

Have you ever started a new hobby, but given up after only 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) ... of us ever really get any good at it — (2) ... is just too difficult to continue doing something new. But now there is some good news: did you know (3) ... 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) ... .

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