



Activity Worksheet

'Is there something you've always meant to do, wanted to do, but just ... haven't? Matt Cutts suggests: Try it for 30 days. This short, lighthearted talk offers a neat way to think about setting and achieving goals.'

A. Listening task:

Fill in the blanks of the transcript while listening to Matt Cutts' talk:

A few years ago, I felt like I was 1/..... in a rut, so I decided to follow in the 2/.....of the great American philosopher, Morgan Spurlock, and try something new for 30 days. The idea is actually pretty simple. Think about something you've always wanted to add to your life and try it for the next 30 days. It turns out 30 days is just about the right amount of time to add a new habit or 3/.....a habit -- like watching the news - - from your life.

There's a few things I learned while doing these 30-day challenges. The first was 4/..... of the months flying by, forgotten, the time was much more 5/..... This 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 6/.....grew. I went from desk-dwelling computer 7/..... to the kind of guy who bikes to work. For fun!

Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that 8/.....before I started my 30-day challenges.

I also figured out 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 9/....., in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be 10/....., but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful.

But for the rest of my life, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer scientist." No, no, if I want to, I can say, "I'm a 11/....."

So here's one last thing I'd like to mention. I learned that when I made small 12/.....changes, things I could keep doing, they were more likely to stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to 13/..... When I gave up sugar for 30 days, day 31 looked like this.

So here's my question to you: What are you waiting for? I 14/.....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 give it a 15/.....! For the next 30 days.

Thanks.

B. Guessing activity:

Work in pairs! Can you think of funny or serious resolutions for the following people?





C. Writing Task



What are your New Year's Resolutions? What challenge would you like to take for the next 30 days? Free write about this topic: