

TRY SOMETHING NEW FOR 30 DAYS
TEDx by Matt Cutts

Vocabulary

stick		a habit or pattern of behavior that has become dull and unproductive
stuck		very bad or unpleasant
rut		adhere or cling to something
sustainable		suffering a severe and damaging lack of basic material
from scratch		be fixed in a particular position
deprived		able to be maintained at a certain rate or level
awful		probable
likely		from the very beginning, especially without relying on any previous work for assistance

Questions

Knowing the meaning of *stuck* and *rut*, what does the expression "stuck in a rut" mean?

According to the speaker, what are the benefits of spending 30 days trying something new?

Who inspired Matt Cutts?

What often happens in November in the US?

What's are some things that you would like to try to do for 30 days in a row? Why?

Morgan Spurlock was an American film-maker. He created the series *30 days*. *30 Days* is an American reality television series created and hosted by Morgan Spurlock for FX. In each episode, Spurlock, or some other person or group of people, spend 30 days immersing themselves in a particular lifestyle with which they are unfamiliar (e.g. working for minimum wage, being in prison, a Christian living as a Muslim, etc.), while discussing related social issues. As in Spurlock's film, *Super-Size Me*, there are a number of rules unique to each situation which must be followed during each such experiment. At least one episode each season has featured Spurlock as the person spending the month in the particular lifestyle.