# Try Something New

TED Ideas worth spreading

**A. Introduction:**

1. Look at the different experiences and events below.
Tick the ones you have experienced.

a. Start a business
b. Have a baby
c. Go to university
d. Get a job
e. Choose your career
f. Get married
g. Leave home
h. Retire
i. Learn to ride a bike
j. Move out
k. Spend time abroad
l. Change career
m. Take up a new hobbie
n. Live with a partner

2. Now put the evens from exercise one in the correct column. When did you experience all these things?

| Childhood | Adolescence | Early twenties | Mid-twenties | Early thirties | Mid-thirties |
|---|---|---|---|---|---|
| | | | | | |

3. Choose three things in exercise 1 and discuss which is the best age to do them.
Is it ever too late to do something?

**B. Video**

1. Is there anything you've always wanted to do but just haven't?
Why didn't you do it?
Think of 3 things you could realistically do for 30 days.

2. Watch the Ted talk by Matt Cutts, "Try Something New for 30 Days" ans answer the questions:

LIVEWORKSHEETS

a. Why did Matt decide to do something new for 30 days?
b. What did Matt do first for 30 days? How did he feel after that?
c. What did he do next?
d. Did he write a blog or a novel?
e. What has he learned from this challenge?

3. Choose the correct option:
a. Who inspired Matt?
Lewis and Clark  Mark Twain  Morgan Spurlock
b. What happens during National Novel Writing Month?

4. Watch the conference one more time and complete the extract with the correct word or phrase.

| | | | | | |
|---|---|---|---|---|---|
| **noticed** | **stuck in a rut** | **give it a shot** | **In fact** | **memorable** | **challenges** |
| **give it a shot** | **scratch** | **awful** | **gave up** | **footsteps** | |

A few years ago, I felt like I was _____. So I decided to follow in the _____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.

There's a few things I learned while doing these 30 day _____. The first was instead of the months flying by, forgotten the time was much more _____. That was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day.

I also noticed 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.

I would never have been that adventurous before I started my 30 day challenges. I also _____ that if you really want something badly enough you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own 50,000 word novel from _____ in 30 days. Now is my book next great American novel? No, I wrote it in a month. It's _____.

There is nothing wrong with big, crazy challenges. _____there are a ton of fun. But they're less likely to stick. When I _____sugar for 30 days, day 31 looked like this. So here's my question to you. "What are you waiting for?"

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.

5. Find expressions in the text that mean:
Unable to move forward with your life. _____
To be inspired by and emulate another person. _____
The result was. _____
To try something. _____
To have a permanent effect. _____

**.C) Discuss**: click the link and read the answers to the guided discussion about #30Days challenge.
Choose 3 challenges from the comments that you'd like to try for 30 days.

1.
2.
3.

**#30Days using English**

**Think of some activities you can do (using English) outside of the classroom for the next 30 days, and then decide how much time to dedicate to each activity per week.**

1.
2.
3.
4.
5.

LIVEWORKSHEETS