TRY SOMETHING NEW FOR 30 DAYS

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VOCABULARY:	
• be stuck in a rut	from the very beginning
• follow in the footsteps	to pursue something that someone else (often a family member) has already done
• turn out	to reach or come to a place, condition, or situation that was not planned or expected
• fly by	to stop doing or to stop having something
• end up	to understand someone or something, or to find the answer to something by thinking
• figure out	to try something, to make an attempt at doing something
• from scratch	(for time) to pass or go past quickly
• give it a shot	to happen in a particular way or to have a particular result
• give up	to become stuck in a mundane, non-changing pattern of life

A few years ago I felt like I was _____ 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 _____ of time to **add a new habit** or **subtract a habit**, like

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watching the news, from your life. There's a few things that I _____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 _____ to take a picture every day for a month. And I remember exactly where I _____ and what I was doing that day. I also _____ that as I _____ to do more and harder 30-day challenges, my **self-confidence** _____. I went from desk dwelling computer nerd to the kind of guy who bikes to work for fun. Even last year I _____ up hiking up Mount Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges. I also _____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 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-_____, 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_____. I learned that when I made small, sustainable changes, things I _____ keep doing, they were **more likely to stick**. There's nothing wrong with big crazy challenges. _____, they're a ton of fun. But they're less likely to stick. When I _____ up sugar for 30 days, day 31 _____ 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?

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