

Katarzyna Wronczewska

# SPARK THE MAGIC

120 ANGIELSKICH SŁÓW I ZWROTÓW Z  
POZIOMU C1/C2 DO CODZIENNEGO  
UŻYCIA

Dear Reader,

The workbook you've received is a result of my 23-day study of the website dedicated to astrology – [www.astrostyle.com](http://www.astrostyle.com).

As it happens, in my teaching practice, I most often come across B2 students who would like to be able to speak their minds more freely. Their desire, to my mind, can be translated into the desire to possess an ability to use more idiomatic expressions and phrasal verbs. In other words, to acquire more informal and conversational language. My goal was to meet these needs while creating the workbook.

As you browse through the workbook, you'll notice that each lexical item has been labelled as either an idiom, a phrasal verb, a noun, a verb, an adjective, or a collocation. This division can help you organize your learning process.

As a side note, let me emphasize that all the English definitions have been copied from various dictionaries, and the sentences illustrating the usage of new words are either taken from these dictionaries or are a product of my imagination.

You'll also find a test at the end of the workbook which I personally recommend doing time and time again.

Wishing you an enjoyable and fruitful learning experience,

Katarzyna

PS If you want to get access to my free of charge educational content, follow me on Instagram.



**She decided to keep her plans under wraps for a while.**

**Ohhh, can you finally spill it??! I can't wait to hear the news!**

**Her assistant does the dirty work for her.**

**To keep something under wraps (idiom)**

To keep something secret

PL: Utrzymać coś w sekrecie

**To spill something (idiom)**

To reveal confidential information to somebody

PL: Wygadać coś

**To do the dirty work for somebody (idiom)**

To do something unpleasant or difficult for someone else who doesn't want to do it

PL: Wykonać za kogoś brudną robotę

**Recognition by this organization can make or  
break a career.**

**His lawyer was brash, arrogant and egocentric  
but he usually won his cases.**

**Don't be so cheeky!**

**To make or break something (idiom)**

To make something a success or a failure

PL: Podjąć rozstrzygającą decyzję.

**Brash (adjective)**

Showing too much confidence and too little  
respect

PL: Bezczelny.

**Cheeky (adjective)**

Slightly rude or showing no respect, but often  
in a funny way

PL: Pyskaty.

**Sally is straightforward and lets you know what she's thinking.**

**I'm sure your dream was not superficial! It must mean something.**

**She is often regarded as the most trailblazing artist of her generation.**

### **Straightforward (adjective)**

Honest and not likely to hide their opinions

PL: Szczery, prostolinijny

### **Superficial (adjective)**

Here: of little substance or significance (but also not complete and involving only the most obvious things)

PL: Tutaj: Nieznaczący

### **Trailblazing (adjective)**

Being the first to use or do something that is important, for other people

PL: Pionierski

**The business generates cash in prodigious amounts.**

**The movie is a soul-stirring, true story.  
He'll need a lot of TLC when he gets out of hospital.**

### **Prodigious (adjective)**

Extremely great in ability, amount or strength

PL: Ogromny, kolosalny

### **Soul-stirring (adjective)**

Arousing excitement and enthusiasm, uplifting

PL: Poruszający duszę (w takim sensie, że czujemy się radośnie w środku)

### **TLC (noun, abbreviation)**

Tender loving care

PL: Czuła opieka

Take  
the  
test

**It's not always a good idea to delve too deeply  
into someone's past.**

**The Earth, the Moon and Mars will align this  
week.**

**Let's resume the discussion after the break.**

**To delve into something (prepositional verb)**

To examine something carefully in order to  
discover more information about somebody or  
something

PL: Zagłębić się w coś

**To align (verb)**

Here: ustawiać się w jednej linii

PL: Tutaj: ustawić się w jednej linii

**To resume (verb)**

To happen again after a pause

PL: Wznawiać, ponawiać

**I really want to change the cycle of being weighted down with responsibilities, stressed and exhausted.**

**After a week of hustling I really need to re-establish my equilibrium.**

**Don't give up, success will come knocking at your door!**

**To weigh someone down with something (phrasal verb)**

To carry too much of something, and thus to be worried and unhappy

PL: Przygniatać kogoś czymś

**To re-establish equilibrium (collocation)**

To return to the state of balance

PL: Odzyskać równowagę

**To come (a-)knocking at one's door (idiom)**

To present itself to one as a possibility or (usually desirable) opportunity in the near future

