I wonder why you care so much when you don't wanna do it we always put you through it Every day we ask a lot we know you're gonna do it [chorus] It's your life Don't think twice It's your life Don't think twice It's your life You cross the line and make up your mind Do you think you're gonna make it? 'cos you don't have to take it You are the kind that will always find Sometimes you gotta fake it But you really gotta shake it [bridge] You know you gotta know Sometimes it's touch and go It's time to just say no [repeat chorus] You make yourself such an easy touch Doesn't matter who you're nice to 'cos you want us all to like you To let us down would be too much But maybe you're afraid to 'cos that is how we made you I know it's touch and go It's time to say no You know you gotta know Sometimes it's touch and go It's time to just say no It's your life Every day you find a way to do more than you want to It's always there to haunt you One word will change your day No matter what we ask you Say no and put it past you [repeat bridge] [repeat chorus]