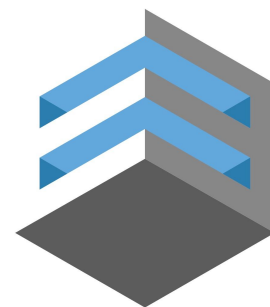


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Vocabulary Builder Reference from...

Ayelet Fishbach: 4 proven ways to kick your procrastination habit | TED Talk

https://www.ted.com/talks/ayelet_fishbach_4_proven_ways_to_kick_your_procrastination_habit

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

willpower

n. the control exerted to do something or restrain impulses
synonym: determination, resolve, self-discipline

(1) demonstrate **willpower**, (2) lack of **willpower**

With strong **willpower** and determination, he could quit smoking for good.

procrastinate

v. to postpone doing what you should do, often because it is unpleasant or boring

synonym: delay, dawdle, hesitate

(1) **procrastinate** about a big challenge, (2) **procrastinate** on my homework

He **procrastinated** the matter until it was almost too late.

quitter

n. a person who gives up easily or does not have the determination to finish what they have started

synonym: coward, deserter, surrender

(1) easy **quitter**, (2) serial **quitter**

He was labeled as a **quitter** after he abandoned the project halfway.

uncommitted

adj. not pledged or bound to a specific opinion, belief, or course of action

synonym: undecided, neutral, nonaligned

(1) **uncommitted** voter, (2) **uncommitted** people

The politician should have taken a stance on the issue, remaining **uncommitted** until more information was available.

bruise

n. a mark caused by a blow, typically one that is purple or black on the skin

synonym: contusion, injury, wound

(1) livid **bruise**, (2) earlier emotional **bruise**

She had a **bruise** on her arm from where she fell on the playground.

infer

v. to form an opinion or conclude that something is true based on existing facts

synonym: guess, deduce, assume

(1) **infer** quality from price, (2) **infer** the possibility

Animal desire and preference are always **inferred** from their behavior.

energize

v. to give energy or vitality to someone or something; to invigorate

synonym: invigorate, animate, electrify

(1) **energize** the body, (2) **energize** a team

The motivational speaker **energized** the crowd with their words.

regimen

n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

synonym: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

disengage

v. to withdraw or separate oneself from a situation or relationship

synonym: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially
He **disengaged** from the conversation and walked away.

confuse

v. to mistake one thing for another; to make somebody hard to understand

synonym: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality
Her remarks **confused** the debate.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym: assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

perseverance

n. steadfastness in doing something despite difficulty or delay in achieving success

synonym: persistence, tenacity, determination

(1) unwavering **perseverance**, (2) dogged **perseverance**
Despite facing numerous setbacks and obstacles, his **perseverance** and determination led him to success.

grit

n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles

synonym: determination, fortitude, courage

(1) **grit** determination, (2) **grit** washer

She has a lot of **grit** and determination to succeed.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym: reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we

work.

disappoint

v. to fail to meet someone or their hopes or expectations;
to make someone feel sad

synonym: sadden, dismay, frustrate

(1) **disappoint** the audience, (2) don't **disappoint** me

She worked very hard not to **disappoint** her boss's expectations.

setback

n. an unfortunate happening that hinders or impedes; a reversal or check in progress

synonym: obstacle, hindrance, difficulty

(1) major **setback**, (2) suffer a **setback**

The team experienced a **setback** when their star player was injured during the game.

purposely

adv. with the intention of doing something; deliberately

synonym: intentionally, deliberately, on purpose

(1) **purposely** ignored, (2) **purposely** vague

She **purposely** left her phone at home to disconnect and enjoy her vacation.

enrich

v. to make better or improve in quality by adding something else

synonym: enhance, improve, augment

(1) **enrich** a gas with a balloon, (2) **enrich** public services

Reading not only increases knowledge but also **enriches** life.

unstick

v. to free something that is stuck or adhering to something else

synonym: detach, remove, free

(1) **unstick** the door, (2) **unstick** the pages of a book

I had to use a knife to **unstick** the envelope from the table.

loaf

n. a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle

synonym : bread, boule, brioche

(1) crusty **loaf**, (2) **loaf** around during the day

On my way home from work, I picked up a **loaf** of bread from the bakery.

forbidding

adj. giving the impression that something is difficult or unpleasant; intimidating or uninviting

synonym : intimidating, uninviting, daunting

(1) **forbidding** atmosphere, (2) **forbidding** mountain

The teacher's stern expression and strict rules made her classroom feel **forbidding** to the students.

aspiration

n. a strong desire to achieve something; the action or process of drawing breath

synonym : ambition, inhalation, intake

(1) no **aspiration** for fame, (2) **aspiration** into the lungs

He has an **aspiration** to become a doctor.

anecdote

n. a short and amusing or interesting story about a real incident or person

synonym : story, account, tale

(1) personal **anecdote**, (2) funny **anecdote**

She entertained the guests with **anecdotes** about her travels and experiences.

