

Try Something New for 30 Days

Listening Class
Teacher's Notes

Stuck in a Rut	<ul style="list-style-type: none">-decided to try something new for 30 days-simple, but effective idea!
30 Day Challenges	<ul style="list-style-type: none">-add or subtract a habit from your life for 30 days
What was learned?	<ul style="list-style-type: none">-time became more memorable-self confidence grew-became more adventurous (climbed Mount Kilimanjaro)-you can do anything for 30 days!-small changes = sustainable changes-small challenges are better because they can be maintained
Challenges: <i>Examples</i>	<ul style="list-style-type: none">-take photos-bike to work-write a novel
Try it!	<ul style="list-style-type: none">-Think of something you have always wanted to do-Try it for 30 days

Summary

- It is simple to add and subtract habits from our lives, but we rarely try new things
- 30 day challenges encourage people to explore their ideas/interests and expose them things they wouldn't usually do
- Challenging one's self has many benefits that can be applied and sustained