**Listening Practice: Matt Cutts**

***Try Something for 30 Days***

http://www.ted.com/talks/matt\_cutts\_try\_something\_new\_for\_30\_days.html



**Do you know these people?**

1. Morgan Spurlock (“the great American philosopher”)



1. John Hodgman (“if I meet John Hodgman at a TED party…”)

**Do you know these expressions? Listen for context?**

1. It felt like ***I was stuck in a rut.***
2. …  ***from scratch***
3. You might be ***sleep-deprived.***
4. ***Give it a shot.***

**Listen for present perfect. Examples?**

**Your 30-day challenge:**

**Memorable 30-day challenges:**