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Vocabulary Builder Reference from...

Russell Wilson: My secret to staying focused under pressure | TED Talk https://www.ted.com/talks/russell_wilson_my_secret_t

o_staying_focused_under_pressure



All Words

IMPORTANT

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Session 1: Word List

rocky

adj. full of or abounding in rocks; of, relating to, or made of rock

synonym: stony, boulder-strewn, rough

(1) rocky terrain, (2) rocky relationship

The **rocky** road made it difficult to drive on.

draft

 a preliminary version of something that is not yet in its final form

synonym: blueprint, outline, rough drawing

(1) a working **draft**, (2) write the first **draft**

During debates in the legislature, the **draft** of the law caused a lot of controversies.

league

 an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

synonym: association, organization, alliance

(1) league championship, (2) a baseball league

He was recruited to play in the professional **league**.

imitate

v. to copy the speech, behavior, appearance, etc. of someone or something

synonym: mimic, emulate, replicate

(1) **imitate** painting styles, (2) **imitate** animal sounds He **imitated** the modus operandi of the famous phantom thief.

flatline

v. to experience a cessation of electrical activity in the heart or other vital organs, leading to a loss of function and potential death; to cease or level off (as in an economic trend or another line graph) at a low or bottomed-out point

synonym: die, expire, pass away

(1) **flatline** over the past few quarters, (2) before the patient's heart **flatline**

The patient's heart rate suddenly **flatlined**, requiring immediate resuscitation.

deathbed

 a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life

synonym: dying bed, death watch, last moments

(1) deathbed confession, (2) deathbed scene

The family gathered around their grandfather's **deathbed** to say goodbye.

flashback

 an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative

synonym: recollection, reminiscence, memory

(1) vivid flashback, (2) flashback memory

The **flashback** scene in the movie shows the character's past experiences.

fast-forward

v. to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording

synonym: advance, hasten, speed up

(1) fast-forward 10 seconds, (2) fast-forward to the good

part

I like to **fast-forward** through commercials when watching TV shows.

championship

 a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

synonym: crown, title, contest

(1) a world **championship**, (2) **championship** flag His team won the **championship** for three years running.

trophy

 an object or prize, such as a cup or plaque, awarded to the winner of a competition or contest

synonym: prize, award, accolade

(1) trophy case, (2) trophy room

The soccer team won the **trophy** after a hard-fought competition.

emotion

 a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others

synonym: feeling, sentiment, passion

(1) control my **emotion**, (2) afraid to show **emotion**Some **emotions** are common across cultures and backgrounds.

excitement

- n. a feeling of great enthusiasm and eagernesssynonym: thrill, exhilaration, incitement
- (1) the **excitement** in the business world, (2) aesthetic **excitement**

The **excitement** of the upcoming concert was palpable among the crowd.

confetti

- small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration
- (1) confetti party, (2) confetti-filled balloons

We threw **confetti** at the wedding to celebrate the happy couple.

divorce

- n. the legal dissolution of a marriagesynonym: separation, dissolution, breakup
- divorce settlement, (2) a consensual divorce
 The couple decided to get a divorce after many years of marriage.

depression

 a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her **depression**

Depression symptoms might include a decrease in appetite and weight loss.

posit

 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.

cancer

 abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym: tumor, carcinoma, malignancy

(1) cancer diagnosis, (2) cancer research

Breast cancer is the most common type of cancer in women.

finance

n. the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets

synonym: banking, investment, fund

(1) **finance** act, (2) manage my **finances**Our company decided to hire an advisor who specializes in **finance**.

midst

- n. the middle part of people or thingssynonym: middle, core, bosom
- (1) in the **midst** of the crowd, (2) in the **midst** of a scandal He remained serene in the **midst** of turbulence.

definitely

adv. without any question and beyond doubt; clearlysynonym: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely** The paper is **definitely** worth reading thoroughly.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number The movie has received almost universally **negative** criticism.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere** I've been thinking all day and getting **nowhere**.

