

DGAFAE: The 6 Letters I Tell Myself Daily
A Real Talk by Dexter Eugenio | The DECAF Network

Hey, I'm Dexter from The DECAF Network, and today I want to talk about six letters that mean a lot to me.

And no, it's not D-E-C-A-F this time.

It's D-G-A-F-A-E.

Now technically, it's not an acronym you can pronounce — it's not even a real word. But it's something I repeat to myself all the time.

DGAFAE = Don't Give A Flip About Anyone Else
(Feel free to replace "flip" with your own version — you know what I mean.)

Why Do I Say It?

Because every time I record something...

Every time I publish a video...

Every time I show up publicly to talk about personal growth or mindset or whatever's on my heart...

I start caring what people think.

And I hate that.

I overthink the background, the lighting, the crooked wall, the random Hot Wheels behind me, the unpaid bill hanging up — the little things that most people probably *won't even notice*.

But I notice.

And I make excuses.

And that slows me down.

So I repeat those six letters:

D-G-A-F-A-E

To remind myself that this isn't about perfection.

It's about progress.

Everyone Cares What Others Think... Until They Don't

It's human nature.

We want people to like us.

We don't want to look dumb or awkward or "too much."

But scroll through TikTok or Instagram and you'll find people doing the wildest, weirdest, most cringeworthy things —
with confidence.

And while your first instinct might be "What an idiot"...

You realize something else:

They've let go.

They've stopped caring.

They're fully in the DGAF zone — probably getting paid for it too.

And me? I still struggle with that.

Even this — this is my fourth video of the day — and I'm still thinking about how I sound, how I look, whether I've said "um" too much, or drifted off-topic.

But I'm doing it anyway.

The Internal Tug of War

Every time I publish, I think two things at once:

- "I hope no one sees this." 😊
- "I hope everyone sees this." 🙌

Because deep down, I want people to know what I'm building.

To see the growth.

To connect.

But the fear of judgment still lingers.

And that's why DGAFAE is so important for me.

Will I Ever Fully Not Care?

I don't know.

I value other people's opinions — probably too much.
I don't need to dive into the psychology of it. I just need to manage it.
To know that caring less is part of growth.

And weirdly, it's been kind of... fun.

I've Never Been a Big Sharer

I'm not the "photo your food" type.
Not the "announce every moment on Facebook" type either.

I live in the moment.
And sometimes pulling out your phone to share... it pulls you *out* of that moment.
Maybe I'll change. Maybe I won't.
But I know I'm learning.

So Why Am I Telling You This?

Because if you are holding back — from speaking up, from starting something, from putting yourself out there —
you might need those six letters too:

D-G-A-F-A-E
Don't Give A Flip About Anyone Else.

Not because you're arrogant.
But because your voice, your growth, your path deserves to be heard — even if it's imperfect.

So yeah, I'm recording.
This is video number four today.
And I'm sending it off to my VA RG (who is the best, by the way) to help make it better.

But the message is the same:

Keep showing up.
Keep doing it scared.
Keep saying DGAF until you believe it.

Thanks for listening.