PL: Zapukać do drzwi, nadarzyć się

**Hustle culture teaches us that there's always more: more money to make, a bigger title or promotion and a higher wall to climb.**

**The ferocity of the attack shocked a lot of people.**

**The new season holds up to the standard established by the previous seasons.**

### **Hustle culture (collocation)**

A lifestyle of someone who continues to work and only rests for a short time

PL: Kultura bycia wiecznie zajęty

### **Ferocity (noun)**

The state of being frightening and violent

PL: Okrucieństwo, srogość

### **To hold up to a standard (collocation)**

To live up to a standard

PL: Spełnić, sprostać standardom

**It's crucial to judge a candidate by their merits  
in the recruitment process.**

**I don't believe that there was a deliberate plan to  
stall the process.**

**The company is forging partnerships with a  
number of local companies.**

**To judge somebody by (on) their merits  
(collocation)**

To judge somebody based on person's qualities,  
rather than on things that you know about  
them from other sources

PL: Oceniać merytorycznie, według faktycznych  
zasług

**To stall the process (collocation)**

To delay the process or prevent it from making  
progress

PL: Przeciągać proces

**To forge a relationship (collocation)**

To make an effort to develop a successful  
relationship with somebody

PL: Nawiązać relację

Take  
the  
test

**Nothing sets me off as much as a lack of  
meaningful progress.**

**It's a subject that has aroused a lot of interest.**

**If the spark is there, then go for it!**

**To set somebody off (phrasal verb)**

To cause somebody to start doing something

PL: Pobudzić kogoś do działania

**To arouse something (verb)**

To cause somebody to have a particular feeling

PL: Wzniecać (jakieś uczucie).

**A spark (noun)**

A feeling or quality that cause excitement

PL: Iskra

**She had done what she could and her conscience was clear.**

**For us this is a clean slate and it feels like a fresh start.**

**I want to finish all my pending projects before 2023 begins.**

### **Clear conscience (idiom)**

A knowledge or belief that one has done nothing bad or wrong

PL: Czyste sumienie

### **Clean slate (idiom)**

A state in which you are starting a process or an activity again, not considering what has happened in the past at all

PL: Czysta karta

### **Pending (collocation)**

Projects that have been started but are not finished yet

PL: Projekty w toku

**Many hours of meticulous preparation have gone into writing the book.**

**He was stunned by her ethereal beauty.**

**He was rewarded for his years of service.**

**Meticulous (adjective)**

Very careful and with great attention to every detail

PL: Skrupulatny, drobiazgowy.

**Ethereal (adjective)**

Extremely light and delicate, as if not of this world

PL: Eteryiczny.

**Rewarded (adjective)**

To be given something in exchange for good behavior or good work

PL: Nagrodzony.

**I'd like to work smarter not harder, that's why I'm trying to figure out some ways how to streamline my work.**

**Your dedication and hard work will undoubtedly earn you recognition.**

**Don't hesitate and reach out to her! I'm sure she'll be able to help you.**

**To streamline something (verb)**

To change something so that it works better, especially by making it simpler

PL: Ulepszyć coś

**To earn somebody recognition (collocation)**

To give somebody respect and admiration for their achievements

PL: Zdobyć uznanie

**Reach out to somebody (idiom)**

To communicate with somebody, especially by using a phone, an email, etc.

PL: Odezwać się do kogoś

Take  
the  
test

**The senator has been in the spotlight recently since the revelation of his tax frauds. He needs to get his mojo working if he wants to reach the election. It's a prime opportunity to rely on your creativity and intelligence.**

**To be in the spotlight (idiom)**

To be the center of attention

PL: Być w centrum. uwagi

**Mojo (noun)**

A quality that attracts people to you and makes you successful and full of energy

PL: Urok, magiczna moc

**Prime opportunity (collocation)**

An opportunity of the best quality

PL: Świetna okazja

**This method no longer serves us, so we'd better ditch our regular playbook!**

**I've just hit on a great idea how to improve our internal communication.**

**It's almost 4pm. Let's wrap up the meeting.**

**Ditch your regular playbook (idiom)**

To no longer follow your rules, methods

PL: Porzucić dotychczasowy sposób działania

**Hit on/upon something (phrasal verb)**

To think of an idea when you didn't expect or intend to, especially one that solves a problem

PL: Wpaść na coś (np. pomysł).

