

<u>achieve/fulfill/realize/unlock one's potential</u>	发挥 / 实现 / 释放潜力
<u>attempt/make an attempt/seek to do sth</u>	尝试 / 努力做某事
<u>aim for</u>	目标是; 力求
<u>are parallel with</u>	与……平行; 与……一致
<u>be aimed at</u>	旨在; 目标是
<u>be determined to do sth / make up one's mind to do sth</u>	决心做某事
<u>benefits</u>	好处; 利益
<u>casual</u>	随意的; 非正式的
<u>compromised</u>	妥协的; 受损的
<u>conversation</u>	谈话很重要
<u>counts</u>	
<u>dining</u>	用餐; 进餐
<u>dinner</u>	晚餐
<u>dismissing</u>	解雇; 不理睬
<u>face/be faced with/</u>	面对 / 接受 / 应对挑战
<u>take on/accept/</u>	
<u>respond to/meet/</u>	
<u>rise to a challenge</u>	
<u>for/with the</u>	为了……目的
<u>purpose of</u>	
<u>feel with</u>	与……产生共鸣; 感同身受
<u>formal talk</u>	正式谈话
<u>handle chopsticks</u>	使用筷子
<u>impatience</u>	不耐烦

<u>in an attempt to</u>	为了尝试; 为了……目的
<u>inappropriate</u>	不合适的; 不适当的
<u>invaluable</u>	无价的; 极其宝贵的
<u>lift</u>	提升; 抬起
<u>like us</u>	像我们一样
<u>owe ... to/attribute ... to/credit ... to</u>	把……归因于; 归功于
<u>phenomenon</u>	现象
<u>Portugal</u>	葡萄牙
<u>random</u>	随机的
<u>reach out to</u>	伸出援手; 联系
<u>spare no effort/go all out/go to great lengths to do sth</u>	不遗余力 / 全力以赴做某事
<u>seasoning</u>	调味品; 调料
<u>small talk</u>	闲聊
<u>social practice</u>	社会实践
<u>take full advantage of/make full use of/make the most of the opportunity</u>	充分利用机会
<u>the basis of</u>	基础; 根基
<u>well-being</u>	福祉; 健康
<u>with the aim/</u>	以……为目的; 旨
<u>intention of</u>	在……

- 句子 -

George's heart sank **as he thought of / at** 乔治一想到没能卖完所有水果，心里就沉了下来。
the thought of his failure to sell all his
 fruit.

I'm inspired by her will and strong desire 我被她的意志和强烈的成功愿望所鼓舞。
 to succeed.

It was not luck but a strong sense 不是运气，而是强烈的目标感和决心保证了他的
 of purpose and determination that 成功。
 guaranteed his success.

Looking back, Diana **owes / owed** her 回顾过去，戴安娜的成就归功于她所接受的教育
 achievements to the education she 和她所付出的努力。
received / had received and the efforts she
made / had made.

They were determined to stick to and 他们决心不惜一切代价坚持并实现他们的梦想。
realize / fulfill / achieve their dream **at all**
costs / at any cost.

They wouldn't have achieved their 如果他们放弃了梦想，就不会取得成就。
 accomplishments if they had given up
 their dreams.

With his wife's encouragement and his 在他妻子的鼓励和他自己的决心下，他的所有努力
 determination, all his efforts finally **paid** 终于得到了回报。
off / bore fruit.