mercy

n. compassion or forgiveness shown towards someone whom it is within one's power to punish or harm

synonym: clemency, leniency, compassion

(1) mercy killing, (2) mercy strokeHe begged for mercy and pleaded for his life.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

shift

a slight transition in position, direction, or trendsynonym: transition, change, modification

(1) Doppler shift, (2) major paradigm shift

Could you help me **shift** some furniture?

neutral

adj. not helping or assisting either side in a conflict, argument, etc.

synonym: impartial, uninvolved, halfhearted

(1) permanently **neutral** country, (2) **neutral** colors

A legislative speaker should always be **neutral**.

gear

 a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

synonym: equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

immediately

adv. now or without delay

synonym: directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

decision

 the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) decision authority, (2) a selfish decision

She was struggling to make a **decision** between two job offers.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

hell

n. the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place

synonym: inferno, agony, misery

(1) run like hell, (2) hell broke loose

The battlefield became **hell** on earth.

mindset

 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.

athlete

 a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes** His dream is to become an Olympic **athlete**.

writ

- n. a written legal order or commandsynonym: legal document, order, legal process
- (1) a writ of summons, (2) issue a writ

He was served with a **writ** of eviction, giving him the notice to vacate the property.

highlight

v. to make something prominent, mainly so that people give it more attention

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synonym: feature, emphasize, stress

(1) **highlight** a string in red, (2) **highlight** an important difference

The introduction **highlighted** the speaker's distinguished career as a consultant

wright

a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal

synonym: builder, constructor, craftsman

(1) a car- wright, (2) aircraft wright

She was a skilled **wright**, able to craft intricate pieces of furniture.

frustrate

to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something

synonym: hinder, thwart, dishearten

(1) **frustrate** the advancement, (2) **frustrate** other team members

The coach explained a strategy to **frustrate** the opponent's schemes to the players.

graduate

a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

- (1) graduate degree program, (2) honor graduate Many employers hire **graduate** trainees to train as managers.
- the act of caring for someone through medication, remedial training, etc.

synonym: antidote, medicine, treatment

(1) therapy for a patient, (2) field of gene therapy I underwent aversion **therapy** for my addiction to alcohol.

therapy

physically

- adv. in a way related to a person's body or appearance rather than their mind
- (1) **physically** and mentally, (2) stay **physically** fit Having a **physically** healthy physique is essential for a great life.

emotional

adj. relating to people's feelingssynonym: affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress Human **emotional** responses vary widely depending on the society to which they belong.

decide

- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
 synonym: choose, determine, settle
- (1) **decide** a question, (2) **decide** on a course of action She couldn't **decide** whether to order the pizza or the pasta for dinner.

overcome

v. to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone

synonym: beat, confound, overwhelm

- (1) **overcome** opponents, (2) **overcome** all difficulties He tried to **overcome** a bad reputation and win the election.
- n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym: rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**Hunters use a whistle that makes the **doe** sound to lure stags.

doe

absolutely

adv. without restriction or limitation; completely or utterly synonym: completely, utterly, definitely

(1) absolutely against, (2) absolutely obsessed with the

girl

I am **absolutely** opposed to his idea because of morality.

shifting

adj. constantly changing or movingsynonym: unfirm, shifty, fluctuating

(1) **shifting** balance, (2) continuously **shifting** landscape Trends in the fashion industry are so **shifting** that it is challenging to keep up with them.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process** The **process** for applying for a visa can be lengthy and complicated.