**To wrap up something/ to wrap something up (phrasal verb)**

To complete or finish something

PL: Zakończyć coś

**It's so exasperating when he doesn't listen to a word I say!**

**It was a seductive black evening dress.  
The only props used in the show are a table, a chair, and a glass of water.**

**Exasperating (adjective)**

Annoying, especially because you cannot do anything or solve a problem

PL: Irytujący, drażniący

**Seductive (adjective)**

Intended to seduce someone

PL: Uwodzicielski

**A prop (noun)**

An object used by the actors performing in a play or film

PL: Rekwizyt

**Do you think that if we leave the party together it will start/set tongues wagging?**

**Howard was smitten by her beauty.**

**We expect the citizens of Europe to make sacrifices to save our climate.**

**To set/start tongues wagging (idiom)**

To cause people to start talking and guessing things about somebody's private life

PL: Rozpocząć gadanie (domysły, obgadywanie)

**To be smitten with/by somebody (collocation)**

Deeply affected with or struck by strong feelings of attraction, affection, or infatuation

PL: Być kimś oczarowanym

**To make sacrifices (collocation)**

To give up something that is valuable to you in order to help someone else

PL: Poświęcać się

Take  
the  
test

**Unpaid bills started to pile up alarmingly.  
I was not about to get tangled up in their  
argument.**

**You have to be careful what you say to Kevin –  
he's rather touchy.**

**To pile up (phrasal verb)**

(Of something bad) to increase

PL: Nagromadzić się, spiętrzyć

**To get tangled up (phrase)**

To get involved in something bad

PL: Wplątać się w coś

**Touchy (adjective)**

Easily offended or upset

PL: Drażliwy, przewrażliwiony.

**It seemed like she had a good handle on the situation.**

**Resist the temptation to stew in frustration or dissatisfaction**

**My parents' love laid a good foundation for my future.**

**To have a handle on something (idiom)**

To understand and to be able to deal with something

PL: Kontrolować, radzić sobie z

**To stew in frustration/ to be in a stew (idiom)**

To be in a state of suppressed frustration

PL: Gotować się/ dusić się we własnej frustracji

**To lay a foundation (collocation)**

To provide something (such as an idea, a principle, a fact) from which another thing can develop or develops

PL: Położyć fundament, dać podstawy.

**Instead of putting up a cool façade open up to  
your friends.**

**I'm sure that a meeting with friends will lift you  
out of the funk.**

**Apparently, it's not my day today. I'll spring for  
coffee in order to lift my spirits.**

**To put up a cool façade (idiom)**

To present a cool (unfriendly and not showing kindness or interest) image of oneself understand and to be able to deal with something

PL: Przybrać zimną/niemiłą pozę

**To lift somebody out of the funk (idiom)**

To help somebody get out of the state of being unhappy and without any hope

PL: Wyciągnąć kogoś z dołka

**To spring for something (idiom)**

To pay money for something more expensive than usual

PL: Zapłacić za coś/postawić coś komuś

**Don't suppress your feelings. You'd better air them!**

**Beth is an extremely affable and approachable woman.**

**You might give that photo a caption like, "Just another Tuesday with my bae".**

**To air feelings (collocation)**

To make one's feelings known to other people

PL: Wyrażać uczucia

**Affable (adjective)**

Friendly and easy to talk to

PL: Życzliwy, przyjazny

**Bae (noun, abbreviation)**

Before anybody else

PL: Dość. ktoś ważniejszy od wszystkich innych, czyli ktoś kogo się kocha (chłopak, dziewczyna)

Take  
the  
test

**My relationship has hit a rough patch lately.  
This year has been sheer madness for me. I hope  
I'll steer things back into calmer water now.  
Steps taken now to maximize your health will  
pay dividends later.**

**To hit a rough patch (idiom)**

To experience a lot of problems in a period of  
your life

PL: Przechodzić ciężki okres

**To steer things back into calmer water (idiom)**

To make the situation calm again

PL: Wrócić na spokojniejsze wody.

