

<u>achieve/fulfill/</u>	发挥 / 实现 / 释放潜力
<u>realize/unlock</u>	
<u>one's potential</u>	
<u>attempt/make an</u>	尝试 / 努力做某事
<u>attempt/seek to do</u>	
<u>sth</u>	
<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</u>	决心做某事
<u>do sth / make up</u>	
<u>one's mind to do</u>	
<u>sth</u>	
<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</u>	把……归因于; 归功
<u>... to/credit ... to</u>	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</u>	不遗余力 / 全力以赴做
<u>all out/go to great</u>	某事
<u>lengths to do sth</u>	
<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</u>	充分利用机会
<u>of/make full use</u>	
<u>of/make the most</u>	
<u>of the opportunity</u>	
<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 the thought of his failure to sell all his fruit.

乔治一想到没能卖完所有水果，心里就沉了下来。

I'm inspired by her will and strong desire to succeed.

我被她的意志和强烈的成功愿望所鼓舞。

It was not luck but a strong sense of purpose and determination that guaranteed his success.

不是运气，而是强烈的目标感和决心保证了他的成功。

Looking back, Diana owes / owed her achievements to the education she received / had received and the efforts she made / had made.

回顾过去，戴安娜的成就归功于她所接受的教育和她所付出的努力。

They were determined to stick to and realize / fulfill / achieve their dream at all costs / at any cost.

他们决心不惜一切代价坚持并实现他们的梦想。

They wouldn't have achieved their accomplishments if they had given up their dreams.

如果他们放弃了梦想，就不会取得成就。

With his wife's encouragement and his determination, all his efforts finally paid off / bore fruit.

在他妻子的鼓励和他自己的决心下，他的所有努力终于得到了回报。