Have you ever started a new hobby, but given up after oily a couple of weeks? Or started a course and stopped after the first few lessons? Most of us have tried to learn something new, but very  $(1) \dots$  of us ever really get any good at it  $-(2) \dots$  is just too difficult to continue doing something new. But now there is some good news: did you know  $(3) \dots$  if you can keep up your new hobby for just 30 days, you have a better chance of succeeding? And you may learn something new about yourself as  $(4) \dots$ .

Прочитайте текст. Заполните пропуск (1) только одним словом, подходящим по смыслу. Слово должно содержать не более 15 символов.