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## Try something new for 30 days text

The following video is for intermediate and advanced students; the speed of the speaker and the vocabulary used is relatively harder than our usual videos. The video has subtitles to help you understand if you need it. Matt Cutts works for Google and in this speech he talks about trying something new for 30 days. It's a great way to set new objectives in your life. They don't all have to be serious, it's about slowly improving and developing new skills. Ready? Remember to: 1. Read the text 2. Understand the vocabulary 3. Watch the video Text 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. The idea is actually pretty simple. Think about something you've always wanted to add to your life and try it for the next 30 days. 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. There's a few things I learned while doing these 30-day challenges. The first was, instead of the months flying by, forgotten, the time was much more memorable. This was part of a challenge I did to take a picture every day for a month. And I remember exactly where I was and what I was doing that day. I also noticed that as I started to do more and harder 30-day challenges, my self-confidence grew. I went from desk-dwelling computer nerd to the kind of guy who bikes to work - for fun. Even last year, I ended up hiking up Mt. Kilimanjaro, the highest mountain in Africa. I would never have been that adventurous before I started my 30-day challenges. I also figured out that if you really want something badly enough, you can do anything for 30 days. Have you ever wanted to write a novel? Every November, tens of thousands of people try to write their own 50,000-word novel from scratch in 30 days. It turns out, all you have to do is write 1,667 words a day for a month. So I did. By the way, the secret is not to go to sleep until you've written your words for the day. You might be sleep-deprived, but you'll finish your novel. Now is my book the next great American novel? No. I wrote it in a month. It's awful. 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." 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 stick. There's nothing wrong with big, crazy challenges. In fact, they're a ton of fun. But they're less likely to stick. When I gave up sugar for 30 days, day 31 looked like this. 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. Thanks. Vocabulary Stuck in a rut - a situation or way of behaving that does not change. Example: "Last year I was stuck in a rut; I hated my job and didn't like my flat. So to get out of the rut I sold everything and went to Australia" Follow in the footsteps - to do the same things that another person has done before. Example: "Paul follows in his father's footsteps to become a lawyer" Amount - a quantity of something. Example: "The amount of time Helen spends watching TV is ridiculous" Subtract - to take (a number or amount) from another number or amount. Example: "If we subtract 9 from 10, we get 1" Challenges - a difficult task or problem : something that is hard to do. Example: "It was a challenge to run the 20km marathon but he's so happy he did it!" Desk-dwelling - The verb to dwell means to live, dwelling is the place a person lives. In this case Matt says he dwells at his desk. Because he works with computers he spends all day sitting at his desk. Hiking - to walk a long distance especially for pleasure or exercise. Example: "My brother loves hiking in the Alps, near Switzerland. Novel - a long written story usually about imaginary characters and events. Example: "The Lord of the Rings is a fantastic novel" Scratch - from a point at which nothing has been done yet. Example: "Tina made the cake from scratch" Sleep-deprived - to not have enough time to sleep. Example: "Ben worked every day from 7 o'clock in the morning until past 11 o'clock at night. He was sleep-deprived in the end" Mention - to talk about, write about, or refer to (something or someone) especially in a brief way. Example: "Rob mentioned he'd been to Paris, I didn't know he had been there" Sustainable - involving methods that do not completely use up or destroy natural resources. Example: "This rhythm of exercise is sustainable because I'm not too tired but it's a good workout" Stick to it- to continue doing or using (something) especially when it is difficult to do so. Example: "If you want to succeed, you have to stick to it!" Give it a shot - an attempt to do something successfully. Example: "Karina didn't think she would get the job, but I told her to give it a shot" If you enjoyed this video and would like to watch more, visit the TED website. Most of the videos have subtitles in over 50 languages. 