

# Englist.me



## Vocabulary Builder Reference from...

*Sister True Dedication: 3 questions to build resilience  
-- and change the world | TED Talk*

[https://www.ted.com/talks/sister\\_true\\_dedication\\_3\\_questions\\_to\\_build\\_resilience\\_and\\_change\\_the\\_world](https://www.ted.com/talks/sister_true_dedication_3_questions_to_build_resilience_and_change_the_world)

### 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

### awaken

*v.* to stop sleeping or to cause someone to stop sleeping  
*synonym*: rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

### intellect

*n.* the ability to think logically and comprehend information, especially at an advanced level

*synonym*: mind, brightness, cleverness

(1) enrich my **intellect**, (2) human **intellect**

Your **intellect** is capable of distinguishing among similar objects.

### underfoot

*adv.* in a position under one's feet; in the space on the ground beneath one's feet

*synonym*: beneath one's feet

(1) snow **underfoot**, (2) leaves **underfoot**

The muddy terrain made it difficult to walk **underfoot**.

### fearless

*adj.* having no fear; brave

*synonym*: brave, courageous, daring

(1) **fearless** attitude, (2) **fearless** bravery

The **fearless** firefighter rushed into the burning building to

save a trapped child.

## mindful

*adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

*synonym* : aware, attentive, conscious

(1) **mindful** of my responsibilities, (2) **mindful** eating  
Practicing **mindful** meditation can help reduce stress and improve overall well-being.

## fascinate

*v.* to attract and hold the attention of someone deeply and irresistibly

*synonym* : captivate, intrigue, mesmerize

(1) **fascinate** the public, (2) **fascinate** the young  
The magic tricks **fascinated** the children.

## humming

*adj.* producing a continuous, low, vibrating sound like that of the bee

*synonym* : buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

## lineage

*n.* the ancestry of a person, group, or species

*synonym* : ancestry, descent, heritage

(1) maternal **lineage**, (2) **lineage** tree

Scientists traced the **lineage** of the species back millions of years by studying fossils.

## grandparent

*n.* a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent summers with them.

## ancestor

*n.* a person from whom one is descended; a forefather

*synonym* : forebear, forefather, progenitor

(1) **ancestor** language, (2) earliest human **ancestor**  
My remote **ancestor** immigrated to the United States from Ireland in the 1800s.

## generosity

*n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely  
*synonym*: goodness, hospitality, unselfishness

(1) act of **generosity**, (2) boundless **generosity**  
He is remembered for his **generosity** and civilization.

## embody

*v.* to represent or exemplify something; to give tangible form to an abstract idea  
*synonym*: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity  
The company's new products **embody** the values of innovation and sustainability.

## savannah

*n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close  
*synonym*: grassland, plain

(1) **savannah** region, (2) tropical **savannah**  
The birds live in tropical forests, **savannahs**, and arid semi-desert environments.

## rainforest

*n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall

(1) **rainforest** destruction, (2) tropical **rainforest**  
The destruction of the **rainforest** is a ticking time bomb for the Earth.

## interbeing

*n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts  
*synonym*: interconnectedness, interdependence, mutualism

(1) **interbeing** philosophy, (2) **interbeing** relationship  
Our actions have a ripple effect on the **interbeing** of the

world around us.

## restless

*adj.* unwilling or unable to stay still or relax because you are worried and uneasy

*synonym* : agitated, anxious, disturbed

(1) a **restless** person, (2) **restless** waves

He felt **restless** and constantly changed his postures.

## agitation

*n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner

*synonym* : excitement, restlessness, turmoil

(1) **agitation** levels, (2) political **agitation**

The crowd's **agitation** grew as the politician failed to answer their questions.

## distracted

*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried

*synonym* : preoccupied, inattentive, absent-minded

(1) get **distracted** by an urgent matter, (2) **distracted** by a conversation

I was so **distracted** by my phone that I nearly walked into a lamppost.

## preoccupied

*adj.* having one's thoughts or attention absorbed by something; busy

*synonym* : absorbed, engrossed, occupied

(1) **preoccupied** idea, (2) **preoccupied** with other things

He was **preoccupied** with work and didn't notice me.