Session 2: Spelling

| 1. | fire stk | ν. | to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |
|----|---------------------------------------|------|---|
| 2. | a neve number | adj. | having the quality of something bad or harmful; expressing refusal |
| 3. | write him an answer immly | adv. | now or without delay |
| 4. | the mit in an education system | n. | the established set of attitudes or fixed ideas held by someone |
| 5. | pot the existence of life after death | v. | to suggest or accept something as fact or as a basis for argument or consideration |
| 6. | run like hI | n. | the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place |
| 7. | ovme all difficulties | ν. | to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 8. | manage my fies | n. | the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics |

ANSWERS: 1. stick, 2. negative, 3. immediately, 4. mindset, 5. posit, 6. hell, 7. overcome, 8. finance

that studies the management of money

and other assets

| 9. | defly become a problem | adv. | without any question and beyond doubt; clearly |
|-----|---------------------------------|------|--|
| 10. | frte the advancement | v. | to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something |
| 11. | in the mit of a scandal | n. | the middle part of people or things |
| 12. | afraid to show emn | n. | a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others |
| 13. | try room | n. | an object or prize, such as a cup or plaque, awarded to the winner of a competition or contest |
| 14. | emal distress | adj. | relating to people's feelings |
| 15. | buck and d_e | n. | a mature female of mammals of which the male is called a buck, such as a deer or a rabbit |
| 16. | hI broke loose | n. | the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place |
| 17. | flne over the past few quarters | ν. | to experience a cessation of electrical activity in the heart or other vital organs, leading to a loss of function and potential death; to cease or level off (as in an economic trend or another line graph) at a low or bottomed-out point |

ANSWERS: 9. definitely, 10. frustrate, 11. midst, 12. emotion, 13. trophy, 14. emotional, 15. doe, 16. hell, 17. flatline

| 18. | a world chahip | n. | a contest to decide who is the best player or team in a particular sport; the act of providing approval and support |
|-----|----------------------|------------|--|
| 19. | issue a wt | n. | a written legal order or command |
| 20. | grte degree program | n. | a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree |
| 21. | come out of noe | adv. | not in, at, or to any place; not anywhere |
| 22. | the Great Depon | n. | a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market |
| 23. | shng balance | adj. | constantly changing or moving |
| 24. | mey killing | n. | compassion or forgiveness shown towards someone whom it is within one's power to punish or harm |
| 25. | car research | n. | abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells |
| 26. | hiht a string in red | <i>v</i> . | to make something prominent, mainly so that people give it more attention |
| 27. | lee championship | n. | an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters |

ANSWERS: 18. championship, 19. writ, 20. graduate, 21. nowhere, 22. depression, 23. shifting, 24. mercy, 25. cancer, 26. highlight, 27. league

| 28. mey stroke | n. | compassion or forgiveness shown towards someone whom it is within one's power to punish or harm |
|---|------|---|
| 29. a gr change lever | n. | a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose |
| 30. a working drt | n. | a preliminary version of something that is not yet in its final form |
| 31. the excnt in the business world | n. | a feeling of great enthusiasm and eagerness |
| 32. car diagnosis | n. | abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells |
| 33. say defly | adv. | without any question and beyond doubt; clearly |
| 34. prs improvement | n. | a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products |
| 35. vivid flck | n. | an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative |
| ANSWERS: 28. mercy, 29. gear, 30. draft, 34. process, 35. flashback | 31. | excitement, 32. cancer, 33. definitely, |

| 36. | ime painting styles | <i>v</i> . | to copy the speech, behavior, appearance, etc. of someone or something |
|-----|------------------------------|------------|---|
| 37. | have a neve effect | adj. | having the quality of something bad or harmful; expressing refusal |
| 38. | sports gr | n. | a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose |
| 39. | deon authority | n. | the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 40. | permanently neI country | adj. | not helping or assisting either side in a conflict, argument, etc. |
| 41. | dee my position | <i>v</i> . | to state or explain precisely the nature, scope, or meaning of something |
| 42. | roy relationship | adj. | full of or abounding in rocks; of, relating to, or made of rock |
| 43. | high school ates | n. | a person who competes in one or more sports that involve physical strength, speed, or endurance |
| 44. | deed confession | n. | a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life |
| 45. | hiht an important difference | <i>v</i> . | to make something prominent, mainly so that people give it more attention |

