

SHIFT + DEL

A BAD HABIT

 Before watch the video
*Match the words with the pictures.



Watching TV shows



Wasting time online



Swearing



Snacking

Gossipping

Nail biting



Sleeping-in



*Now, rate those bad habits from 0 (I never do it) to 5 (I always do it) according to the frequency that you do it.

*Share your information with a classmate. Are your answers similar or different?

*Can you think about three more bad habits?

 While you watch the video

*List some Matt's bad habits:



Three sad face emojis are positioned on the left side of a set of four horizontal lines. A purple sticky note is attached to the right side of the lines.

*How many days he spend doing a new activity? why?

*What is **THE NATIONAL NOVEL WRITING MONTH?** 



*What do need to do to be part of that writing competition?

 After you watch the video

*What did he get by changing his bad habits?

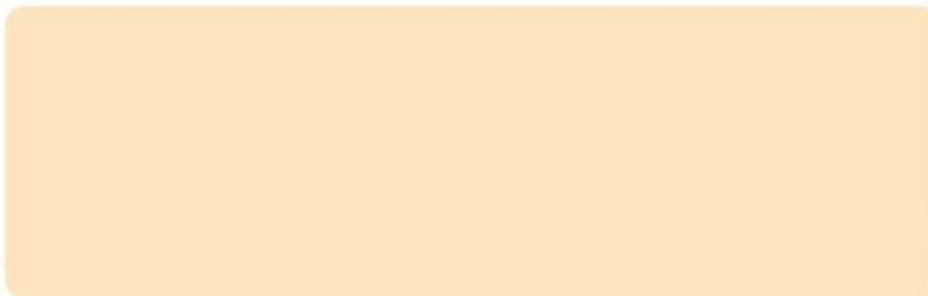


*What is his formula to change a bad habit and make it possible?



... what about you?!

*What bad habit are you going to change?



YOU