**To pay dividends (idiom)**

To cause good results at a time in the future

PL: Procentować (w przyszłości).

**I'm sure all of you have interesting weekend plans, but we need to get this meeting back on track.**

**How long does it take to prep a balanced meal?  
A sustainable routine is a routine you can easily carry out without sacrificing an outrageous amount of time to keep up with it.**

**To get back on track (idiom)**

To return to the right path or to the right direction

PL: Wrócić do gry.

**To prep something (verb, informal)**

To make the situation calm again

PL: Wrócić na spokojniejsze wody.

**A sustainable routine (collocation)**

A routine that one is able to continue over a period of time

PL: Trwały, długofalowy (tutaj) nawyk

**What is more, the flood of refugees may reignite the simmering tensions in the region.**

**People who knew her will know that she was a remarkable woman, she was warm, funny, feisty, but also professional in every way.**

**It's important to nip this kind of bullying in the bud.**

### **Simmering tensions (collocation)**

Tensions which are controlled but may burst out at any time, often violently

PL: Wrzące napięcia

### **Feisty (adjective)**

Active, forceful full of determination

PL: Zdziorny

### **To nip things in the bud (idiom)**

To stop something immediately so that it does not become a worse problem

PL: Zdusić w zarodku

**Some kids are just built to head-butt with their parents.**

**It's better to express your anger than let it fester inside you.**

**It's high time we broached the subject. I can't pretend that it doesn't exist anymore.**

### **To head-butt (verb)**

To engage in conflict or be in strong disagreement

PL: Coś jak „trykać się łbami” lub po prostu kłócić się.

### **To fester (verb)**

If a bad situation, such as an argument festers, it becomes worse because it is being ignored

PL: Zaostrzyć się.

### **To broach a subject (collocation)**

To begin a discussion of something difficult

PL: Poruszyć trudny temat

Take  
the  
test

**Ok, it's time to get up and tackle today's challenges.**

**Waning motivation is something we all can relate to.**

**The boss gave the staff a pep talk this morning in order to boost sales.**

**To tackle a challenge (collocation)**

To deal with a problem in a determined or efficient way

PL: Stawić czoło problemowi, zmierzyć się z problemem

**Waning (for example: motivation) (adjective)**

Decreasing in strength, intensity

PL: Opadająca (np. motywacja).

**A pep talk (noun)**

A short speech given to encourage people to work harder or try to win a game, etc.

PL: Mowa motywacyjna

**You may not be able to repress the urge to act on these thoughts.**

**Take one step at a time.**

**I need to find a way to encourage my team. Otherwise, they'll lose steam and never finish the project.**

**To repress the urge/desire (collocation)**

To not allow something, like feelings or an urge (a strong wish) to be expressed

PL: Stłumić pragnienie

**One step at a time! (idiom)**

To act slowly and carefully, to do just a little at a time

PL: Krok po kroku!

**To lose steam (idiom)**

To lose strength, energy, force

PL: Stracić parę, energię, zapał

**Teachers are always complaining about their heavy workload.**

**Everyone knows your father paved the way for you to get into this school with his money and connections.**

**Releasing an e-book can take your business to the next level.**

**A workload (noun)**

The amount of work to be done

PL: Obciążenie pracą

**To pave the way for (idiom)**

To make it easier for (something to happen or someone to do something)

PL: Utorować drogę

**To take something to the next level (idiom)**

To further improve or develop something that is already successful

PL: Przenieść coś na wyższy poziom

**They bring us together and I suppose it can spark up some collaborations which everybody can get involved in.**

**You'll learn about efficient ways how to boost your bottom-line.**

**He's so devoted to helping the poor, he's such a philanthropist.**

**To spark up something (phrasal verb)**

To begin a conversation, a friendship, an argument

PL: Rozpocząć coś

**To boost/improve one's bottom-line (collocation)**

To increase one's profits

PL: Poprawić swoje saldo (konta).

