

MATT CUTTS' 30 DAY CHALLENGES

1) Answer these questions: *Have you ever done anything you never thought you'd be able to do or have the chance to do?*

Yes, I worked as a fireman on a coal-fired steam locomotive for a day; it was hard work but great fun. I did it as part of a railway experience day on my local steam railway in Dorset, in the UK. The engine I worked on was one of the original engines which worked on the railway before it closed in 1972. The engine was at that time already nearly 100 years old!

Now talk about something YOU thought you'd never be able to do but did anyway. GIVE EXTRA INFORMATION. For example:

Have you ever climbed a mountain? Yes, I once climbed a mountain. Which mountain were you on the top of? Where was the mountain? How did you get up to the top? Who was with you on the mountain? What was the weather like, on the mountain? How did you feel?

2) Watch the video, which of the activities in Exercise 1 has Matt Cutts done?

- A Doing a challenge helps him to slow down and appreciate his life.
- B Achieving something new made him feel better about himself.
- C He is not really a very adventurous person.
- D Anything is possible for a short period of time.
- E He has the ability to be a great novelist.
- F It isn't a good idea to try to do something very difficult.

5a VOCABULARY Look at some examples of idiomatic language from the video. Can you guess the meaning?

- 1 A few years ago, I felt like I was **stuck in a rut**....
- 2 So I decided to **follow in the footsteps** of the great American philosopher, Morgan Spurlock* and try something new for 30 days.
- 3 ...instead of the months **flying by**, forgotten, the time was much more memorable.
- 4 Every November tens of thousands of people try to write their own 50,000 word novel, **from scratch**, in 30 days.
- 5 So why not think about something you have always wanted to try, and **give it a shot** for the next thirty days?

*Morgan Spurlock is an American film-maker, well-known for documentaries where he tries something for 30 days.

5b Now answer the following questions in ways which are true for you. Compare your ideas with a partner.

- 1 If I feel stuck in a rut, I usually....
- 2 I'd love to follow in the footsteps of...
- 3 Time always flies by when I'm...
- 4 Cooking from scratch...
- 5 I've always wanted to give..... a shot.

3) Look at the challenges and make your own list of challenges you'd like to do for a month.

MATT CUTTS' 30-DAY CHALLENGES

ADD	SUBTRACT
Cycle to work	No TV
10,000 steps a day	No sugar
Write a novel	No Facebook
Take a photo everyday	No caffeine