ANSWERS: 36. imitate, 37. negative, 38. gear, 39. decision, 40. neutral, 41. define, 42. rocky, 43. athlete, 44. deathbed, 45. highlight

| 46. | a baseball lee | n. | an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters |
|-----|---------------------------------|----|---|
| 47. | aircraft wrt | n. | a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal |
| 48. | a wt of summons | n. | a written legal order or command |
| 49. | dee a word | v. | to state or explain precisely the nature, scope, or meaning of something |
| 50. | pot the premise | ν. | to suggest or accept something as fact or as a basis for argument or consideration |
| 51. | coti party | n. | small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration |
| 52. | before the patient's heart flne | v. | to experience a cessation of electrical activity in the heart or other vital organs leading to a loss of function and potential death; to cease or level off (as in an economic trend or another line graph) at a low or bottomed-out point |
| 53. | become a professional ate | n. | a person who competes in one or more sports that involve physical strength, speed, or endurance |
| 54. | try case | n. | an object or prize, such as a cup or plaque, awarded to the winner of a competition or contest |
| | | | |

ANSWERS: 46. league, 47. wright, 48. writ, 49. define, 50. posit, 51. confetti, 52. flatline, 53. athlete, 54. trophy

| 55. | die settlement | n. | the legal dissolution of a marriage |
|-----|---------------------------|------------|--|
| 56. | a selfish deon | n. | the act or process of making up someone's mind about something; a choice or judgment reached after considering options |
| 57. | aesthetic excnt | n. | a feeling of great enthusiasm and eagerness |
| 58. | flck memory | n. | an interruption of the chronological sequence of events in a narrative, in which an event or scene from a past time is inserted into the current narrative |
| 59. | ovme opponents | <i>v</i> . | to succeed in controlling or dealing with something, such as a problem or difficulty; to defeat or overwhelm someone |
| 60. | dee a question | v. | to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 61. | noe else to go | adv. | not in, at, or to any place; not anywhere |
| 62. | control my emn | n. | a strong feeling such as love, anger, etc. deriving from one's situation, mood, or relationships with others |
| 63. | dee on a course of action | v. | to make up someone's mind about something; to come to a conclusion or judgment after considering options |
| 64. | fie act | n. | the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets |

ANSWERS: 55. divorce, 56. decision, 57. excitement, 58. flashback, 59. overcome, 60. decide, 61. nowhere, 62. emotion, 63. decide, 64. finance

| 65. | nonor grte | n. | a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree |
|-----|-----------------------------------|------|---|
| 66. | immly recall a product | adv. | now or without delay |
| 67. | continuously shng landscape | adj. | constantly changing or moving |
| 68. | write the first drt | n. | a preliminary version of something that is not yet in its final form |
| 69. | flexible mit | n. | the established set of attitudes or fixed ideas held by someone |
| 70. | thy for a patient | n. | the act of caring for someone through medication, remedial training, etc. |
| 71. | fasard 10 seconds | ν. | to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording |
| 72. | deed scene | n. | a person's bed, especially one in a hospital or home, on which they are expected to die or have died; a situation or event that occurs shortly before the end of someone's life |
| 73. | coti-filled balloons | n. | small pieces of colored paper or other material that are thrown around on festive occasions, especially in celebration or as part of the decoration |
| 74. | ime animal sounds | v. | to copy the speech, behavior, appearance, etc. of someone or something |
| AN | SWERS: 65 graduate 66 immediately | 67 | shifting 68 draft 69 mindset 70 |