**To devote yourself to something/ somebody (prepositional verb)**

To care about something a lot and be enthusiastic about it

PL: Być oddanym czemuś

Take  
the  
test

**I'd like to make a legit difference in the world.  
The discussion was really fruitful. It gave me a  
new perspective on the matter.  
This is the most thought-provoking chapter in the  
book.**

**Legit (difference) (adjective)**

Genuine, actual, literal

PL: Prawdziwa (realna) różnica

**Fruitful (adjective)**

Producing good results

PL: Owocny

**Thought-provoking (adjective)**

Making you think a lot about a subject

PL: Dający do myślenia

**How can you foster connections between your business and your clients or clients?**

**If you build up some self-confidence, your career will take off at a clip.**

**We need tangible evidence if we're going to take legal action.**

**To foster connections (collocation)**

To promote the growth or development of

PL: Pielęgnować relacje

**At a clip (collocation)**

quickly or rapidly

PL: Nagle, szybko

**Tangible (adjective)**

Real and not imaginary, able to be shown, touched, or experienced

PL: Namacalny, dostrzegalny, rzeczywisty

**Please buckle up before we start our journey.**

**Psychics can forebode the future.**

**Why not take advantage of this special discount?**

**To buckle up (phrasal verb)**

To fasten the belt that keeps you in your seat in a car or a plane

PL: Zapiąć pas

**To forebode (verb)**

To warn or indicate something in advance

PL: Zapowiadać, wróżyć

**To take advantage of something (idiom)**

To use the good things in a situation

PL: Skorzystać z czegoś, wykorzystać jakąś sytuację

**I don't care that she hates Christmas. I'll enjoy  
the hell out of it!**

**Remember to eat and drink in moderation.  
I went on a brisk walk, even though it was  
raining.**

**To enjoy the hell out of it (idiom)**

To enjoy very much

PL: Cholernie się z czegoś cieszyć

**Moderation (noun)**

The quality of doing something within  
reasonable limits

PL: Umiarkowanie

**A brisk walk (noun phrase)**

A quick, energetic and active walk

PL: Żwawy chód, spacer

Take  
the  
test

**Don't shift into deprivation mode, just come up with a diet plan.**

**I'm trying to get these lights to sync up so that they don't alternate when they blink.**

**I know it's a big ask to make, but we need the project finished by June.**

**To shift into something (here: a mode)  
(prepositional verb)**

To change one's behavior/attitude

PL: Wejść w (tutaj: tryb).

**To sync up with (prepositional verb)**

To happen at the same time or to move at the same speed as something

PL: Zsynchronizować się z

**To make a big ask (idiom)**

To ask a favor of someone that you think is something they wouldn't want to do

PL: Mieć dużą prośbę do kogoś

**Australia could stand to gain from Canada's decision.**

**The director was supposed to distribute money to charities. Instead he decided to feather his nest.**

**The galvanizing energy of January inspired me to sign up for a driving course. At last!**

**To stand to gain (idiom)**

To be likely to gain something

PL: Zyskać na czymś

**To feather one's nest (idiom)**

To make yourself rich, especially in a way that is unfair or dishonest

PL: Bogacić się w nieuczciwy sposób

**Galvanizing (adjective)**

Causing somebody to immediately take action, especially by shocking or exciting them in some way

PL: Pobudzający do działania

**Don't rush into drawing any conclusions!  
It's hard to control the urge to eat all the  
Christmas dishes but you'd better resist it!  
Would you like to go with me for a 5-night yoga  
retreat?**

**To rush into something (prepositional verb)**

To do something without first thinking  
carefully about it

PL: Robić coś naprędce

**An urge (noun)**

A strong wish, especially one that is difficult or  
impossible to control

PL: Pragnienie

**A yoga retreat (noun)**

A quiet, isolated place that you go to in order to  
practice yoga

PL: Wyjazd z jogą do (zwykle umiejscowionego  
na uboczu) ośrodka

**She bulldozed her daughter into buying a new dress.**

**The kids were bundled up in coats and scarves.  
I found myself unable to articulate my feelings.**

**To bulldoze (verb)**

To force somebody to do something, although they might not want to

PL: Zmuszać, forsować

**To bundle up (phrasal verb)**

To put warm clothes on yourself or someone else

PL: Opatulić się

**To articulate (verb)**

To express in words

PL: Wyrażać, artykułować

Take  
the  
test

**Has your get-up-and-go for your fitness goals  
got up and gone?**

**I wasn't complaining, I merely said that I was  
tired.**

**Everyone was so pumped before the game.**

**A get-up-and-go (noun)**

A quality of being positive and having a lot of  
new ideas, determination, and energy

