**Matt Cutts: Try Something New For 30 Days**

**Match the word with its definition.**

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|---|---|
| **1. Be stuck in a rut** | From the very beginning. ___ |
| **2. Follow in the footsteps of** | To try something (often for the first time as a means of forming an opinion about it) ___ |
| **3. Turn out** | A place to live in; an abode ___ |
| **4. Fly by** | 1) To discover or decide<br>2) To solve or decipher ___ |
| **5. Dwelling** | to happen; to end up; to result. ___ |
| **6. End up** | Finally be or do something ___ |
| **7. Figure out** | [for time] to go quickly ___ |
| **8. From scratch** | To become seemingly trapped or stuck in a mundane, non-changing pattern of life, work, and/or personal behavior. ___ |
| **9. Give it a shot** | To pursue something that someone else (often a family member) has already done ___ |
| **10. Give up** | 1) to stop doing something that you do regularly<br>2) to stop doing something that you are trying hard to do ___ |

***Is there something you've always wanted to do, but just ... haven't?***

**Watch the TED talk again and fill in the gaps.**

A few years ago, I felt like I was _____. So I decided to follow in the _____of the great American philosopher, Morgan Spurlock and try something new for 30 days. The idea is pretty simple. Think about something you're 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 learned while doing these 30 day _____. The first was instead of the



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months flying by, forgotten, the time was much more _____. That 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 _____ 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 from _____ 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 _____! 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 learned 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. _____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.

Source:http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html

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



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