

# V34 – TED Talks: Try Something New for 30 Days

## Part 1 – Topic Speaking: Motivation

Directions: Discuss the following questions with a partner.

1. What new things have you done recently?
2. What's something you want to try to do?
3. Do you have any bad habits you are trying to stop doing?
4. What are some good habits you have?
5. How much time do you need to form a habit?
6. What motivates you to do well at your job?
7. Do you like to try new things?
8. Have you read any motivational books?
9. Are you motivated to make a lot of money?
10. What motivates you to improve your English?

## Part 2A - Vocabulary Review:

Directions: Discuss the meaning with a partner. Next, review as a class.

Vocabulary	*	Definition or Translation
1. stuck in a rut	1	
2. follow in the footsteps	1	
3. turns out	4	
4. adventurous	12	
5. figured out	13	
6. it turns out	16	
7. sleep deprived	19	
8. sustainable	24	
9. a ton of	25	
10. give it a shot	29	

\*NOTE: the number indicates where the vocabulary is located in the script.

## Part 2B - Vocabulary Speaking:

Directions: Choose 5 vocabulary words and create a question. Next, discuss your questions with a partner.

Word	Question
Ex: tough	What is the <i>toughest</i> course you have ever taken?
1.	
2.	
3.	
4.	
5.	

## Part 3 – Script & Video

Directions: Complete Back2Back Reading (see Script below), then watch the video.

## Part 4 - Comprehension Questions:

Directions: Discuss with a partner then review as a class.

1. Why did Matt decide to try something new for 30 days?  
\_\_\_\_\_
2. What does Matt mention about good and bad habits?  
\_\_\_\_\_
3. What was the first thing Matt noticed when he started doing 30 day challenges?  
\_\_\_\_\_
4. As Matt completed more 30 day challenges, what happened to his confidence?  
\_\_\_\_\_
5. How long did it take Matt to write a 50,000 word novel?  
\_\_\_\_\_
6. What adjective does Matt use to describe his novel?  
\_\_\_\_\_
7. What type of challenges is he more likely to continue after a 30 day challenge is completed?  
\_\_\_\_\_
8. What does he think about big and crazy challenges?  
\_\_\_\_\_

## Part 5 – Writing:

Directions: In 2 to 3 sentences, write your opinion about the video.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## A – Back2Back Reading

**Directions:** Read 'odd' numbers +  
Listen & fill in 'even' numbers



### TED Talks – Try Something New for 30 Days

1. 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.
2. The idea is \_\_\_\_\_.
3. Think about something you've always wanted to add to your life and try it for the next 30 days.
4. It \_\_\_\_\_, 30 days is just about the \_\_\_\_\_ to \_\_\_\_\_ a new habit or \_\_\_\_\_ a habit -- like watching the news -- from your life.
5. There's a few things I learned while doing these 30-day challenges.
6. The first was, \_\_\_\_\_, \_\_\_\_\_, the time was much more \_\_\_\_\_.
7. This was part of a challenge I did to take a picture every day for a month.
8. And I \_\_\_\_\_ I was and \_\_\_\_\_ I was doing that day.
9. I also noticed that as I started to do more and harder 30-day challenges, my self-confidence grew.
10. I went from \_\_\_\_\_ computer \_\_\_\_\_ to the kind of guy who \_\_\_\_\_ to work -- for fun.
11. Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa.
12. I would never have been that \_\_\_\_\_ my 30-day \_\_\_\_\_.
13. I also figured out that if you really want something badly enough, you can do anything for 30 days.
14. Have you ever wanted to \_\_\_\_\_?
15. Every November, tens of thousands of people try to write their own 50,000-word novel from scratch in 30 days.
16. It turns out, all you have to do is write 1,667 words \_\_\_\_\_.
17. So I did.
18. \_\_\_\_\_, the secret is not to go to sleep until you've \_\_\_\_\_ for the day.
19. You might be sleep-deprived, but you'll finish your novel.
20. Now \_\_\_\_\_?
21. No. I wrote it in a month. It's awful.
22. But \_\_\_\_\_, if I meet John Hodgman at a TED party, I don't have to say, "I'm a computer \_\_\_\_\_." No, no, if I want to, I can say, "I'm a \_\_\_\_\_."
23. So here's one last thing I'd like to mention.
24. I learned that when I made small, \_\_\_\_\_ changes, things I could keep doing, they were \_\_\_\_\_.
25. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun.
26. But \_\_\_\_\_.
27. When I gave up sugar for 30 days, day 31 looked like this.
28. So here's my question to you: \_\_\_\_\_?
29. 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.
30. \_\_\_\_\_.