PL: Nastawienie na działanie, napęd

**Merely (adverb)**

Used to emphasize that you mean exactly what  
you are saying and nothing more

PL: Zaledwie, jedynie

**Pumped (adjective)**

Excited about something that is going to  
happen

PL: Podekscytowany, nakręcony

**The choreography is a convincing mashup of  
past and present.**

**I hated the blingy shirt she was wearing the  
other day.**

**Don't throw in a towel yet, give it one more  
chance!**

**A mashup (noun)**

A mixture of different, often contrasting  
elements

PL: Kombinacja różnych elementów

**Blingy (adjective)**

Extravagantly flashy and showy

PL: Krzykliwy

**To throw in a towel (idiom)**

To give up

PL: Poddać się

**It's time to ditch your regular playbook  
and scrap your well-thought-out plans.**

**A white bird sat down on a wire and  
fluttered its wings.**

**A compassionate conversation will make  
you feel better.**

**Scrap your plans (collocation)**

To not continue with a plan

PL: Porzucić swoje plany.

**To flutter (verb)**

To make a series of quick delicate movements  
up and down or from side to side, or to cause  
something to do this

PL: Trzepotać

**Compassionate (adjective)**

Feeling or showing sympathy or sadness for the  
suffering and bad luck of others, and wanting to  
help them

PL: Współczujący.

**Cheap consumer goods are abundant in  
this part of the world.**

**The train stopped unexpectedly and we  
were jolted forwards.**

**I can resist everything but holiday  
temptations.**

### **Abundant (adjective)**

More than enough; a lot of

PL: Obfity, bogaty

### **To jolt (verb)**

To move suddenly and quite violently

PL: Szarpnąć

### **Everything but (idiom)**

Everything except

PL: Wszystko prócz...

Take  
the  
test

## EXERCISES

Fill in the sentences. The order of questions corresponds with the order of the words and phrases presented earlier.

She decided to keep her plans under .....for a while. (1)

**a) a carpet   b) a mattress   c) wraps**

Ohhh, can you finally ..... it??! I can't wait to hear the news! (2)

**a) spit      b) spill      c) resume**

Her assistant does the dirty ..... for her. (3)

**a) work      b) truth      c) calculations**

Recognition by this organization can make or ..... a career. (4)

**a) take      b) break      c) nail**

His lawyer was ....., arrogant and egocentric but he usually won his cases. (5)

**a) trailblazing   b) rewarded   c) brash**

Don't be so .....! (6, pyskaty)

**a) tricky      b) cheeky      c) terrific**

Sally is ..... and lets you know what she's thinking. (7)

**a) straightforward   b) brash   c) secretive**

I'm sure your dream was not .....! It must mean something. (8)

**a) supernatural   b) superficial   c) prodigious**

She is often regarded as the most ..... artist of her generation. (9)

**a) trailblazing   b) meticulous   c) merely**

The business generates cash in ..... amounts. (10)

**a) affable   b) prodigious   c) sustainable**

The movie is a soul-....., true story. (11)

**a) searching   b) oriented   c) stirring**

He'll need a lot of .....when he gets out of hospital. (12)

**a) LOL   b) TLC   c) BAE**

It's not always a good idea to ..... too deeply into someone's past. (13)

**a) bulldoze   b) delve   c) repress**

The Earth, the Moon and Mars will ..... this week. (14)

**a) fester   b) foster   c) align**

Let's ..... the discussion after the break. (15)

**a) boost   b) resume   c) sync up**

I really want to change the cycle of being weighted  
..... with responsibilities, stressed and  
exhausted. (16)

**a) up      b) on      c) down**

After a week of hustling I really need to re-  
establish my ..... (17)

**a) feathers      b) weight      c) equilibrium**

Don't give up, success will come ..... at your  
door! (18)

**a) pounding      b) knocking      c) driving**

..... culture teaches us that there's always  
more: more money to make, a bigger title or  
promotion and a higher wall to climb. (19)

