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Cordae: How a "Hi Level" mindset helps you realize your potential | TED Talk

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

Advanced Words Only

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Session 1: Word List

quote

v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

synonym : cite, reference, mention

(1) **quote** a source, (2) **quote** a price

In his speech, he **quoted** a famous philosopher to emphasize his point.

acclaim

n. praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly

synonym : praise, admiration, welcome

(1) **acclaim** the winner, (2) treated with royal **acclaim**

The actor's performance in the play earned her widespread **acclaim** from the theater community.

mantra

n. a word or phrase, often repeated, that is used as a focus for the mind during meditation

synonym : hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

purposeful

adj. having a specific aim or purpose; determined

synonym : determined, resolved, resolute

(1) **purposeful** series of actions, (2) at a **purposeful** pace
She had a **purposeful** look and was determined to complete the task.

instill

v. to impart, introduce, or cause to be absorbed gradually

synonym : implant, ingrain, inculcate

(1) **instill** confidence, (2) **instill** medication into my eye

The teacher attempted to **instill** the importance of hard work in her students.

regiment

n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine

synonym : unit, brigade, battalion

(1) logistics **regiment**, (2) marching **regiment**

The army **regiment** marched in perfect unison during the parade.

detain

v. to keep someone in official custody; to prevent them from leaving

synonym : hold, keep, detainment

(1) **detain** a terrorist, (2) **detain** for investigation

The police **detained** the suspect for questioning.

horrific

adj. causing horror or disgust; gruesome and terrifying

synonym : terrifying, alarming, shocking

(1) **horrific** experience, (2) **horrific** condition

The accident scene was **horrific**, with bodies and debris scattered everywhere.

disrespect

n. an expression of lack of regard or contempt for someone or something

synonym: impoliteness, rudeness, insult

(1) mean no **disrespect**, (2) **disrespect** for a customer

His **disrespectful** behavior towards his elders earned him a stern warning from his parents.

regress

v. to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate

synonym: retrovert, deteriorate, decline

(1) **regress** to childhood, (2) **regress** in skills

The team's failure to win games has caused them to **regress** in confidence.

brink

n. the point at which something is about to happen; the edge of a steep place

synonym: edge, verge, threshold

(1) **brink** of war, (2) on the **brink**

We were on the **brink** of a financial crisis.

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.

insanity

n. the state of being seriously mentally ill; madness

synonym: madness, psychosis, lunacy

(1) sheer **insanity**, (2) alcoholic **insanity**

His behavior became increasingly erratic, leading many to

believe he was experiencing a bout of **insanity**.

misfortune

n. an unfortunate event or circumstance; bad luck or trouble

synonym: adversity, calamity, tragedy

(1) economic **misfortune**, (2) a string of **misfortunes**

The flood was a great **misfortune** to the small town causing extensive damage.

clap

v. to hit your hands together and make a short and loud noise, mainly to show your approval or praise

synonym: applaud, spat, acclaim

(1) **clap** my hands, (2) **clap** a book shut

We **clapped** along with the singer's song.

transmute

v. to change or convert from one form or substance to another, often in a transformative or profound way

synonym: transform, convert, change

(1) **transmute** energy, (2) **transmute** struggle into growth

Some alchemists believed in the ability to **transmute** base metals into gold.

noteworthy

adj. deserving of attention, interest, or acclaim; significant or remarkable

synonym: remarkable, significant, notable

(1) **noteworthy** achievement, (2) **noteworthy** event

The artist's latest work received **noteworthy** critical acclaim.

mast

n. a long pole aboard a boat or ship that holds up the sails

(1) **mast** height, (2) built-up **mast**

The main cabin is located in front of the **mast**.

confession

n. a formal statement in which one admits that they have done something wrong or illegal

synonym: admission, avowal, acknowledgment

(1) a **confession** of guilt, (2) a **confession** of faith

The prisoner made a full **confession** and admitted to his crime.

doubtful

adj. uncertain or unlikely to happen

synonym : uncertain, questionable, unsure

(1) a book of **doubtful** authorship, (2) **doubtful** whether
It is **doubtful** that we will be able to finish the project on time.

naysaying

n. the act or practice of habitually objecting or criticizing; a tendency to be negative, pessimistic, or unsupportive

synonym : doubt, skepticism, criticism

(1) **naysaying** attitude, (2) constant **naysaying**

I ignore the **naysaying** of others and pursue my dreams anyway.

sarcastic

adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone

synonym : mocking, ironic, sardonic

(1) use **sarcastic** language, (2) **sarcastic** sense of humor
Her **sarcastic** remarks made it clear that she wasn't happy with the situation.

outdo

v. to do better than someone; to surpass

synonym : excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

unmotivated

adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something

synonym : uninspired, lazy, lethargic

(1) **unmotivated** to learn, (2) feel **unmotivated**

The company's **unmotivated** employee was let go due to a lack of productivity.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym : pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children

She **indulged** in a warm bath after a long day at work.

proverb

n. a short saying that expresses a truth or gives advice based on practical experience

synonym : adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

anguish

n. severe physical or emotional pain or suffering; distress or mental agony

synonym : distress, torment, agony

(1) **anguish** and pain, (2) emotional **anguish**

She suffered from a deep sense of **anguish** following the loss of her loved one.

