

Try Something New for 30 Days

A few years ago, I (1)_____ (FEEL) like I was stuck in a rut, so I (2)_____ (DECIDE) 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 (3)_____ (ALWAYS / WANT) to add to your life and try it for the next 30 days. It (4)_____ (TURN) out 30 days is just about the right amount of time to add a new habit or subtract a habit -- like (5)_____ (WATCH) the news -- from your life.

There's a few things I (6)_____ (LEARN) while (7)_____ (DO) these 30-day challenges. The first was, instead of the months (8)_____ (FLY) by, forgotten, the time was much more memorable. This (9)_____ (BE) part of a challenge I (10)_____ (DO) to take a picture every day for a month. And I remember exactly where I (11)_____ (BE) and what I (12)_____ (DO) that day. I also (13)_____ (NOTICE) that as I started to do more and harder 30-day challenges, my self-confidence (14)_____ (GROW). I (15)_____ (GO) from desk-dwelling computer nerd to the kind of guy who (16)_____ (BIKE) to work. For fun! Even last year, I (17)_____ (END) up (18)_____ (HIKE) up Mt. Kilimanjaro, the highest mountain in Africa. I (19)_____ (MODAL / NEVER / BE) that adventurous before I (20)_____ (START) my 30-day challenges.

Match the verb with the best definition

to lie	to split, tear or rupture, usually violently, especially for a balloon, tyre...
to oversee	to catch up and pass a person, vehicle or competitor, to pass
to dig	to recline, to be in a horizontal or resting position (in bed, on the ground...)
to burst	to move and create a current in the air (wind), to express air through your lips
to wind	to supervise, to be responsible for, to keep an eye on (something, someone...)
to blow	to move earth with a spade or machine, often to create a hole.
to overtake	to roll or coil into a ball (wool, string, wire...) To make a clockwork mechanism work by tightening a spring

Present Simple	Present Simple NEGATIVE	Present Perfect	Past Simple	Past Simple Questions
It (LIE)				
I (OVERSEE)				
He (DIG)				
They (BURST)				
You (WIND)				
She (BLOW)				
It (OVERTAKE)				



Complete the following sentences using verbs from the table.

1. We sang 'Happy birthday to you', and she out all 50 candles!
2. The city surveyor the construction of new roads.
3. The Porsche a truck on the corner, but was stopped by the police.
4. She on the beach in the sunshine, and enjoyed the warmth of the sun.
5. I have to the watch I inherited from my grandfather, or it stops.
6. Why does an inflated balloon when pricked by a pin?
7. We the vegetable patch, and planted tomatoes.

Use the words to complete the sentences.

blew burst bursting digging lying overseeing overtaking winding

1. Residents of NY state are busy out their cars after the latest storm buried them in snow.
2. The weather is so bad, it looks like a good day for on the couch and watching TV.
3. The WTO (World Trade Organisation) is responsible for the global trading system.
4. Protect your pipes from during cold weather, as low temperatures can freeze the water, causing the pipes to
5. Are the protests in Iran down, or has the regime crushed them?
6. Alibaba's browser is Google in some emerging markets.
7. Storm Eleanor through France on Wednesday last week leaving one dead, 15 injured and 225,000 homes without power.

