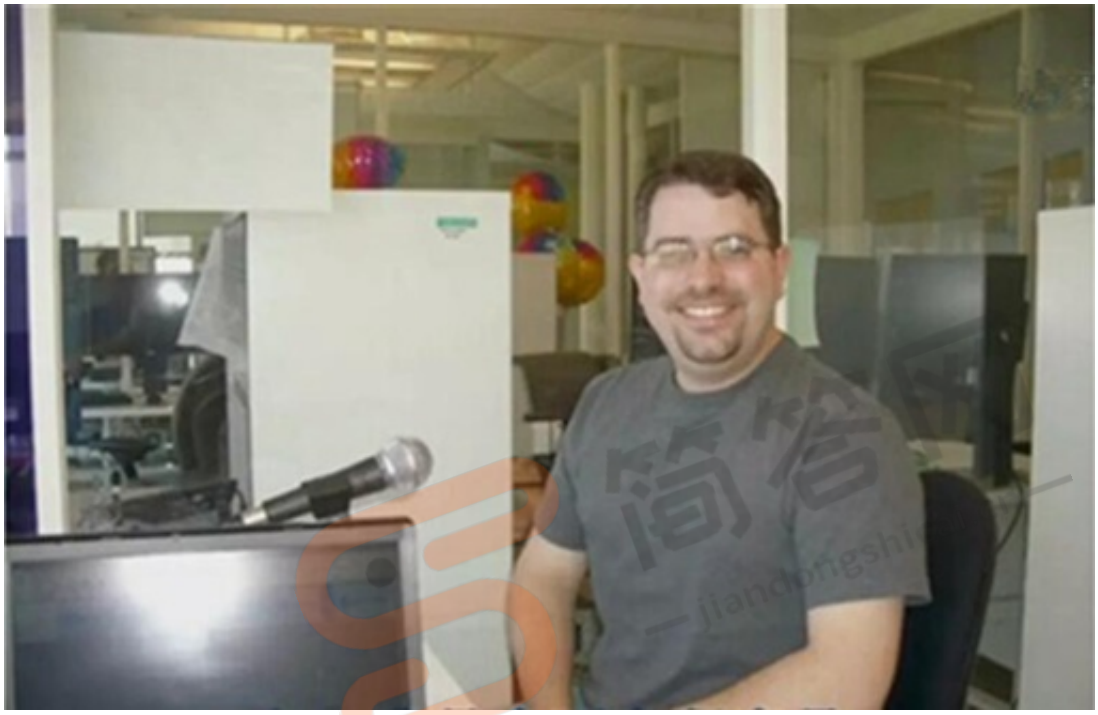
《坚持改变30天，看看小程序员创造出什么奇迹》

谷歌IT精英马特.卡茨（Matt Cutts）曾经是“重复同一天”的人，而通过尝试新的事物，挑战自我，他让生活变得多姿多彩，每一天都不一样，现在我们看看他都有那些变化。



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.

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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 everyday for a month. And I remember exactly where I was and what I was doing that day.

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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.

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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.

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I learned that when I made small, sustainable changes, things I could keep doing, they were more likely to stick.

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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.

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