Session 2: Spelling

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|--------------------------------------|--|
| 1. pro_____ate about a big challenge | v. to postpone doing what you should do, often because it is unpleasant or boring |
| 2. en_____ze the body | v. to give energy or vitality to someone or something; to invigorate |
| 3. g__t washer | n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles |
| 4. for_____ng mountain | adj. giving the impression that something is difficult or unpleasant; intimidating or uninviting |
| 5. co_____e fantasy with reality | v. to mistake one thing for another; to make somebody hard to understand |
| 6. pro_____ate on my homework | v. to postpone doing what you should do, often because it is unpleasant or boring |
| 7. earlier emotional br____e | n. a mark caused by a blow, typically one that is purple or black on the skin |
| 8. in__r quality from price | v. to form an opinion or conclude that something is true based on existing facts |
| 9. pu_____ly vague | adv. with the intention of doing something; deliberately |
| 10. re_____n of chemotherapy | n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health |
| 11. di_____ge the clutch | v. to withdraw or separate oneself from a situation or relationship |

ANSWERS: 1. procrastinate, 2. energize, 3. grit, 4. forbidding, 5. confuse, 6. procrastinate, 7. bruise, 8. infer, 9. purposely, 10. regimen, 11. disengage

12. lack of wi_____er	<i>n.</i> the control exerted to do something or restrain impulses
13. di_____ge socially	<i>v.</i> to withdraw or separate oneself from a situation or relationship
14. fitness re_____n	<i>n.</i> a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
15. asp_____on into the lungs	<i>n.</i> a strong desire to achieve something; the action or process of drawing breath
16. en____h public services	<i>v.</i> to make better or improve in quality by adding something else
17. re_____ne customer experience	<i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way
18. unc_____ed people	<i>adj.</i> not pledged or bound to a specific opinion, belief, or course of action
19. major se_____k	<i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress
20. don't dis_____nt me	<i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad
21. pu_____ly ignored	<i>adv.</i> with the intention of doing something; deliberately
22. co_____e the listener	<i>v.</i> to mistake one thing for another; to make somebody hard to understand
23. en____h a gas with a balloon	<i>v.</i> to make better or improve in quality by adding something else

ANSWERS: 12. willpower, 13. disengage, 14. regimen, 15. aspiration, 16. enrich, 17. redefine, 18. uncommitted, 19. setback, 20. disappoint, 21. purposely, 22. confuse, 23. enrich

24. personal an____te	<i>n.</i> a short and amusing or interesting story about a real incident or person
25. un____k the pages of a book	<i>v.</i> to free something that is stuck or adhering to something else
26. un____k the door	<i>v.</i> to free something that is stuck or adhering to something else
27. en____ze a team	<i>v.</i> to give energy or vitality to someone or something; to invigorate
28. po__t the existence of life after death	<i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration
29. g__t determination	<i>n.</i> very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
30. serial qu____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
31. easy qu____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
32. crusty l__f	<i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
33. in__r the possibility	<i>v.</i> to form an opinion or conclude that something is true based on existing facts
34. unwavering per____nce	<i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success

ANSWERS: 24. anecdote, 25. unstick, 26. unstick, 27. energize, 28. posit, 29. grit, 30. quitter, 31. quitter, 32. loaf, 33. infer, 34. perseverance

