

Matt Cutts: Try Something New For 30 Days



① Is there something you've always wanted to do, but just ... haven't?

② Watch the TED talk by Matt Cutts "Try Something New for 30 Days" and answer these questions:

- Why did Matt Cutts decide to try something new for 30 days?
- What did Matt Cutts first decide to do for 30 days? How did he feel after that?
- What did he do next?
- Did Matt try to write a blog or a novel?
- What did this experiment teach him?

③ Watch the TED talk again and fill in the gaps:

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're 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 _____ 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.

http://www.ted.com/talks/matt_cutts_try_something_new_for_30_days.html

④ Would you like to try such a 30-day challenge? What would you do?

What would you do if you felt that you're stuck in a rut?

Is your every day memorable? If not, what can you do to change this?