

MATT CUTTS: TRY SOMETHING NEW FOR 30 DAYS

Match with the correct definition

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 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 2) to stop doing something that you are trying hard to do ____

① Is there something you've always wanted to do, but just ... haven't? haven't?

② Watch the TED talk by Matt Cutts "Try Something New for 30 Days" and answer these questions:

- Why did Matt Cutts decide to try something new for 30 days?
- What did Matt Cutts first decide to do for 30 days? How did he feel after that?
- What did he do next?
- Did Matt try to write a blog or a novel?
- What did this experiment teach him?

3 Watch the TED talk again and fill in the gaps:

A few years ago, I felt like I was _____ in a rut. So I decided to follow in the _____ of the great American philosopher, Morgan Spurlock and try _____ new for 30 days. The idea is _____ pretty simple. Think _____ something you've always wanted to _____ to your life and try it for the _____ 30 days.

It turns _____ 30 days is just about the right _____ of time to add a new habit or _____ a habit –like watching the news—from your _____. There's a _____ things I learned while doing these 30 day _____. The first was instead of the months _____ by, forgotten the time was much more _____. This was part of a challenge I did to take a _____ every day for a month. And I remember _____ where I was and what I was _____ that day. I also _____ that as I started to do more and _____ 30 day challenges, my self-confidence _____. I went from desk-dwelling computer _____ to the kind of guy who _____ to work. For fun!

Even last year, I ended up _____ up Mt. Kilimanjaro the _____ mountain in Africa. I would never have been that _____ before I started my 30 day challenges.

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

Have you ever wanted to write a novel? Every November, tens of _____ 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 _____ words a day for a month. So I _____. By the way, the _____ is not to go to sleep until you've written your words for the

day. You might be _____-deprived, but you'll finish your novel. Now is my book next great _____ 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 _____, I don't have to say "I'm a computer scientist" No, no, if I want to I can say, "I'm a _____"

So here's one last thing I'd like to _____. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to _____. There is nothing wrong with big, crazy challenges. In _____ there are a ton of fun. But they're less likely to _____. When I _____ 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 _____ you like it or not. So why not think about something you have always wanted to try and _____ it _____ for the next 30 days.

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