

VIDEOPLAY

CHOOSE THE BEST OPTION

1. He says he felt like he was stuck, so he decided to _____.

go to McDonalds - eat at McDonalds for thirty days- try something new for thirty days

2. He says it's a simple idea. Just think about something you've always wanted ___ and try it for thirty days.

to add to your life - in your life. - to watch someone do

3. He learned a couple things, one time became more memorable, and two,_____.

he took a picture everyday for a month - he bought a bike to go to work. - his self-confidence grew

4. He figured out that if he really wanted something badly enough _____.

he could do it for thirty days - you can write a novel. - he could write a book

5. He wrote a book in a month. He says _____.

the book is awful - his book is awesome - it was an awful experience

6. He learned that when he tried something for thirty days, he could keep doing it if _____.

it was something small - he stuck to big challenges - it was a big, crazy challenge

7. He says we should think about something we've always wanted to try, and _____.

guarantee that the next thirty days will pass, whether we like it or not

give it a shot - give it a try

Listening for specific information

A few years ago, I felt like I was stuck in a (**hut** - **root** - **rut**), so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days.

The idea is actually(**really- gitty- pretty**) simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns (**at- off - out**) 30 days is just about the right amount of time to add a new habit or (**distract- detract - subtract**) a habit -- like watching the news -- from your life.

There's a few things I learned while doing these 30- day challenges. The first was, instead of the months (**dying - flying - defying**) by, forgotten, the time was much more memorable. This was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I also noticed that as I started to do more and (**smarter - harsher -harder**) 30-day challenges, my self- confidence grew. I went from desk-dwelling computer nerd to the kind of guy who (**hikes - bikes - pikes**) to work. For fun!

Even last year, I (**headed up - held up - ended up**) hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges.

WHAT'S THE WORD?

I also out that if you really want something badly enough, you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own-word novel, from scratch, in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-....., but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful.

..... for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer scientist." No, no, if I want to, I can say, "I'm a novelist."

So here's one last thing I'd like to mention. I learned that when I made small, changes, things I could keep doing, they were more likely to There's nothing wrong with big, crazy challenges. In fact, they're a of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this.

So here's my question to you: What are you waiting for? I guarantee you the next 30 days are going to pass whether you like it or not, so why not think about something you have always wanted to try and it a shot! For the next 30 days.