

Curso de Oralidad y Escucha LEVEL 4



LIFE CHALLENGES! The 30-day Challenge.



Cutts's idea worth spreading is that we can become better versions of ourselves if we try something new—30 days at a time.

- B. Complete the excerpt using the words below. Then watch (▶) Cutts's TED Talk, and check your answers.

idea something time try years

« A few _____₁ 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 _____₂ new for 30 days. The _____₃ is actually pretty simple. Think about something you've always wanted to add to your life, and _____₄ it for the next 30 days. It turns out, 30 days is just about the right amount of _____₅ to add a new habit or subtract a habit—like watching the news—from your life. »

stuck in a rut: *idiom* to feel trapped or bored by routine

turns out: *v.* happens, ends, or develops in a particular way

GETTING THE MAIN IDEAS

What is Cutts's talk mainly about? Check (✓) the four ideas he mentions.

- a. It is possible to do anything for 30 days if you really want to.
- b. If you take a picture every day, you become a good photographer.
- c. Completing difficult challenges made Cutts feel more confident.
- d. Small life changes are easier than big life changes.
- e. When you complete 30-day challenges, you remember more about your life.

UNDERSTANDING KEY DETAILS

Watch (▶) Cutts's talk again. Choose the best answer for each question about Cutts's challenges.

1. His daily photo helped Cutts _____.
 - a. improve his photography skills
 - b. visit interesting places
 - c. remember more
2. Cutts _____ after his challenges.
 - a. was healthier
 - b. was more adventurous
 - c. met many interesting people
3. Cutts wanted to write a novel in 30 days. He _____.
 - a. became a famous author
 - b. wrote about 1,700 words every day
 - c. wrote an excellent book
4. Cutts stopped eating sugar for 30 days. Then he _____.
 - a. started eating sugar again
 - b. never ate sugar again
 - c. felt very healthy

RECOGNIZING THE SPEAKER'S ATTITUDE

Read the excerpt from Cutts's talk. Then choose the best answer for each question.

« 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? »

give (something) a shot: *n.* to try something

1. Which statement best matches Cutts's attitude about 30-day challenges?
 - a. He's glad the challenges are over.
 - b. The 30-day challenges only made a small difference.
 - c. He feels good that he tried the 30-day challenges.
2. What does Cutts suggest to the audience?
 - a. They should think carefully before they try a 30-day challenge.
 - b. They should tell other people about 30-day challenges.
 - c. They should use the next 30 days to try a new challenge.

IDENTIFYING FACTS AND OPINIONS

Read these statements from Matt Cutts. Decide whether they are facts or his opinions. Write *F* (Fact) or *O* (Opinion) for each one.

1. ___ "I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa."
2. ___ "If you really want something badly enough, you can do anything for 30 days."
3. ___ "Every November, tens of thousands of people try to write their own 50,000-word novel."
4. ___ "The secret [to writing a novel] is not to go to sleep until you've written your words for the day."
5. ___ "There's nothing wrong with big, crazy challenges."

CRITICAL THINKING

1. **Evaluating.** How likely would you be able to achieve these challenges in 30 days? Rank them from 1 (most likely) to 5 (least likely). Share your ideas with a partner.

___ Climb a high mountain

___ Learn to play a new sport

___ Run a marathon (42-km race)

___ Write a book

___ Stop eating meat

2. **Reflecting.** Cutts says that small lifestyle changes are easier than big changes. What is an example of a small change you can make?

A. You are going to design a 30-day challenge for yourself.

1. Think about the 30-day challenges that Matt Cutts and Kylie Dunn did. Brainstorm two or three possible challenges in each category below.

Health

Run three times a week

Creativity

Take piano lessons

Relationships

Talk to all my neighbors

2. Choose one 30-day challenge from your brainstorm. Answer the questions below to plan it.
- When will you begin?
 - How much time do you need each day?
 - What time of day is best for you to do the activity?
 - Who can help you with your challenge?
 - How will you share your challenge with other people?

B. Work with a partner. Present your 30-day challenge. Use the following steps.

- Explain your challenge.
- As you listen to other pairs, take notes.
- At the end, review your notes.
- Ask any questions you have about the challenges the other pairs presented.
- Do you want to change or add anything in your own 30-day challenge?

https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?language=en