

**Question 1:** The speaker argues that 30-day challenges can fundamentally change a person's identity. Explain how his self-image was transformed by his experiences, **supporting your answer with a specific quote** where he contrasts who he used to be with who he became. Answer this question in 4-5 sentences.

**Question 2:** Near the end of his talk, Matt Cutts shares a key lesson about which habits have a lasting effect. What does he conclude about "big crazy challenges" versus "small, sustainable changes"? **You must use a quote from the talk** to explain which type is more likely to "stick." Answer this question in 4-5 sentences.