

Try Something New for Thirty Days.

By Matt Cuts.

You are going to listen to a video about how to add healthy habits to your life.

1- Before watching the video

Can you describe your routine?

Do you have healthy habits?

Which new habit would you add to your life?

2- Listen to the video and read.

<https://www.youtube.com/watch?v=nzRvMsrnoF8>

A few 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 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 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 are 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 I 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 -- 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 figured out 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 a 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. 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'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...

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 **give it a shot** for the next 30 days.

3- Pay attention to the highlighted words. Choose the correct meaning for each one:

- a- To be stuck in a rut:
- b- To follow in the footsteps of:
- c- Turn out:
- d- Fly by:
- e- Desk dwelling computer nerd:
- f- From scratch
- g- To give it a shot:

4- Try this activity!!

<https://wordwall.net/resource/69047843>

5- Read the monologue again and answer the questions:

Paragraph 1:

- a- What did the author decide to do some years ago?
- b- Why 30 days?

Paragraph 2:

- c- What was the first thing he learned by doing these 30-day challenges?
- d- How did he feel after the challenges and how did he change?
- e- Find a synonym for this: "A person who stays all day in front of a computer".

Paragraph 3:

- f- Find a synonym for "to strongly desire something"
- g- What happens every November?
- h- What's the secret if you want to write a novel in 30 days?
- i- Is it important to write a good novel?

Paragraph 4

- j- Why are small changes better than big ones?
- k- Find a synonym for "a lot of fun"
- 3- Do you agree with Matt Cuts?
- 6- Which new habits would you like to add to your life?

Homework:

1- Complete the sentences with the expressions in the box.

- a- I need a new challenge! I do the same things every day. I _____
- b- When we started to build the house we had nothing. We started _____
- c- I have never done Taekwondo. I _____
- d- You should _____ your father. He always said that hard work is the key to success.
- e- You should start the project now. Time _____.

- f- He stays 24 hours in front of a computer. He's a _____.
- g- We are still trying to _____ how to solve the problems at the company.
- h- They thought that the movie was going to be a blockbuster, but it _____ to be a complete economic disaster.
- i- You should _____ smoking. It's a very unhealthy habit.

Follow in the footsteps of – turned out - from a scratch - 'll give it a shot – computer dwelling nerd - flies by - 'm stuck in a rut -

2- Rewrite these sentences using these expressions (change the verb forms if necessary)

Follow in the footsteps of– fly by– trun out – stuck in a rut– give it a shot– from a scratch

- a- He always tries to follow the example of his father. _____
- b- Running is great! You should try it _____
- c- They shouldn't waste so much time! Time passes by very fast _____
- d- We started the company from the very beginning. _____
- e- At first, I thought that he was the most unbearable person in the world, but **it proved to be the case that** he was really nice. _____
- f- I'm really tired of my routine. _____