

Unit 1 Aspire and inspire

Wordlist

| Word/Phrase | Phonetic Spelling | Definition | Sample sentence |
|-------------------------------------|---|---|--|
| Inspiration and success | | | |
| achieve your goals | ə'tʃi:v ʝɔ:(r) 'gəʊlz | to succeed in doing or having what you planned or intended, usually after a lot of effort | The road to achieving your goals will be fraught with challenges. |
| encounter obstacles | ɪn'kaʊntə(r) 'ɒbstək(ə)lz | to experience or deal with a problem or challenge | Don't be put off if you encounter obstacles . |
| face your fears | feɪs ʝɔ:(r) 'fiə(r)z | to accept that you are afraid of something and try to overcome it | You must face your fear of failure. |
| follow in sbdy's footsteps | 'fɒləʊ ɪn 'sʌmbədɪz 'fʊt,steps | to do the same work or achieve the same success as someone else before you | Following in your hero's footsteps can provide direction. |
| get up and go | get ʌp ənd gəʊ | energy and enthusiasm | You'll need plenty of get up and go to keep you motivated. |
| keep driven and focused | ki:p 'drɪv(ə)n ənd 'fəʊkəst | to stay motivated and concentrated on achieving your goals | Small accomplishments can keep you driven and focused . |
| keep pushing yourself | ki:p 'pʊʃɪŋ ʝə(r)'self | to motivate and encourage yourself to make a great effort | I had to really keep pushing myself to climb the mountain. |
| make it | meɪk ɪt | to succeed in a particular activity | She made it in films when she was still a teenager. |
| reach the pinnacle of sbdy's career | ri:tʃ ɔɪ: 'pɪnək(ə)l əv 'sʌmbədɪz kə'riə(r) | to get to the most successful or exciting part of somebody's life | He reached the pinnacle of his career when he won five Grammy awards. |
| set targets | set 'tɑ:(r)ɡɪts | something that you try to achieve | Set yourself manageable targets . |
| to follow suit | tu: 'fɒləʊ su:t | to do the same thing | Hearing about her adventures did not inspire me to follow suit . |