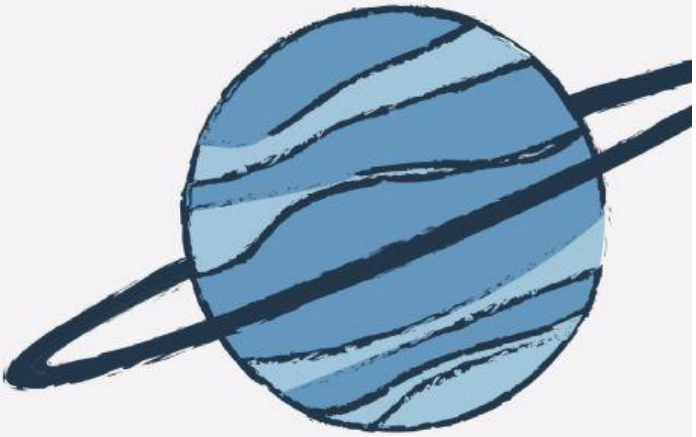
TED TALKS

Try something new for 30 days

Choose the correct answer:

What did Matt decide to do?
a. add a new habit to his life
b. try something new for 30 days
c. go to visit his American friend



What did he do every day during these 30 days?
a. he rode a bike to work
b. he took a picture every day
c. he had a lot of fun

How did he end up his 30-day challenges?
a. hiking up mount Kilimanjaro
b. writing a novel
c. starting another 30-days challenge

What is the secret of writing a novel for 30 days?
a. start in November
b. write 1,667 words a day for a month
c. write 50,000-word novel from scratch

Who is the speaker?
a novelist
a traveller
a computer nerd

What changes are more likely to stick according to Matt?
a. small, sustainable changes
b. big, crazy challenges

LIVEWORKSHEETS