**a) legit      b) compassionate      c) hustle**

The ..... of the attack shocked a lot of  
people. (20)

**a) slate      b) ferocity      c) mojo**

The new season ..... up to the standard established by the previous seasons. (21)

**a) gets      b) holds      c) talks**

It's crucial to judge a candidate by their ..... in the recruitment process. (22)

**a) flaws      b) qualities      c) merits**

I don't believe that there was a deliberate plan to ..... the process. (23)

**a) stall      b) stale      c) stab**

The company is ..... partnerships with a number of local companies. (24)

**a) forcing      b) forging      c) doing**

Nothing ..... me off as much as a lack of meaningful progress. (25)

**a) sets      b) starts      c) steps**

It's a subject that has ..... a lot of interest (26)

**a) aroused      b) arouse      c) attached**

If the ..... is there, then go for it! (27)

**a) spark      b) spare      c) ferocity**

She had done what she could and her .....  
was clear. (28)

**a) brain    b) conscience c) conscientious**

For us this is a clean ..... and it feels like a  
fresh start. (29)

**a) table    b) plate      c) slate**

I want to finish all my ..... projects before  
2023 begins. (30)

**a) particular    b) pending    c) pendant**

Many hours of ..... preparation have gone  
into writing the book. (31)

**a) marvellous    b) merely    c) meticulous**

He was stunned by her ..... beauty. (32)

**a) ethereal    b) eternal    c) eternity**

He was ..... for his years of service. (33)

**a) removed    b) rewarded    reconsidered**

I'd like to work smarter not harder, that's why I'm trying to figure out some ways how to..... my work. (34)

**a) streaming   b) streamline   c) stream**

Your dedication and hard work will undoubtedly earn you ..... (35)

**a) recognized   b) reckon   c) recognition**

Don't hesitate and .....out to her! I'm sure she'll be able to help you. (36)

**a) rich   b) raise   c) reach**

The senator has been in the ..... recently since the revelation of his tax frauds. (37)

**a) bottom-line   b) spotlight   c) spotlit**

He needs to get his ..... working if he wants to reach the election. (38)

**a) mouth   b) mojo   c) bae**

It's a ..... opportunity to rely on your creativity and intelligence. (39)

**a) primary   b) primal   c) prime**

It's time to ..... your well-thought-out plans. (40)

**a) scrap   b) scan   c) scratch**

This method no longer serves us, so we'd better  
..... our regular playbook! (41)

**a) ditch      b) Dutch      c) dish**

I've just ..... on a great idea how to improve our  
internal communication. (42)

**a) hit          b) hold          c) get**

It's almost 4pm. Let's ..... up the meeting. (43)

**a) wrap        b) round        c) turn**

It's so ..... when he doesn't listen to a word I  
say! (44)

**a) exasperating   b) tangible   c) abundant**

It was a ..... black evening dress. (45)

**a) smitten      b) seductive    c) simmering**

The only ..... used in the show are a table,  
a chair, and a glass of water. (46)

**a) pots        b) propos        c) pros**

Do you think that if we leave the party together it  
will start/set tongues .....? (47)

**a) working    b) digging        c) wagging**

Howard was ..... by her beauty. (48)

- a) smitten    b) adored    c) fallen**

We expect the citizens of Europe to make .....  
to save our climate. (49)

- a) sacred    b) sacrifices    c) sacrificed**

Unpaid bills started to ..... up alarmingly. (50)

- a) file    b) tile    c) pile**

I was not about to get ..... up in their  
argument. (51)

- a) triangle    b) tangled    c) tangible**

You have to be careful what you say to Kevin – he's  
rather ..... (52)

- a) touched    b) touch    c) touchy**

It seemed like she had a good ..... on the  
situation. (53)

- a) button    b) handle    c) steam**

Resist the temptation to ..... in frustration or  
dissatisfaction. (54)

- a) stare    b) stew    c) cook**

My parents' love ..... a good foundation for my  
future. (55)

- a) lay    b) laid    c) lain**

Instead of putting up a ..... façade open up to your friends. (56)

**a) tough    b) rough    c) cool**

I'm sure that a meeting with friends will lift you out of the ..... (57)

