

Watch the video about Matt Cutts and 'his 30-day challenge', and then complete the exercises.

- B. Complete the excerpt using the words below. Then watch (▶) Cutts's TED Talk, and check your answers.

idea                      something                      time                      try                      years

« A few <sup>1</sup> ago, I felt like I was stuck in a rut. So I decided to follow in the footsteps of the great American philosopher, Morgan Spurlock, and try <sup>2</sup> new for 30 days. The <sup>3</sup> is actually pretty simple. Think about something you've always wanted to add to your life, and <sup>4</sup> it for the next 30 days. It turns out, 30 days is just about the right amount of <sup>5</sup> to add a new habit or subtract a habit—like watching the news—from your life. »

**stuck in a rut:** *idiom* to feel trapped or bored by routine

**turns out:** *v.* happens, ends, or develops in a particular way

### UNDERSTANDING KEY DETAILS

Watch (▶) Cutts's talk again. Choose the best answer for each question about Cutts's challenges.

1. His daily photo helped Cutts \_\_\_\_\_.
  - a. improve his photography skills
  - b. visit interesting places
  - c. remember more
2. Cutts \_\_\_\_\_ after his challenges.
  - a. was healthier
  - b. was more adventurous
  - c. met many interesting people
3. Cutts wanted to write a novel in 30 days. He \_\_\_\_\_.
  - a. became a famous author
  - b. wrote about 1,700 words every day
  - c. wrote an excellent book
4. Cutts stopped eating sugar for 30 days. Then he \_\_\_\_\_.
  - a. started eating sugar again
  - b. never ate sugar again
  - c. felt very healthy