

Text below is brief summary of the TED TALK called "Try something new for 30 days", by Engineer Matt Curt. Complete the text with the words in the box:

ride something difficult always can mountain time create

If you believe that your life is boring, that nothing new happens, that your routine will probably kill you, you should try ¹ _____ new for 30 days. It ² _____ change your life. First, think of something that you have ³ _____ wanted to do and try it for the next 30 days. Thirty days is the amount of time we need to ⁴ _____ a new habit or to eliminate an old habit. The good thing about doing it is that your ⁵ _____ will become more interesting, more exciting, more memorable. You can try totally different things. For example, you can ⁶ _____ a bike to work or to school, climb a ⁷ _____ or even do something really difficult. But be careful! Imagine things which are not too ⁸ _____. Try not to exaggerate!