## drown

*v.* to die or cause to die by being unable to breathe underwater

*synonym* : douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

## numb

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

*synonym*: dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

## nourish

*v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

*synonym*: feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

## 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.

## 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.

## resonate

*v.* to be filled with a deep echoing sound

*synonym*: echo, reverberate, resound

(1) deeply **resonate** with the consumers, (2) **resonate** in the same frequency

The sound **resonates** well in this theater.

## nurture

*v.* to take care of, feed, and protect someone or something while they are growing and developing

*synonym*: boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

## rekindle

v. to revive or renew something that was previously lost or forgotten, often a relationship or feeling

*synonym*: revitalize, reignite, revive

(1) **rekindle** love, (2) **rekindle** hope

The couple tried to **rekindle** their relationship by spending more time together.

## overwhelm

v. to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody

*synonym*: conquer, crush, dominate

(1) he was **overwhelmed** with gratitude, (2) **overwhelm** opponents by numbers

Too much variety may **overwhelm** and confuse viewers.

## descendant

n. children or offspring of a specific person, plant, or animal

*synonym*: child, offspring, heir

(1) **descendant** of a pioneer, (2) third-generation

**descendant**

Those warriors' **descendants** are still skilled archers.

## Session 2: Spelling

- |  |   |
|--|---|
| 1. enrich my in_____ct                 | <i>n.</i> the ability to think logically and comprehend information, especially at an advanced level  |
| 2. tropical sa_____ah                  | <i>n.</i> a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close                               |
| 3. aw____n at daybreak                 | <i>v.</i> to stop sleeping or to cause someone to stop sleeping   |
| 4. act of gen_____ty                   | <i>n.</i> the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely                                    |
| 5. mi_____l of my responsibilities     | <i>adj.</i> being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment |
| 6. maternal li_____e                   | <i>n.</i> the ancestry of a person, group, or species   |
| 7. leaves un_____ot                    | <i>adv.</i> in a position under one's feet; in the space on the ground beneath one's feet   |
| 8. re_____te in the same frequency     | <i>v.</i> to be filled with a deep echoing sound  |
| 9. deeply re_____te with the consumers | <i>v.</i> to be filled with a deep echoing sound  |
| 10. tropical rai_____st                | <i>n.</i> a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall                                   |

ANSWERS: 1. intellect, 2. savannah, 3. awaken, 4. generosity, 5. mindful, 6. lineage, 7. underfoot, 8. resonate, 9. resonate, 10. rainforest

11. nu\_\_\_\_\_e his talents      *v.* to take care of, feed, and protect someone or something while they are growing and developing
12. fa\_\_\_\_\_te the young      *v.* to attract and hold the attention of someone deeply and irresistibly
13. n\_\_b with cold      *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
14. earliest human an\_\_\_\_or      *n.* a person from whom one is descended; a forefather
15. sa\_\_\_\_\_ah region      *n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close
16. snow un\_\_\_\_\_ot      *adv.* in a position under one's feet; in the space on the ground beneath one's feet
17. hu\_\_\_\_\_g sound      *adj.* producing a continuous, low, vibrating sound like that of the bee
18. hu\_\_\_\_\_g bird      *adj.* producing a continuous, low, vibrating sound like that of the bee
19. en\_\_\_\_\_ze a team      *v.* to give energy or vitality to someone or something; to invigorate
20. a n\_\_b mind      *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
21. asp\_\_\_\_\_on into the lungs      *n.* a strong desire to achieve something; the action or process of drawing breath
22. no\_\_\_\_\_h hope      *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

ANSWERS: 11. nurture, 12. fascinate, 13. numb, 14. ancestor, 15. savannah, 16. underfoot, 17. humming, 18. humming, 19. energize, 20. numb, 21. aspiration, 22. nourish



