

Matt Cutts: Try Something New For 30 Days

1. Is there something you've always wanted to do, but just... haven't?
2. The following words/phrases are going to be mentioned in video. Match them to their definitions.

a. Awful	From the very beginning. ____
b. Stuck in a rut	(for time) to go quickly. ____
c. Memorable	To become seemingly trapped in a mundane, non-challenging pattern of life, work and/or personal behaviour. ____
d. Follow in the footsteps of	To stop doing/having something you do/have regularly. ____
e. Self-confidence	To pursue something that someone else has already done. ____
f. Give it a shot	Discover, determine. ____
g. From scratch	Something difficult that tests your ability. ____
h. Challenge	Very bad. ____
i. Dwelling	Worth remembering. ____
j. Fly by	A feeling of trust in one's abilities, qualities, and judgement. ____
k. Figure out	To try something (often for the first time.) ____
l. Give up	A place to live in

3. Watch the TED talk by Matt Cutts "Try Something New for 30 Days" and answer these questions:

- a. Why did Matt Cutts decide to try something new for 30 days?
- b. What did Matt Cutts decide to do for 30 days? How did he feel after that?
- c. What did he do next?
- d. Did Matt try to write a blog or a novel?
- e. What did this experiment teach him?

4. Watch the TED talk again and fill in the blanks using the words/phrases from exercise 2. Remember to write them in their correct form.

A few years ago, I felt like I was _____. So, I decided to _____ the great American philosopher, Morgan Spurlock* and try something new for 30 days. The idea is pretty simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns out, 30 days is just about the right amount of time to add a new habit or subtract a habit-like watching the news- from your life. There's a few

things I learnt by doing these 30 day _____. The first was instead of the months _____, forgotten, the time was much more _____. 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 harder 30-day challenges, my _____ grew. I went from desk-_____ computer nerd to the kind of guy who bikes to work, for fun. Even last year, I 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. I also _____ 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 50,000-word novel _____ 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 the words for the day. You might be sleep-deprived, but you'll finish your novel. Now, is my book the next great American novel? No, I wrote it in a month! It's _____! But 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 learnt that when I made small, sustainable changes, things I could keep doing, they were more likely to stick. There is nothing wrong with big, crazy challenges. In fact, there are a ton of fun. But, they're less likely to stick. When I _____ 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 _____ for the next 30 days.

5. Discuss.

- a. Would you like to try such a 30-day challenge? What would you do?
- b. What would you do if you felt you are stuck in a rut?
- c. Is your everyday memorable? If not, what can you do to change this?

Source: <https://www.youtube.com/watch?v=UNP03fDSj1U>

*Morgan Spurlock is an American film-maker, well-known for documentaries where he tries something for 30 days.