

Text below is brief summary of the TED TALK called "Try something new for 30 days", by Engineer Matt Curt. Complete the text with the words in the box:

ride something difficult always can mountain time create

If you believe that your life is boring, that nothing new happens, that your routine will probably kill you, you should try <sup>1</sup> \_\_\_\_\_ new for 30 days. It <sup>2</sup> \_\_\_\_\_ change your life. First, think of something that you have <sup>3</sup> \_\_\_\_\_ wanted to do and try it for the next 30 days. Thirty days is the amount of time we need to <sup>4</sup> \_\_\_\_\_ a new habit or to eliminate an old habit. The good thing about doing it is that your <sup>5</sup> \_\_\_\_\_ will become more interesting, more exciting, more memorable. You can try totally different things. For example, you can <sup>6</sup> \_\_\_\_\_ a bike to work or to school, climb a <sup>7</sup> \_\_\_\_\_ or even do something really difficult. But be careful! Imagine things which are not too <sup>8</sup> \_\_\_\_\_. Try not to exaggerate!