

# Englist.me



## Vocabulary Builder Reference from...

*Christine Carter: The 1-minute secret to forming a new habit | TED Talk*

[https://www.ted.com/talks/christine\\_carter\\_the\\_1\\_minute\\_secret\\_to\\_forming\\_a\\_new\\_habit](https://www.ted.com/talks/christine_carter_the_1_minute_secret_to_forming_a_new_habit)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### darn

*v.* to mend a piece of clothing by sewing over a hole or tear with small, tight stitches

*synonym*: mend, repair, patch

(1) **darn** stockings, (2) **darn** hole

I have to **darn** these socks before they become unwearable.

### coronavirus

*n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

*synonym*: covid

(1) **coronavirus** antibody test kit, (2) **coronavirus**

bankruptcy

Considering the situation of **coronavirus**, organized stopped this year's beer festival.

### pandemic

*n.* an outbreak of a disease that affects many people over a very wide area

*synonym*: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

## audacious

*adj.* showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness

*synonym*: bold, daring, fearless

(1) **audacious** stunt, (2) **audacious** decision

The young entrepreneur had an **audacious** plan to start his own company.

## optimist

*n.* a person who tends to expect the best in all things and to be hopeful and confident about the future

*synonym*: positive thinker, dreamer, idealist

(1) **optimist** by nature, (2) excessive **optimist**

She is a confident **optimist** who always looks on the bright side.

## meticulously

*adv.* with great attention to detail; thoroughly and carefully

*synonym*: carefully, attentively, scrupulously

(1) **meticulously** crafted product, (2) **meticulously** executed

She **meticulously** planned every detail of her wedding.

## devise

*v.* to come up with an idea, plan, theory, etc., using your intelligence or imagination

*synonym*: create, concoct, invent

(1) **devise** a plan, (2) **devise** a literary plot

They had to **devise** a system that did not depend on fossil fuels.

## bracing

*adj.* refreshing or invigorating; designed to provide support or stability

*synonym*: invigorating, refreshing, stimulating

(1) **bracing** air, (2) **bracing** walk

The athlete performed some **bracing** exercises to warm up before the game.

## 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.

## 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.

## wane

*v.* to decrease in size, strength, or intensity

*synonym*: decrease, diminish, fade

(1) **wane** over time, (2) **wane** in popularity

The fragrance of this material **wanes** over weeks to months.

## pajama

*n.* a pair of loose pants with a matching top, worn for sleeping or lounging

*synonym*: nightgown, nightdress

(1) care **pajama**, (2) **pajama** pants

My little sister loves to have **pajama** parties with her friends on the weekends.

## leafy

*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

*synonym*: verdant, leaf-covered, foliated

(1) **leafy** canopy, (2) **leafy** suburbs

The neighborhood is known for its **leafy** trees and verdant gardens.

## minuscule

*adj.* extremely small; tiny

*synonym*: tiny, insignificant, microscopic

(1) **minuscule** amount, (2) **minuscule** letters

This ore emits **minuscule** quantities of radiation

## lettuce

*n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

*synonym*: greens, salad, cress

(1) crisp **lettuce**, (2) wilted **lettuce**

I want a sandwich with extra **lettuce**, please.

## 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.

## romaine

*n.* a variety of lettuce with elongated, crisp leaves that form a tall, narrow head

*synonym*: cos lettuce

(1) shredded **romaine**, (2) grilled **romaine**

The salad was made with crisp **romaine** lettuce and juicy cherry tomatoes.

## mediocre

*adj.* of only average quality; not very good

*synonym*: average, ordinary, unimpressive

(1) **mediocre** performance, (2) a **mediocre** talent

He was considered a **mediocre** artist compared to others in his field.

## autopilot

*n.* a system that automatically controls the operation of an aircraft or spacecraft

*synonym*: self-pilot, self-driving, self-navigating

(1) **autopilot** function, (2) aircraft **autopilot**

The airplane was on **autopilot** during the long flight.

## tempting

*adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe

*synonym*: alluring, attractive, inviting

(1) **tempting** offer, (2) sound very **tempting**

The chocolate cake was too **tempting** for me to resist.

## **binge**

*n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

*synonym*: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

## **reliant**

*adj.* needing something or something to continue, to work correctly, or to succeed

*synonym*: dependent, subservient

(1) heavily **reliant** on oil, (2) export- **reliant** economy

The company is heavily **reliant** on its overseas operations for revenue.

## **smidgen**

*n.* a very small amount or quantity; a tiny bit

*synonym*: iota, tad, bit

(1) a tiny **smidgen**, (2) **smidgen** of evidence

I need a **smidgen** of salt to finish this dish.

## **paraphrase**

*v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning

*synonym*: rephrase, reword, reinterpret

(1) **paraphrase** a poem into prose, (2) **paraphrase** the meaning

He **paraphrased** the article in his own words to avoid being accused of plagiarism.