23. boundless gen\_\_\_\_\_ty *n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely
24. int\_\_\_\_\_ng relationship *n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts
25. third-generation des\_\_\_\_\_nt *n.* children or offspring of a specific person, plant, or animal
26. nu\_\_\_\_\_e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
27. en\_\_\_\_\_ze the body *v.* to give energy or vitality to someone or something; to invigorate
28. dr\_\_n in a bath *v.* to die or cause to die by being unable to breathe underwater
29. ag\_\_\_\_\_on levels *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
30. pre\_\_\_\_\_ed idea *adj.* having one's thoughts or attention absorbed by something; busy
31. he was ov\_\_\_\_\_lmed with gratitude *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
32. mi\_\_\_\_\_l eating *adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

ANSWERS: 23. generosity, 24. interbeing, 25. descendant, 26. nurture, 27. energize, 28. drown, 29. agitation, 30. preoccupied, 31. overwhelm, 32. mindful

33. int\_\_\_\_\_ng philosophy *n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts
34. dis\_\_\_\_\_ed by a conversation *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
35. fe\_\_\_\_\_ss bravery *adj.* having no fear; brave
36. re\_\_\_\_\_ss waves *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
37. des\_\_\_\_\_nt of a pioneer *n.* children or offspring of a specific person, plant, or animal
38. fe\_\_\_\_\_ss attitude *adj.* having no fear; brave
39. pre\_\_\_\_\_ed with other things *adj.* having one's thoughts or attention absorbed by something; busy
40. em\_\_\_\_\_y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
41. re\_\_\_\_\_le hope *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
42. an\_\_\_\_\_or language *n.* a person from whom one is descended; a forefather
43. political ag\_\_\_\_\_on *n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner

ANSWERS: 33. interbeing, 34. distracted, 35. fearless, 36. restless, 37. descendant, 38. fearless, 39. preoccupied, 40. embody, 41. rekindle, 42. ancestor, 43. agitation

44. re\_\_\_\_\_le love *v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
45. great-gra\_\_\_\_\_nt *n.* a parent of one's father or mother
46. get dis\_\_\_\_\_ed by an urgent matter *adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
47. ov\_\_\_\_\_lm opponents by numbers *v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
48. I was dr\_\_ned in work *v.* to die or cause to die by being unable to breathe underwater
49. no asp\_\_\_\_\_on for fame *n.* a strong desire to achieve something; the action or process of drawing breath
50. no\_\_\_\_\_h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
51. a re\_\_\_\_\_ss person *adj.* unwilling or unable to stay still or relax because you are worried and uneasy
52. fa\_\_\_\_\_te the public *v.* to attract and hold the attention of someone deeply and irresistibly
53. person of gra\_\_\_\_\_nt age *n.* a parent of one's father or mother
54. rai\_\_\_\_\_st destruction *n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall
55. li\_\_\_\_\_e tree *n.* the ancestry of a person, group, or species

ANSWERS: 44. rekindle, 45. grandparent, 46. distracted, 47. overwhelm, 48. drown, 49. aspiration, 50. nourish, 51. restless, 52. fascinate, 53. grandparent, 54. rainforest, 55. lineage

56. human in\_\_\_\_\_ct

*n.* the ability to think logically and comprehend information, especially at an advanced level

57. em\_\_\_y a spirit of charity

*v.* to represent or exemplify something; to give tangible form to an abstract idea

58. aw\_\_\_n a child

*v.* to stop sleeping or to cause someone to stop sleeping

ANSWERS: 56. intellect, 57. embody, 58. awaken

## Session 3: Fill in the Blanks

1. The mother used her breast milk to \_\_\_\_\_ the baby.  
*v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
2. The couple tried to \_\_\_\_\_ their relationship by spending more time together.  
*v.* to revive or renew something that was previously lost or forgotten, often a relationship or feeling
3. The destruction of the \_\_\_\_\_ is a ticking time bomb for the Earth.  
*n.* a forest rich in biodiversity that is generally found in tropical settings with heavy annual rainfall
4. I was so \_\_\_\_\_ by my phone that I nearly walked into a lamppost.  
*adj.* having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
5. The sound \_\_\_\_\_ well in this theater.  
*v.* to be filled with a deep echoing sound
6. Floods have the potential to \_\_\_\_\_ any subsurface animals easily.  
*v.* to die or cause to die by being unable to breathe underwater
7. He felt \_\_\_\_\_ and constantly changed his postures.  
*adj.* unwilling or unable to stay still or relax because you are worried and uneasy
8. Practicing \_\_\_\_\_ meditation can help reduce stress and improve overall well-being.  
*adj.* being conscious or aware of something; paying close attention to what is happening; being focused and attentive in the present moment

