

Watch the video and fill the gaps.

A few years ago, _____, so I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try something new for 30 days. _____. 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's a few things I learned while doing these 30-day challenges. _____, instead of the months flying by, forgotten, the time was much more memorable. _____ 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!

_____ that if you really want something badly enough, you can do anything for 30 days. So here's one last thing I'd like to mention. _____ 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: _____ 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 _____ For the next 30 days.

Thanks.

