

Boring, overused word or phrase	Possible alternatives
Say ("She always <b>says</b> that...")	Claim, convey, respond, report, maintain, state, deliver, express, communicate, make known, indicate, speak, voice, vocalize, assert
Interesting ("The reasons for the war were <b>interesting</b> because...")	Compelling, curious, provocative, striking, engaging, enthralling, stimulating, intriguing
A lot ("There are <b>a lot of</b> reasons...")	A collection, heaps, a slew, a wealth, plenty, numerous, piles, a great deal, an abundance, myriad
Really (1) ("The king <b>really</b> thought that...")	Undoubtedly, genuinely, admittedly, honestly, truly, without a doubt
Really (2) ("I am <b>really</b> great...")	Certainly, extremely, decidedly, thoroughly, exceptionally, surely
Very ("The wind was <b>very</b> strong...")	Extremely, exceedingly, exceptionally, decidedly, particularly, deeply, extraordinarily, noticeably, unusually, profoundly, remarkably
Use ("Passive voice is frequently <b>used</b> by the author...")	Employ, utilize, apply, practice, operate, adopt, wield
Actually ("The insects <b>actually</b> lived...")	Literally, truly, indeed
Effective ("The simile is <b>effective</b> because...")	Successful, powerful, efficacious, impactful, convincing, persuasive, cogent
Unique ("This image shows how <b>unique</b> ...")	Distinct, rare, idiosyncratic, particular, sui generis, exceptional, extraordinary, unparalleled, unprecedented
Important ("This passage is <b>important</b> because...")	While using these sentence structures occasionally is okay, it's usually more effective to restructure the sentence to convey its meaning more clearly. For example, you might write, "The tone of this passage demonstrates that..."
Significant ("This passage is <b>significant</b> because...")	
Means ("This <b>means</b> that...")	While occasionally using "means" to convey meaning is also okay, there are more precise ways to inform your audience of the relationship between two things. For example, you might write, "The fork symbolizes..., which..."
There is/There are/It is (" <b>There are</b> five reasons why...")	Instead of using these types of empty phrases (phrases that don't add any meaning to your sentence), try restructuring the sentence to make the subject and action more prominent: "George listed five reasons why..."