Session 2: Spelling

1. sa_____ic sense of humor
adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
2. qu__e a price
v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
3. ou__o him in trickery
v. to do better than someone; to surpass
4. ancient pr_____b
n. a short saying that expresses a truth or gives advice based on practical experience
5. constant na_____ng
n. the act or practice of habitually objecting or criticizing; a tendency to be negative, pessimistic, or unsupportive
6. pur_____ul series of actions
adj. having a specific aim or purpose; determined
7. feel unm_____ed
adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
8. qu__e a source
v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

ANSWERS: 1. sarcastic, 2. quote, 3. outdo, 4. proverb, 5. naysaying, 6. purposeful, 7. unmotivated, 8. quote

- | | | |
|-----------------------------------|------|---|
| 9. ou__o the competition | v. | to do better than someone; to surpass |
| 10. marching re____nt | n. | a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine |
| 11. an____h and pain | n. | severe physical or emotional pain or suffering; distress or mental agony |
| 12. dis____ct for a customer | n. | an expression of lack of regard or contempt for someone or something |
| 13. campaign ma____a | n. | a word or phrase, often repeated, that is used as a focus for the mind during meditation |
| 14. ho____ic condition | adj. | causing horror or disgust; gruesome and terrifying |
| 15. built-up m__t | n. | a long pole aboard a boat or ship that holds up the sails |
| 16. tr____te struggle into growth | v. | to change or convert from one form or substance to another, often in a transformative or profound way |
| 17. re____s in skills | v. | to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate |
| 18. na____ng attitude | n. | the act or practice of habitually objecting or criticizing; a tendency to be negative, pessimistic, or unsupportive |
| 19. treated with royal ac____m | n. | praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly |

ANSWERS: 9. outdo, 10. regiment, 11. anguish, 12. disrespect, 13. mantra, 14. horrific, 15. mast, 16. transmute, 17. regress, 18. naysaying, 19. acclaim

20. flexible mi____t *n.* the established set of attitudes or fixed ideas held by someone
21. not____hy event *adj.* deserving of attention, interest, or acclaim; significant or remarkable
22. sheer in____ty *n.* the state of being seriously mentally ill; madness
23. m__t height *n.* a long pole aboard a boat or ship that holds up the sails
24. de____n a terrorist *v.* to keep someone in official custody; to prevent them from leaving
25. br__k of war *n.* the point at which something is about to happen; the edge of a steep place
26. the mi____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
27. ho____ic experience *adj.* causing horror or disgust; gruesome and terrifying
28. in____e in debauchery *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
29. unm____ed to learn *adj.* lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
30. serial qu____r *n.* a person who gives up easily or does not have the determination to finish what they have started
31. in____l medication into my eye *v.* to impart, introduce, or cause to be absorbed gradually

ANSWERS: 20. mindset, 21. noteworthy, 22. insanity, 23. mast, 24. detain, 25. brink, 26. mindset, 27. horrific, 28. indulge, 29. unmotivated, 30. quitter, 31. instill

32. not_____hy achievement *adj.* deserving of attention, interest, or acclaim; significant or remarkable
33. a con_____on of guilt *n.* a formal statement in which one admits that they have done something wrong or illegal
34. re_____s to childhood *v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
35. a book of do_____ul authorship *adj.* uncertain or unlikely to happen
36. logistics re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
37. on the br___k *n.* the point at which something is about to happen; the edge of a steep place
38. in_____e children *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
39. at a pur_____ul pace *adj.* having a specific aim or purpose; determined
40. ac_____m the winner *n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly
41. easy qu_____r *n.* a person who gives up easily or does not have the determination to finish what they have started
42. emotional an_____h *n.* severe physical or emotional pain or suffering; distress or mental agony

ANSWERS: 32. noteworthy, 33. confession, 34. regress, 35. doubtful, 36. regiment, 37. brink, 38. indulge, 39. purposeful, 40. acclaim, 41. quitter, 42. anguish

