Watch the video from the beginning to 1.09 and fill in the gaps in the script

A _____ years ago, I felt like I was stuck in a rut, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something _____for 30 days. The idea is actually _____ 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 _____ a new habit or _____ a habit -- like watching the news -- from your life. There's a few things I learned while doing these 30-day_____. The first was, instead of the months flying by, 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 _____ where I was and what I was doing that day. I also _____ 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. For _____!

Match the phrases with the pictures.

computer nerd stuck in a rut do for fun
follow in the footsteps



_____



_____

LIVEWORKSHEETS





_____ _____

Complete the sentences with pharses

for fun

computer nerd

stuck in a rut

follow in the footsteps

1. I need to change jobs - after 15 years here I feel like _____.
2. For more than ten years I have created beautiful websites and web applications for companies, people and just_____.
3. Although Kunis has described herself as a _____, she does not have a Myspace, Facebook or Twitter account.
4. Garrel, Jr. decided to _____ of his father and try himself as a director.

Listen to the second part of the video (from 1.09 to 2.19) and mark the statements true or false.

LIVEWORKSHEETS

1. Matt hiked up Mt. Kilimanjaro last year _____
2. To write a novel a person has to write 1,767 words a day for a month. ___
3. Matt wrote a wonderful novel.____
4. Matt is happy that now he can say that he's a novelist.____

Make up word combination used in the text:

want	***from scratch***
write a novel	***of my life***
for the rest of	***badly***

3. Watch the last part of the video and answer the questions.

What changes are people more likely to stick.?

_____

There were a lot of phrasal verbs in the text. Match them with their synonyms.

stop doing happen/ understand result /eventually achieve a situation

When I gave up sugar for 30 days, day 31 looked like this. _____

I also figured out that if you really want something badly enough, you can do anything for 30 days.

_____

It turns out 30 days is just about the right amount of time to add a new habit._____

Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa.

_____

LIVEWORKSHEETS

Which phrasal verb suits these phrases best.

_____ *hope*
smoking
trying

_____

_____ *how to use a new app*
what happened
a way for you to see her again.

_____

to be a huge disappointment
_____ *to be a lie*
that she had known him when they were children

_____

in Paris
_____ *losing money*
penniless

LIVEWORKSHEETS

LIVEWORKSHEETS