## **paradoxical**

*adj.* seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true

*synonym*: contradictory, conflicting, perplexing

(1) a **paradoxical** anecdote, (2) apparently **paradoxical** it is **paradoxical** that the French, who prefer animal foods,

live longer than people in other countries.

## Session 2: Spelling

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|----------------------------------|--|
| 1. export-re_____t economy       | <i>adj.</i> needing something or something to continue, to work correctly, or to succeed                                   |
| 2. global pa_____ic              | <i>n.</i> an outbreak of a disease that affects many people over a very wide area  |
| 3. flu pa_____ic                 | <i>n.</i> an outbreak of a disease that affects many people over a very wide area  |
| 4. a tiny sm_____n               | <i>n.</i> a very small amount or quantity; a tiny bit  |
| 5. par_____se the meaning        | <i>v.</i> to restate or reword a passage in one's own words, often to clarify or simplify the original meaning             |
| 6. met_____sly executed          | <i>adv.</i> with great attention to detail; thoroughly and carefully   |
| 7. apparently par_____al         | <i>adj.</i> seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true |
| 8. sm_____n of evidence          | <i>n.</i> a very small amount or quantity; a tiny bit  |
| 9. de____e a plan                | <i>v.</i> to come up with an idea, plan, theory, etc., using your intelligence or imagination                              |
| 10. par_____se a poem into prose | <i>v.</i> to restate or reword a passage in one's own words, often to clarify or simplify the original meaning             |

ANSWERS: 1. reliant, 2. pandemic, 3. pandemic, 4. smidgen, 5. paraphrase, 6. meticulously, 7. paradoxical, 8. smidgen, 9. devise, 10. paraphrase

11. aircraft au_____ot	<i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft
12. lack of wi_____er	<i>n.</i> the control exerted to do something or restrain impulses
13. heavily re_____t on oil	<i>adj.</i> needing something or something to continue, to work correctly, or to succeed
14. get dis_____ed by an urgent matter	<i>adj.</i> having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried
15. met_____sly crafted product	<i>adv.</i> with great attention to detail; thoroughly and carefully
16. me_____re performance	<i>adj.</i> of only average quality; not very good
17. serial qu_____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
18. w__e in popularity	<i>v.</i> to decrease in size, strength, or intensity
19. easy qu_____r	<i>n.</i> a person who gives up easily or does not have the determination to finish what they have started
20. d__n hole	<i>v.</i> to mend a piece of clothing by sewing over a hole or tear with small, tight stitches
21. alcohol bi__e	<i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

ANSWERS: 11. autopilot, 12. willpower, 13. reliant, 14. distracted, 15. meticulously, 16. mediocre, 17. quitter, 18. wane, 19. quitter, 20. darn, 21. binge



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|---------------------------------|---|
| 22. crisp le____e               | <i>n.</i> a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor  |
| 23. pa____a pants               | <i>n.</i> a pair of loose pants with a matching top, worn for sleeping or lounging  |
| 24. te____ng offer              | <i>adj.</i> likely to attract or persuade someone to do something, especially something that may not be wise or safe  |
| 25. dis____ed by a conversation | <i>adj.</i> having one's attention diverted or divided; being unable to concentrate because of being preoccupied or worried   |
| 26. br____g air                 | <i>adj.</i> refreshing or invigorating; designed to provide support or stability  |
| 27. de____e a literary plot     | <i>v.</i> to come up with an idea, plan, theory, etc., using your intelligence or imagination   |
| 28. au____us decision           | <i>adj.</i> showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness   |
| 29. le__y canopy                | <i>adj.</i> covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat   |
| 30. cor____us antibody test kit | <i>n.</i> a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2 |

ANSWERS: 22. lettuce, 23. pajama, 24. tempting, 25. distracted, 26. bracing, 27. devise, 28. audacious, 29. leafy, 30. coronavirus

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|---------------------------|---|
| 31. cor_____us bankruptcy | <i>n.</i> a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2 |
| 32. shredded ro_____e     | <i>n.</i> a variety of lettuce with elongated, crisp leaves that form a tall, narrow head   |
| 33. bi__e on social media | <i>n.</i> a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence   |
| 34. wilted le_____e       | <i>n.</i> a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor  |
| 35. w__e over time        | <i>v.</i> to decrease in size, strength, or intensity   |
| 36. demonstrate wi_____er | <i>n.</i> the control exerted to do something or restrain impulses  |
| 37. op_____st by nature   | <i>n.</i> a person who tends to expect the best in all things and to be hopeful and confident about the future  |
| 38. a me_____re talent    | <i>adj.</i> of only average quality; not very good  |
| 39. care pa____a          | <i>n.</i> a pair of loose pants with a matching top, worn for sleeping or lounging  |
| 40. grilled ro_____e      | <i>n.</i> a variety of lettuce with elongated, crisp leaves that form a tall, narrow head   |
| 41. d__n stockings        | <i>v.</i> to mend a piece of clothing by sewing over a hole or tear with small, tight stitches  |