43. economic mis_____ne *n.* an unfortunate event or circumstance; bad luck or trouble
44. a hackneyed pr_____b *n.* a short saying that expresses a truth or gives advice based on practical experience
45. in_____l confidence *v.* to impart, introduce, or cause to be absorbed gradually
46. mean no dis_____ct *n.* an expression of lack of regard or contempt for someone or something
47. alcoholic in_____ty *n.* the state of being seriously mentally ill; madness
48. a con_____on of faith *n.* a formal statement in which one admits that they have done something wrong or illegal
49. use sa_____ic language *adj.* using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
50. a string of mis_____nes *n.* an unfortunate event or circumstance; bad luck or trouble
51. chant the ma____a of structural reform *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
52. de____n for investigation *v.* to keep someone in official custody; to prevent them from leaving
53. tr_____te energy *v.* to change or convert from one form or substance to another, often in a transformative or profound way
54. do_____ul whether *adj.* uncertain or unlikely to happen

ANSWERS: 43. misfortune, 44. proverb, 45. instill, 46. disrespect, 47. insanity, 48. confession, 49. sarcastic, 50. misfortune, 51. mantra, 52. detain, 53. transmute, 54. doubtful

55. c__p my hands

v. to hit your hands together and make a short and loud noise, mainly to show your approval or praise

56. c__p a book shut

v. to hit your hands together and make a short and loud noise, mainly to show your approval or praise

ANSWERS: 55. clap, 56. clap

Session 3: Fill in the Blanks

1. In his speech, he _____ a famous philosopher to emphasize his point.
v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
2. We _____ along with the singer's song.
v. to hit your hands together and make a short and loud noise, mainly to show your approval or praise
3. I ignore the _____ of others and pursue my dreams anyway.
n. the act or practice of habitually objecting or criticizing; a tendency to be negative, pessimistic, or unsupportive
4. The army _____ marched in perfect unison during the parade.
n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
5. The artist's latest work received _____ critical acclaim.
adj. deserving of attention, interest, or acclaim; significant or remarkable
6. The accident scene was _____ with bodies and debris scattered everywhere.
adj. causing horror or disgust; gruesome and terrifying
7. It is _____ that we will be able to finish the project on time.
adj. uncertain or unlikely to happen

ANSWERS: 1. quoted, 2. clapped, 3. naysaying, 4. regiment, 5. noteworthy, 6. horrific, 7. doubtful

8. We were on the _____ of a financial crisis.
n. the point at which something is about to happen; the edge of a steep place
9. His behavior became increasingly erratic, leading many to believe he was experiencing a bout of _____.
n. the state of being seriously mentally ill; madness
10. The team's failure to win games has caused them to _____ in confidence.
v. to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
11. The teacher attempted to _____ the importance of hard work in her students.
v. to impart, introduce, or cause to be absorbed gradually
12. Her _____ remarks made it clear that she wasn't happy with the situation.
adj. using irony and cutting language to mock, ridicule, or convey contempt; saying the opposite of what is meant in a mocking tone
13. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
n. the established set of attitudes or fixed ideas held by someone
14. She repeated her personal _____ to herself to stay motivated.
n. a word or phrase, often repeated, that is used as a focus for the mind during meditation
15. 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

ANSWERS: 8. brink, 9. insanity, 10. regress, 11. instill, 12. sarcastic, 13. mindset, 14. mantra, 15. quitter

16. She had a _____ look and was determined to complete the task.
adj. having a specific aim or purpose; determined
17. She suffered from a deep sense of _____ following the loss of her loved one.
n. severe physical or emotional pain or suffering; distress or mental agony
18. The famous _____ "actions speak louder than words" reminds us to focus on deeds instead of words.
n. a short saying that expresses a truth or gives advice based on practical experience
19. He tried to _____ his rival by breaking the world record.
v. to do better than someone; to surpass
20. His _____ behavior towards his elders earned him a stern warning from his parents.
n. an expression of lack of regard or contempt for someone or something
21. The prisoner made a full _____ and admitted to his crime.
n. a formal statement in which one admits that they have done something wrong or illegal
22. The company's _____ employee was let go due to a lack of productivity.
adj. lacking in drive or ambition; not motivated; lacking enthusiasm or interest in something
23. The police _____ the suspect for questioning.
v. to keep someone in official custody; to prevent them from leaving

ANSWERS: 16. purposeful, 17. anguish, 18. proverb, 19. outdo, 20. disrespectful, 21. confession, 22. unmotivated, 23. detained

24. The main cabin is located in front of the _____.
- n.* a long pole aboard a boat or ship that holds up the sails
25. Some alchemists believed in the ability to _____ base metals into gold.
- v.* to change or convert from one form or substance to another, often in a transformative or profound way
26. The flood was a great _____ to the small town causing extensive damage.
- n.* an unfortunate event or circumstance; bad luck or trouble
27. She _____ in a warm bath after a long day at work.
- v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
28. The actor's performance in the play earned her widespread _____ from the theater community.
- n.* praise or admiration that is expressed publicly; (verb) to praise or admire someone or something publicly

ANSWERS: 24. mast, 25. transmute, 26. misfortune, 27. indulged, 28. acclaim