

# Overcoming challenges

Word	Definition	Part of Speech	Example Sentence	Synonym(s)	Other Part(s) of Speech
motivate	To provide someone with a reason or incentive to do something	verb	Teachers motivate students to reach their goals.	inspire, encourage, drive	motivation (noun), motivational (adj)
commit	To dedicate oneself to a task, goal, or responsibility	verb	She decided to commit fully to her new project.	dedicate, pledge, devote	commitment (noun), committed (adj)
challenge	A difficult task or situation that requires effort to overcome	noun	Climbing the mountain was a real challenge.	obstacle, difficulty, test	challenge (verb) – “He challenged the rules.”
survive	To continue to live or exist, especially in difficult conditions	verb	The team had to survive the harsh winter in the mountains.	endure, withstand, live	survival (noun), survivor (noun)
courageous	Showing bravery in the face of danger or difficulty	adjective	She made a courageous decision to speak up.	brave, bold, fearless	courage (noun), courageously (adv)
teamwork	The combined effort of a group to achieve a common goal	noun	Success in sports often depends on teamwork.	collaboration, cooperation	–
training	The process of learning skills or behaviors through practice or instruction	noun	The company offers training for new employees.	practice, coaching, instruction	train (verb)