Try something new for 30 days

eslvideo.com Quiz by: Disamar

1. What did Matt Cutts decide to try for 30 days?

○ a.) A new job

○ b.) Something new

○ c.) A new city

2. What did he learn about time during the challenges?

○ a.) Time flies by

○ b.) Time is more memorable

○ c.) Time is boring

3. What did Matt Cutts do to improve his self-confidence?

○ a.) He started a new job

○ b.) He did harder challenges

○ c.) He traveled more

4. What mountain did he hike?

○ a.) Mount Everest

○ b.) Mount Kilimanjaro

○ c.) Mount Fuji

5. What did he say about writing a novel?

○ a.) It is very easy

○ b.) It takes a long time

○ c.) You can write it in 30 days

6. How many words did he need to write each day to finish his novel?

○ a.) 1000 words

○ b.) 1500 words

○ c.) 1667 words

7. What did he say about his novel?

○ a.) It is the best novel ever

○ b.) It is awful

○ c.) It is very popular

8. What did he learn about small changes?

○ a.) They are hard to keep

○ b.) They are more likely to stick

○ c.) They are not fun

9. What did he give up for 30 days?

○ a.) Coffee

○ b.) Sugar

○ c.) Meat

10. What does he encourage people to do?

○ a.) Wait for the right time

○ b.) Try something new for 30 days

○ c.) Stay in their comfort zone

Transcript

[Music] [Applause] A few years ago I felt like I was stuck in a rut so I decided to follow in the footsteps 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 subtract a habit like watching the news from your life. There's a few things that I learned while doing these 30-day challenges. The first was instead of the months flying by forgotten, the time was much more memorable. 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 self-confidence grew. I went from desk dwelling computer nerd to the kind of guy who bikes to work for fun. Even last year I ended up hiking up Mount Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenge. 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 scratch in 30 days. It turns out all you have to do is write 1667 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 sleep deprived 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 novelist. [Applause] So here's one last thing I'd like to mention. I learned that when I made small sustainable 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 stick. 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 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 give it a shot for the next 30 days? Thanks. [Music]