

## Try Something New for 30 Days by Matt Cutts

**Questions:** Explain your answers with reasons and examples

1. What is your opinion of this TED talk?
2. Which of Matt's challenges do you want to try?
3. Is there a habit you would like to **add** to your life?
4. Is there a habit you would like to **subtract** from your life?
5. Are you an adventurous person? This means, do you like to try new things?

### Vocabulary from the Video

When you are **stuck in a rut**, you are not happy with your routine. You might feel confused, sad, bored, annoyed, depressed, etc.

When you **follow in the footsteps** of someone, you do the same thing as someone who inspires or guides you.

When you do something **from scratch**, you start from the beginning and do it yourself.

When you **give something a shot**, you try to do something.

When you **give something up**, you stop doing it.

When you **figure something out**, you think carefully about something to solve a problem or understand it.

When something is **memorable**, you remember it easily. You can't forget it.