

a  Look at photos a–c and read *The 30-day challenge*. Then discuss the questions.

- 1 What are the people in the photos doing? Have you ever taken up similar activities? If so, how successful were you?
- 2 Do you think doing something for 30 days gives you a better chance of succeeding? Why / Why not?

The 30-day challenge

Have you ever started a new hobby but given up after only a couple of weeks? Or started a course and stopped after the first few lessons? Most of us have tried to learn something new, but very few of us ever really get any good at it – it's just too difficult to continue doing something new.

But now there's some good news: did you know that if you can keep up your new hobby for just 30 days, you have a much better chance of succeeding? And you may learn something new about yourself, too.