ANSWERS: 65. graduate, 66. immediately, 67. shifting, 68. draft, 69. mindset, 70. therapy, 71. fast-forward, 72. deathbed, 73. confetti, 74. imitate

| 75. | neI colors | adj. | not helping or assisting either side in a conflict, argument, etc. |
|-----|-------------------------------|------|---|
| 76. | decision-making prs | n. | a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products |
| 77. | a consensual die | n. | the legal dissolution of a marriage |
| 78. | Doppler sht | n. | a slight transition in position, direction, or trend |
| 79. | d_e rabbit | n. | a mature female of mammals of which the male is called a buck, such as a deer or a rabbit |
| 80. | frte other team members | v. | to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something |
| 81. | stay phyly fit | adv. | in a way related to a person's body or appearance rather than their mind |
| 82. | the root problem of her depon | n. | a mental condition in which a person feels very unhappy and without hope fo the future; a severe recession in an economy or market |
| 83. | emal health | adj. | relating to people's feelings |
| 84. | major paradigm sht | n. | a slight transition in position, direction, or trend |
| | | | |

ANSWERS: 75. neutral, 76. process, 77. divorce, 78. shift, 79. doe, 80. frustrate, 81. physically, 82. depression, 83. emotional, 84. shift

| 85. | stk a key in a lock | ν. | to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |
|-----|------------------------------|------|--|
| 86. | absly against | adv. | without restriction or limitation; completely or utterly |
| 87. | fasard to the good part | ν. | to advance or move forward in time or progress, particularly in a rapid or accelerated manner; to increase the playback speed of a recording |
| 88. | phyly and mentally | adv. | in a way related to a person's body or appearance rather than their mind |
| 89. | field of gene thy | n. | the act of caring for someone through medication, remedial training, etc. |
| 90. | roy terrain | adj. | full of or abounding in rocks; of, relating to, or made of rock |
| 91. | in the mit of the crowd | n. | the middle part of people or things |
| 92. | a car-wrt | n. | a person who makes or repairs something, especially a craftsman or artisan who works with wood or metal |
| 93. | chahip flag | n. | a contest to decide who is the best player or team in a particular sport; the act of providing approval and support |
| 94. | absly obsessed with the girl | adv. | without restriction or limitation; completely or utterly |

ANSWERS: 85. stick, 86. absolutely, 87. fast-forward, 88. physically, 89. therapy, 90. rocky, 91. midst, 92. wright, 93. championship, 94. absolutely

Session 3: Fill in the Blanks

| 1. | You a bill in the change machine, and the coins pop out. |
|------------|--|
| v. | to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material |
| 2. | Many employers hire trainees to train as managers. |
| n. | a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree |
| 3. | The coach explained a strategy to the opponent's schemes to the players. |
| <i>v</i> . | to hinder or prevent efforts, plans, or desires from doing, succeeding, or being fulfilled; to make someone feel upset or annoyed because they are unable to change or achieve something |
| 4. | To advance this discussion, we must "success" rigorously. |
| v. | to state or explain precisely the nature, scope, or meaning of something |
| 5. | He was recruited to play in the professional |
| n. | an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters |
| 6. | The battlefield became on earth. |
| n. | the place thought to be where bad people go and are punished after death, often depicted as being located beneath the earth; an extraordinarily unpleasant or difficult place |
| 7. | He begged for and pleaded for his life. |
| n. | compassion or forgiveness shown towards someone whom it is within one's power to punish or harm |
| AN | SWERS: 1. stick, 2. graduate, 3. frustrate, 4. define, 5. league, 6. hell, 7. mercy |

ANSWERS: 8. decision, 9. gear, 10. absolutely, 11. neutral, 12. emotional, 13. physically, 14. posit, 15. overcome

ANSWERS: 16. trophy, 17. nowhere, 18. flashback, 19. Depression, 20. excitement, 21. finance, 22. shifting, 23. wright,

process, 39. championship

ANSWERS: 40. flatlined, 41. decide, 42. deathbed, 43. rocky, 44. athlete, 45.

mindset, 46. therapy, 47. confetti

| ANSWERS: | | |
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Vocab-Builder Ref from "Russell Wilson: My secret to staying focused under pressure | TED Talk" (47 words)