

*Try something new for 30 days*

Choose the correct answer:

What did Matt decide to do?

- a. add a new habit to his life
- b. try something new for 30 days
- c. go to visit his American friend

What did he do every day during these 30 days?

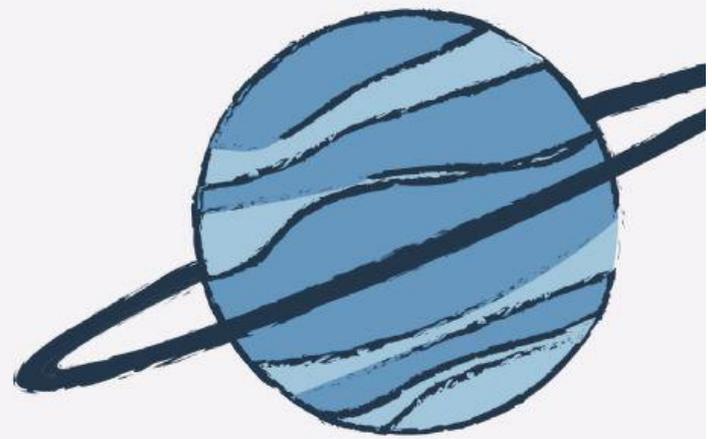
- a. he rode a bike to work
- b. he took a picture every day
- c. he had a lot of fun

How did he end up his 30-day challenges?

- a. hiking up mount Kilimanjaro
- b. writing a novel
- c. starting another 30-days challenge

What is the secret of writing a novel for 30 days?

- a. start in November
- b. write 1,667 words a day for a month
- c. write 50,000-word novel from scratch



Who is the speaker?

- a. novelist
- b. traveller
- c. computer nerd

What changes are more likely to stick according to Matt?

- a. small, sustainable changes
- b. big, crazy challenges