

Changes in Life

Exercise 1. Is it easy or difficult for you to change something in your life?
How did you feel when some big changes happened in your life?
You can think of one of the following moments:

- changing job
- changing school
- changing house
- changing your sports routine
- changing your group of friends
- changing your diet

Exercise 2.

Look at the picture.

1. What is going to change in those two people's lives?
2. Is it a significant change or a minor one?
3. Will they ever regret making such a decision?



Source: pexels.com

VIDEO

Matt Cutts | TED 2011 Try something new for 30 days

<https://bit.ly/30sVS2r>

Source:
https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare



Exercise 3. Watch the video and fill in the blanks in the sentences below:

“A few years ago I felt like I was stuck in a **1**..... so I decided to follow in the **2**..... of (...) Morgan Spurlock.”

“It turns out 30 days is just about the right amount of time to add a new habit or **3**..... a habit (...) from your life.”

“By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-**4**....., but you'll finish your novel. “

“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 **5**.....”

So here's my question to you: What are you waiting for? I guarantee you the next 30 days are going to **6**..... whether you like it or not, so why not think about something you have always wanted to try and give it a **7**.....! For the next 30 days.



Source: pexels.com

AFTER YOU WATCH

Exercise 4. Discuss the questions below:

1. Do you sometimes have an impression that the time just **flies by**?
2. How you make sure that you make the most of your time and don't get **stuck in a rut**?
3. Does setting new goals in life motivate you? Is it easy for you to **give it a shot** when it comes to new challenges?
4. What's the biggest challenge you have ever overcome?



Source: pexels.com

VOCABULARY

Exercise 5. Match the idioms below with their meanings.

1. third time lucky	a) do something that is not very interesting just to pass time
2. once in a blue moon	b) all the time, non-stop
3. in the long run	c) the third time you try to do something it finally works
4. around the clock	d) stop doing something for some period of time, usually until the next day
5. kill time	e) very rarely
6. call it a day/night	f) in the long term

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KEY:

Exercise 3

1. rut
2. footsteps
3. subtract
4. deprived
5. stick
6. pass
7. shot

Exercise 5

1. c
2. e
3. f
4. b
5. a
6. d

Exercise 6

1. third time lucky
2. kill time
3. around the clock
4. call it a day
5. in the long run
6. once in a blue moon