- | | |
|--------------------------------|--|
| 35. I__f around during the day | <i>n.</i> a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle |
| 36. for_____ng atmosphere | <i>adj.</i> giving the impression that something is difficult or unpleasant; intimidating or uninviting |
| 37. re_____ne our role | <i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way |
| 38. livid br___e | <i>n.</i> a mark caused by a blow, typically one that is purple or black on the skin |
| 39. suffer a se_____k | <i>n.</i> an unfortunate happening that hinders or impedes; a reversal or check in progress |
| 40. unc_____ed voter | <i>adj.</i> not pledged or bound to a specific opinion, belief, or course of action |
| 41. demonstrate wi_____er | <i>n.</i> the control exerted to do something or restrain impulses |
| 42. dogged per_____nce | <i>n.</i> steadfastness in doing something despite difficulty or delay in achieving success |
| 43. po__t the premise | <i>v.</i> to suggest or accept something as fact or as a basis for argument or consideration |
| 44. funny an_____te | <i>n.</i> a short and amusing or interesting story about a real incident or person |
| 45. dis_____nt the audience | <i>v.</i> to fail to meet someone or their hopes or expectations; to make someone feel sad |

ANSWERS: 35. loaf, 36. forbidding, 37. redefine, 38. bruise, 39. setback, 40. uncommitted, 41. willpower, 42. perseverance, 43. posit, 44. anecdote, 45. disappoint

46. no asp_____on for fame

n. a strong desire to achieve something;
the action or process of drawing breath

ANSWERS: 46. aspiration

Session 3: Fill in the Blanks

1. Reading not only increases knowledge but also _____ life.
v. to make better or improve in quality by adding something else
2. He _____ from the conversation and walked away.
v. to withdraw or separate oneself from a situation or relationship
3. The video telephony application has _____ the way we work.
v. to change the meaning or interpretation of something; to make people think about something in a new or different way
4. He has an _____ to become a doctor.
n. a strong desire to achieve something; the action or process of drawing breath
5. The teacher's stern expression and strict rules made her classroom feel _____ to the students.
adj. giving the impression that something is difficult or unpleasant; intimidating or uninviting
6. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
7. She has a lot of _____ and determination to succeed.
n. very small pieces of stone or sand; mental toughness and determination or perseverance in the face of challenges or obstacles
8. The politician should have taken a stance on the issue, remaining _____ until more information was available.
adj. not pledged or bound to a specific opinion, belief, or course of action

ANSWERS: 1. enriches, 2. disengaged, 3. redefined, 4. aspiration, 5. forbidding, 6. confused, 7. grit, 8. uncommitted

9. Despite facing numerous setbacks and obstacles, his _____ and determination led him to success.
n. steadfastness in doing something despite difficulty or delay in achieving success
10. She _____ left her phone at home to disconnect and enjoy her vacation.
adv. with the intention of doing something; deliberately
11. My doctor prescribed a strict _____ of exercise and healthy eating to help me lose weight.
n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
12. She entertained the guests with _____ about her travels and experiences.
n. a short and amusing or interesting story about a real incident or person
13. Animal desire and preference are always _____ from their behavior.
v. to form an opinion or conclude that something is true based on existing facts
14. The motivational speaker _____ the crowd with their words.
v. to give energy or vitality to someone or something; to invigorate
15. We should _____ several hypotheses to discuss the matter.
v. to suggest or accept something as fact or as a basis for argument or consideration
16. I had to use a knife to _____ the envelope from the table.
v. to free something that is stuck or adhering to something else

ANSWERS: 9. perseverance, 10. purposely, 11. regimen, 12. anecdotes, 13. inferred, 14. energized, 15. posit, 16. unstick

17. She worked very hard not to _____ her boss's expectations.
v. to fail to meet someone or their hopes or expectations; to make someone feel sad
18. He was labeled as a _____ after he abandoned the project halfway.
n. a person who gives up easily or does not have the determination to finish what they have started
19. On my way home from work, I picked up a _____ of bread from the bakery.
n. a quantity of bread that is shaped and baked in one piece and usually sliced for serving; (verb) to be lazy or idle
20. The team experienced a _____ when their star player was injured during the game.
n. an unfortunate happening that hinders or impedes; a reversal or check in progress
21. With strong _____ and determination, he could quit smoking for good.
n. the control exerted to do something or restrain impulses
22. She had a _____ on her arm from where she fell on the playground.
n. a mark caused by a blow, typically one that is purple or black on the skin
23. He _____ the matter until it was almost too late.
v. to postpone doing what you should do, often because it is unpleasant or boring

ANSWERS: 17. disappoint, 18. quitter, 19. loaf, 20. setback, 21. willpower, 22. bruise, 23. procrastinated