

TED Try something new for 30 days

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3	A few years ago, I felt like I was (), 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 pretty (simple). Think about something you've always wanted to (add to your life) and try it (or 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.
34	There's a few things I learned (while) doing these 30-day challenges. The first was, instead of the months flying 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 was doing that day. I also noticed that as I started to do more and harder 30-day challenges, my self-confidence (grew). I went from desk-dwelling computer (nerd) to the kind of guy who bikes to work. (or fun)!
1:08	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.
1:19	I also (figured out) that if you really want something (badly enough), you

	<p>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, 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–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 awful.</p>
2:06	<p>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.”</p>
2:45	<p>So, here’s one last thing i’d like to mention, I learned that when I made (small, sustainable) changes, things I could (keep doing), they were more likely to stick. There’s nothing wrong with big, crazy challenges. In fact, they’re a ton of fun, But they’re less likely to stick. When I gave up sugar for 30 days, day 31 looked like this.</p>
2:21	<p>So here’s my questions 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 (give it a shot)! For the next 30 days. Thanks!</p>
	<p>1. 연설자(Matt Cutts)의 직업은?</p> <p>2. Would you like to try such a 30 day challenge? What would you do? 30일동안 새로운 도전을 한다면, 무엇을 하겠습니까?</p>