Kondo’s KonMari Method is the NotSorry Method. When assessing if you truly care (translation: give an F) about something, ask yourself: **1.\_\_\_\_\_\_** it annoy? If the answer is yes, you are to stop giving an F about it “posthaste.” In my case, attempting to make dinner between work and spending **2.\_\_\_\_\_\_** with my toddler had a tendency to annoy, but I felt making dinner was something I or my husband should be doing in the interest of **3.\_\_\_\_\_\_** healthy and not squandering our paychecks on takeout. I recently stopped giving an F about this perceived obligation **4.\_\_\_\_\_\_\_** picking up healthy and economical Sweetgreen salads for dinner nightly. Until I get sick of the Rad Thai (which is so delicious, I may never), problem solved!

**Giving fewer f\*cks has great benefits.**
Embrace the power of “no.” When Knight, for example, stopped giving a f\*ck about the little things that annoyed her—RSVP’ing no to baby showers, unfriending annoying people on Facebook, **5.\_\_\_\_\_\_\_** on makeup simply to go grocery shopping—she gained more time and money to do **6.\_\_\_\_\_\_\_** she really enjoyed—e.g., tropical vacations, reading Us Weekly. When you stop doing so many things that annoy and do not bring you joy, “your spirit will be lighter, your calendar will be clearer, and your time and energy will be spent on only the things and people you enjoy,” she says. **7.\_\_\_\_\_\_\_** longer stressing about what to buy and make for dinner, for example, **8.\_\_\_\_\_\_\_** afforded me the time and pleasure of coloring with my daughter and playing catch with her Elf on a Shelf. All upside.



Photo: Courtesy of Little, Brown and Company

***FCE Reading and Use of English part 3 – Word formation***

*Use the words given to form a word that fits in the gap* ***in the same******line****.*

LIMITATION

ENTHUSIASM

OPEN

ASSUME

FORTUNE

SICKNESS

PRIORITY

SELFLESS

**Draft a F\*ck Budget.**
I know what you’re probably thinking, because I was thinking it, too, while reading this book: How do you stop doing things you don’t want to do—e.g., attending a kinda-friend’s baby shower—when you’re worried it will hurt someone else’s feelings? Knight’s answer is a F\*ck Budget. Nail down the **1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_** group of friends, family members, and coworkers (and which of their showers, homemade jam sales, and Kickstarters) you value the most and whom you will support **2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_** They get your f\*cks. But those who are not on the list are not guaranteed your time, effort, or funds. This tenet empowered me to RSVP no to a peripheral member of my friend group’s play **3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_**. Most of the group is going, but I’ve decided it simply doesn’t fit into my F\*ck Budget.

**Be honest and polite, but not too honest nor too polite.**
Knight uses the example of RSVP’ing “no” to an expensive, vacation day–sucking holiday weekend wedding (with the **4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_** being that the bride and groom are not VIPs who fit into your F\*ck Budget). The honest and polite route, she says, would be to send a gift and a kind decline: “I’m honored to be invited but **5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_** can’t make it.” The too-honest route, however, would be divulging, “We usually go to Miami with friends over [Labor Day](http://vogue.com/tag/event/labor-day). Maybe we could bring them to your wedding instead? LMK!” It’s like my mother always said about calling in **6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_** to work: Don’t provide too much detail; don’t suggest you have anything to apologize for. I plan to apply this immediately to my succinct “So sorry I can’t be there but break a leg!” decline to Peripheral Friend’s play.

**#ZeroF\*cks or #NoF\*cksGiven is a lie.**
These hashtags pervade on [Twitter](http://vogue.com/tag/misc/twitter), but even Knight concedes that only sociopaths or flat-out “assholes,” as she says, give “no” or “zero” Fs about work, family, friends, and social obligations. The key is **7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_** the Fs you have to give—and giving them to those who matter most. This includes—lest anyone forget—yourself. “Not giving a f\*ck means taking care of yourself first, like affixing your own oxygen mask before helping others,” Knight writes. If that sounds **8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_**, well . . . I doubt she gives an F. **Vogue Daily**

**The Magic of Not Giving a F\*\*\* | Sarah Knight | TEDxCoconutGrove**

video link: https://www.youtube.com/watch?v=GwRzjFQa\_Og

*FCE listening part 1 – Multiple choice questions*

**1. The life changing magic of not giving a f\*ck is**

***a.*** *decluttering your home*

***b.*** *collecting lots of stuff*

***c.*** *stop caring about certain tasks and obligations*

**2. What does she say about Game of Thrones?**

***a.*** *She doesn’t spend energy on thinking about it but she spends time watching it.*

***b.*** *She doesn’t care about it at all.*

***c.*** *She likes buying things related to the series.*

**3. Her career as a senior editor was.**

***a.*** *Very successful.*

***b.*** *She was very excited about it.*

***c.*** *She liked the job but didn’t like the commute.*

**4. What is the notsorry method?**

***a.*** *Not caring about anything*

***b.*** *Decluttering your mind*

***c.*** *Becoming an unpleasant person*.

**5. What does she mean by expression ´tip of the f\*ck-berg´? An idiom meaning….**

***a.*** *the small part of a much larger situation*

***b.*** *an unimportant part of a big problem*

***c.*** *the most crucial part for resolving an issue*

**6. Why would you go to the office party even though it makes you unhappy according to the speaker?**

***a.*** *It’s a work obligation*

***b.*** *You feel guilty about saying NO*

***c.*** *You don’t want to cancel the last minute*

**7. Making a meaningful change means.**

***a.*** *clear your mind and make a f\*ck budget*

***b.*** *quit your job and go on holiday*

***c.*** *sell things you don’t need*

**8. How does she compare decluttering your house with decluttering your mind?**

***a.*** *they are both the same*

***b.*** *house decluttering doesn’t help at all*

***c.*** *mind decluttering is life changing*

**DISCUSSION:**

1. Is it hard for you to say NO.

2. How would your process of decluttering look like?

3. At what things would you spend most of your f\*ck budget?

4. Do you think that prioritizing what you really want would turn you into unpleasant person?

**KEY**

***\*Check understanding of the highlighted words***

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | with the aim | in order | for the purpose  | so that |
| 2. | after | back | off | in |
| 3. | though | nevertheless | however | since |
| 4 | inside | within | interior | inner |
| 5. | driving | taking | using | getting |
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