## B – Back2Back Reading

**Directions:** Read 'even' numbers +  
Listen & fill in 'odd' numbers



### TED Talks – Try Something New for 30 Days

1. A few years ago, I felt like I \_\_\_\_\_ a rut, so I decided to follow in the \_\_\_\_\_ of the great American philosopher, Morgan Spurlock, and try something new for 30 days.
2. The idea is actually pretty simple.
3. Think about something \_\_\_\_\_ to your life and try it for the next 30 days.
4. 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.
5. There's a few things I learned while doing these 30-day \_\_\_\_\_.
6. The first was, instead of the months flying by, forgotten, the time was much more memorable.
7. This was part of a challenge I did to \_\_\_\_\_ every day for a month.
8. And I remember exactly where I was and what I was doing that day.
9. I also \_\_\_\_\_ that as I started to do more and harder 30-day challenges, my \_\_\_\_\_.
10. I went from desk-dwelling computer nerd to the kind of guy who bikes to work -- for fun.
11. Even last year, I \_\_\_\_\_ hiking up Mt. Kilimanjaro, \_\_\_\_\_ Africa.
12. I would never have been that adventurous before I started my 30-day challenges.
13. I also \_\_\_\_\_ that if you really \_\_\_\_\_, you can do anything for 30 days.
14. Have you ever wanted to write a novel?
15. Every November, \_\_\_\_\_ of people try to write their own 50,000-word novel from \_\_\_\_\_ in 30 days.
16. It turns out, all you have to do is write 1,667 words a day for a month.
17. \_\_\_\_\_.
18. By the way, the secret is not to go to sleep until you've written your words for the day.
19. You might be \_\_\_\_\_, but you'll finish your novel.
20. Now is my book the next great American novel?
21. No. I wrote it \_\_\_\_\_ . It's \_\_\_\_\_.
22. 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."
23. So here's one last thing \_\_\_\_\_.
24. I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick.
25. There's nothing wrong with big, crazy challenges. \_\_\_\_\_, they're \_\_\_\_\_.
26. But they're less likely to stick.
27. When I \_\_\_\_\_ sugar for 30 days, day 31 looked like this.
28. So here's my question to you: What are you waiting for?
29. I \_\_\_\_\_ you the next 30 days are going to pass \_\_\_\_\_, so why not think about something you have always wanted to try and \_\_\_\_\_ for the next 30 days.
30. Thanks.

## V34 - ANSWER KEY



### TED Talks – Try Something New for 30 Days

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2. The idea is actually pretty simple.
3. Think about something you've always wanted to add to your life and try it for the next 30 days.
4. 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.
5. There's a few things I learned while doing these 30-day challenges.
6. The first was, instead of the months flying by, forgotten, the time was much more memorable.
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30. Thanks.

### Part 4 - Comprehension Questions & Answers

QUESTIONS & ANSWERS	
<b>1. Why did Matt decide to try something new for 30 days?</b>	He was stuck in a rut and not happy with his life.
<b>2. What does Matt mention about good and bad habits?</b>	He says 30 days is about how long it takes to start continue with a new good habit, or discontinue a bad habit.
<b>3. What was the first thing Matt noticed when he started doing 30 day challenges?</b>	He noticed time was much more memorable.
<b>4. As Matt completed more 30 day challenges, what happened to his confidence?</b>	His confidence started to grow.
<b>5. How long did it take Matt to write a 50,000 word novel?</b>	It took him 30 days.
<b>6. What adjective does Matt use to describe his novel?</b>	He describes his novel as 'awful'.
<b>7. What type of challenges is he more likely to continue after a 30 day challenge is completed?</b>	Small sustainable changes were more likely to stick.
<b>8. What does he think about big and crazy challenges?</b>	He thinks they can be a lot of fun, but they may not be something you continue to do.