ANSWERS: 1. nourish, 2. rekindle, 3. rainforest, 4. distracted, 5. resonates, 6. drown, 7. restless, 8. mindful

9. The \_\_\_\_\_ firefighter rushed into the burning building to save a trapped child.  
*adj.* having no fear; brave
10. He was \_\_\_\_\_ with work and didn't notice me.  
*adj.* having one's thoughts or attention absorbed by something; busy
11. Schools should \_\_\_\_\_ children's mutual interest spirit.  
*v.* to take care of, feed, and protect someone or something while they are growing and developing
12. The motivational speaker \_\_\_\_\_ the crowd with their words.  
*v.* to give energy or vitality to someone or something; to invigorate
13. The magic tricks \_\_\_\_\_ the children.  
*v.* to attract and hold the attention of someone deeply and irresistibly
14. Too much variety may \_\_\_\_\_ and confuse viewers.  
*v.* to defeat someone or something by using a great deal of force; to have a strong emotional effect on somebody
15. She was close to her paternal \_\_\_\_\_ and often spent summers with them.  
*n.* a parent of one's father or mother
16. The friend's death \_\_\_\_\_ them.  
*v.* to stop sleeping or to cause someone to stop sleeping
17. He is remembered for his \_\_\_\_\_ and civilization.  
*n.* the fact or quality of being willing to do kind things or give somebody money, gifts, or time freely

ANSWERS: 9. fearless, 10. preoccupied, 11. nurture, 12. energized, 13. fascinated, 14. overwhelm, 15. grandparents, 16. awakens, 17. generosity

18. The crowd's \_\_\_\_\_ grew as the politician failed to answer their questions.  
*n.* a state of anxiety, excitement, or disturbance that is often associated with restlessness, agitation, or nervousness; the act of stirring or moving something in a rapid or erratic manner
19. The \_\_\_\_\_ of the bees filled the air as she walked through the garden.  
*adj.* producing a continuous, low, vibrating sound like that of the bee
20. He has an \_\_\_\_\_ to become a doctor.  
*n.* a strong desire to achieve something; the action or process of drawing breath
21. The company's new products \_\_\_\_\_ the values of innovation and sustainability.  
*v.* to represent or exemplify something; to give tangible form to an abstract idea
22. Your \_\_\_\_\_ is capable of distinguishing among similar objects.  
*n.* the ability to think logically and comprehend information, especially at an advanced level
23. Those warriors' \_\_\_\_\_ are still skilled archers.  
*n.* children or offspring of a specific person, plant, or animal
24. My remote \_\_\_\_\_ immigrated to the United States from Ireland in the 1800s.  
*n.* a person from whom one is descended; a forefather
25. Our actions have a ripple effect on the \_\_\_\_\_ of the world around us.  
*n.* the interconnectedness and interdependence of all things in the universe, often used in spiritual or philosophical contexts
26. The birds live in tropical forests, \_\_\_\_\_ and arid semi-desert environments.  
*n.* a mixed forest and grassland ecosystem where the trees are far enough apart that the canopy doesn't close

ANSWERS: 18. agitation, 19. humming, 20. aspiration, 21. embody, 22. intellect, 23. descendants, 24. ancestor, 25. interbeing, 26. savannahs,

27. Scientists traced the \_\_\_\_\_ of the species back millions of years by studying fossils.

*n.* the ancestry of a person, group, or species

28. The muddy terrain made it difficult to walk \_\_\_\_\_.

*adv.* in a position under one's feet; in the space on the ground beneath one's feet

29. My left arm became \_\_\_\_\_.

*adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 27. lineage, 28. underfoot, 29. numb