ANSWERS: 31. coronavirus, 32. romaine, 33. binge, 34. lettuce, 35. wane, 36. willpower, 37. optimist, 38. mediocre, 39. pajama, 40. romaine, 41. darn

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|---------------------------|---|
| 42. le__y suburbs         | <i>adj.</i> covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat                         |
| 43. au_____us stunt       | <i>adj.</i> showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness |
| 44. excessive op_____st   | <i>n.</i> a person who tends to expect the best in all things and to be hopeful and confident about the future  |
| 45. mi_____le amount      | <i>adj.</i> extremely small; tiny   |
| 46. br_____g walk         | <i>adj.</i> refreshing or invigorating; designed to provide support or stability  |
| 47. au_____ot function    | <i>n.</i> a system that automatically controls the operation of an aircraft or spacecraft   |
| 48. mi_____le letters     | <i>adj.</i> extremely small; tiny   |
| 49. sound very te_____ng  | <i>adj.</i> likely to attract or persuade someone to do something, especially something that may not be wise or safe  |
| 50. a par_____al anecdote | <i>adj.</i> seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true  |

ANSWERS: 42. leafy, 43. audacious, 44. optimist, 45. minuscule, 46. bracing, 47. autopilot, 48. minuscule, 49. tempting, 50. paradoxical

## Session 3: Fill in the Blanks

1. 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
2. Considering the situation of \_\_\_\_\_ organized stopped this year's beer festival.  
*n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2
3. With strong \_\_\_\_\_ and determination, he could quit smoking for good.  
*n.* the control exerted to do something or restrain impulses
4. The neighborhood is known for its \_\_\_\_\_ trees and verdant gardens.  
*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
5. She is a confident \_\_\_\_\_ who always looks on the bright side.  
*n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
6. He was considered a \_\_\_\_\_ artist compared to others in his field.  
*adj.* of only average quality; not very good
7. This ore emits \_\_\_\_\_ quantities of radiation  
*adj.* extremely small; tiny

ANSWERS: 1. quitter, 2. coronavirus, 3. willpower, 4. leafy, 5. optimist, 6. mediocre, 7. minuscule

8. The young entrepreneur had an \_\_\_\_\_ plan to start his own company.  
*adj.* showing a willingness to take bold risks or to do something that is considered unconventional or daring; marked by originality, creativity, or boldness
9. She \_\_\_\_\_ planned every detail of her wedding.  
*adv.* with great attention to detail; thoroughly and carefully
10. The athlete performed some \_\_\_\_\_ exercises to warm up before the game.  
*adj.* refreshing or invigorating; designed to provide support or stability
11. They had to \_\_\_\_\_ a system that did not depend on fossil fuels.  
*v.* to come up with an idea, plan, theory, etc., using your intelligence or imagination
12. She stayed up all night \_\_\_\_\_ her favorite TV show.  
*n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
13. 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
14. He \_\_\_\_\_ the article in his own words to avoid being accused of plagiarism.  
*v.* to restate or reword a passage in one's own words, often to clarify or simplify the original meaning
15. The salad was made with crisp \_\_\_\_\_ lettuce and juicy cherry tomatoes.  
*n.* a variety of lettuce with elongated, crisp leaves that form a tall, narrow head

ANSWERS: 8. audacious, 9. meticulously, 10. bracing, 11. devise, 12. binge-watching, 13. distracted, 14. paraphrased, 15. romaine

16. My little sister loves to have \_\_\_\_\_ parties with her friends on the weekends.

*n.* a pair of loose pants with a matching top, worn for sleeping or lounging

17. They fear a \_\_\_\_\_ of a new type of virus.

*n.* an outbreak of a disease that affects many people over a very wide area

18. The chocolate cake was too \_\_\_\_\_ for me to resist.

*adj.* likely to attract or persuade someone to do something, especially something that may not be wise or safe

19. I need a \_\_\_\_\_ of salt to finish this dish.

*n.* a very small amount or quantity; a tiny bit

20. The company is heavily \_\_\_\_\_ on its overseas operations for revenue.

*adj.* needing something or something to continue, to work correctly, or to succeed

21. I want a sandwich with extra \_\_\_\_\_ please.

*n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

22. I have to \_\_\_\_\_ these socks before they become unwearable.

*v.* to mend a piece of clothing by sewing over a hole or tear with small, tight stitches

23. it is \_\_\_\_\_ that the French, who prefer animal foods, live longer than people in other countries.

*adj.* seemingly contradictory or absurd because of having two opposite features or facts, though it is probably true

ANSWERS: 16. pajama, 17. pandemic, 18. tempting, 19. smidgen, 20. reliant, 21. lettuce, 22. darn, 23. paradoxical

24. The fragrance of this material \_\_\_\_\_ over weeks to months.

*v.* to decrease in size, strength, or intensity

25. The airplane was on \_\_\_\_\_ during the long flight.

*n.* a system that automatically controls the operation of an aircraft or spacecraft

ANSWERS: 24. wanes, 25. autopilot