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YOUR CHOICES Photo Courtesy: Mandel Ngan/AFP/Getty Images While many of us now consider Memorial Day the unofficial start of the summer season, the original intent behind the occasion has a much more somber and honor-focused meaning. This federal holiday was formalized as a way of remembering and mourning members of the U.S. military who died in service, and people often mark the occasion by visiting cemeteries and decorating headstones of fallen soldiers with flags and wreaths. In 1966, Congress and President Lyndon B. Johnson recognized Waterloo, New York, as having celebrated the first Memorial Day 100 years earlier. However, multiple towns claim to be the birthplace of Memorial Day, and the holiday's long evolution makes it unclear where exactly it began. On top of that, there are many persistent myths about how Memorial Day started. Learn more about these and how they relate to the holiday's origins. How Did Memorial Day Originate? While people have commemorated the sacrifices of soldiers for as long as there have been conflicts, Memorial Day as we know it in the United States got its start during the American Civil War. During the war, some people began the practice of decorating the graves of soldiers who'd been killed in battle and saying prayers for them. And, as the Civil War wound down, people across the North and South continued honoring fallen soldiers in this manner. As the practice of decorating soldiers' graves became more common, it also began gaining more formal recognition. Photo Courtesy: dsharpie/E+/Getty Images One such ceremony was held on May 1, 1865, in Charleston, South Carolina. Local Black churches led a gathering of roughly 10,000 people, many of whom were formerly enslaved, in properly reburial of Union soldiers whose remains had been deposited in a mass grave. The groups also held a ceremony to honor the soldiers' sacrifice and dedicate the new cemetery. The event included speeches, the laying of wreaths and crosses, drills performed by Union soldiers and even picnicking. However, it's unclear if the event influenced any other similar ceremonies in the country, and historians are unsure whether this should be considered the first Memorial Day. Multiple Areas Hold Claims for Being the First to Celebrate Numerous places around the country claim to have first celebrated Memorial Day as a recurring holiday rather than a one-off event. Boalsburg, Pennsylvania, cites an 1864 gathering of women to mourn the deaths of soldiers at the Battle of Gettysburg as what makes it the founder of the holiday, while Carbondale, Illinois, claims two markers in its cemeteries as well as a parade led by Major General John A. Logan (more on him in a moment) as proof that it held the first annual celebration. There are even a Columbus, Georgia, and Columbus, Mississippi, with competing claims. Photo Courtesy: MediaNews Group/Orange County Register/Getty Images While Waterloo, New York, eventually won federal recognition because of evidence that its celebrations involved the full closure of the town, it has well over 20 rivals for the title, and all of them - even Waterloo - rely on evidence that's at least somewhat disputed. But there's only one event that unambiguously served as a forerunner to Memorial Day. What Was Decoration Day? Major General Logan was the head of the Grand Army of the Republic (GAR), a Civil War veterans organization. With the increasing popular support for ceremonies celebrating fallen soldiers, in 1868, he declared May 30 to be Decoration Day, a holiday specifically meant for the adornment of fallen soldiers' graves. Different sources suggest his motivation for choosing the day was either because that's when flowers are in bloom across the country and therefore ready to be left on graves or because May 30 is a day on which no Civil War battles were fought. Photo Courtesy: Anna Moneymaker/Getty Images While Decoration Day wasn't a national holiday, it was widely commemorated across the country. By 1890, it had been made a state holiday by each of the Northern states. Southern states, however, continued to celebrate separate Confederate days of remembrance until World War I. Confederate Memorial Day is still celebrated as a holiday alongside Memorial Day in some states today. Memorial Day Gains Federal Recognition Decoration Day became a federal holiday in 1888, although it only applied to government employees in Washington, D.C. as was customary at the time. However, other states began adopting the holiday over time until every state eventually commemorated it. As the United States moved on from the Civil War to participate in other conflicts, particularly World War I, the holiday also broadened to include honoring all soldiers who died in the line of duty. By the end of World War II, "Memorial Day" had also supplanted the name "Decoration Day." Photo Courtesy: rhyman007/E+/Getty Images In 1968, a law made the name change official. It also moved Memorial Day to its modern date: the last Monday of May. This law, called the Uniform Monday Holiday Act, came into effect in 1971 and created the annual Memorial Day weekends that Americans know and love today, but it also angered people who felt it shifted the focus from remembrance to enjoying time off. While the states eventually fell in line, many veterans continued to voice dissent on the issue. MORE FROM REFERENCE.COM

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