**a) funky    b) funk    c) junk**

Apparently, it's not my day today. I'll ..... for coffee in order to lift my spirits. (58)

**a) sprint    b) splurge    c) spring**

Don't suppress your feelings. You'd better ..... them! (59)

**a) air                    b) stream                    c) tell**

Beth is an extremely ..... and approachable woman. (60)

**a) affable    b) affably    c) affability**

You might give that photo a caption like, "Just another. Tuesday with my .....". (61)

**a) bea                    b) bae                    c) BC**

My relationship has hit a rough ..... lately. (61)

**a) patch      b) pattern      c) part**

This year has been sheer madness for me. I hope I'll ..... things back into calmer water now. (62)

**a) wheel      b) direct      c) steer**

Steps taken now to maximize your health will pay ..... later. (63)

**a) tribute      b) dividends      c) downpayment**

I'm sure all of you have interesting weekend plans, but we need to get this meeting back on ..... (64)

**a) trail      b) track      c) railway**

How long does it take to ..... a balanced meal? (65)

**a) prop      b) prepaid      c) prep**

A ..... routine is a routine you can easily carry out without sacrificing an outrageous amount of time to keep up with it. (66)

**a) sustained      b) sustainable      c) sustainability**

What is more, the flood of refugees may reignite the .....tensions in the region. (67)

**a) sleeping      b) simmering      c) soothing**

People who knew her will know that she was a remarkable woman, she was warm, funny, ....., but also professional in every way. (68)

**a) feast      b) feasible      c) feisty**

It's important to ..... this kind of bullying in the bud. (69)

**a) nip              b) nap              c) nope**

Some kids are just built to .....-butt with their parents. (70)

**a) dial              b) heart              c) head**

It's better to express your anger than let it ..... inside you. (71)

**a) fester              b) fasten              c) fastness**

It's high time we ..... the subject. I can't pretend that it doesn't exist anymore. (72)

**a) broach              b) broached              c) broaching**

Ok, it's time to get up and ..... today's challenges. (73)

**a) tick              b) touch              c) tackle**

..... motivation is something we all can relate to. (74)

**a) wanted              b) waning              c) wanting**

The boss gave the staff a ..... talk this morning in order to boost sales. (75)

**a) prep      b) pep      c) prop**

You may not be able to ..... the urge to act on these thoughts. (76)

**a) repress    b) pressure    c) press**

Take one ..... at a time. (77)

**a) sip            b) stand            c) step**

I need to find a way to encourage my team.

Otherwise, they'll ..... steam and never finish the project. (78)

**a) lost            b) lose            c) loose**

Teachers are always complaining about their heavy ..... (79)

**a) workouts    b) working time    c) workload**

Everyone knows your father ..... the way for you to get into this school with his money and connections. (80)

**a) patched      b) paved            c) provoked**

Releasing an e-book can take your business to the next ..... (81)

**a) level            b) step            c) wraps**

They bring us together and I suppose it can .....  
up some collaborations which everybody can get  
involved in. (82)

**a) spark      b) sprang      c) spring**

You'll learn about efficient ways how to boost your  
.....-line. (83)

**a) button      b) butt      c) bottom**

He's so ..... to helping the poor, he's such a  
philanthropist. (84)

**a) devotee      b) devotedly      c) devoted**

I'd like to make a ..... difference in the world.  
(85)

**a) legal      b) legit      c) legitimate**

The discussion was really ..... It gave me a new  
perspective on the matter. (86)

**a) fruitful      b) fruity      c) fruitless**

This is the most .....-provoking chapter in the  
book. (87)

**a) though      b) thought      c) tough**

How can you ..... connections between your business and your clients or clients? (88)

**a) fester    b) foster    c) spark**

If you build up some self-confidence, your career will take off at a ..... (89)

**a) clap    b) clipp    c) clip**

We need ..... evidence if we're going to take legal action. (90)

**a) triangular    b) faithful    c) tangible**

Please ..... up before we start our journey. (91)

**a) fasten    b) buckle    c) back**

Psychics can .....the future. (92)

**a) fester    b) forebode    c) foster**

Why not take ..... of this special discount? (93)

**a) advantage    b) benefit    c) advantageous**

I don't care that she hates Christmas. I'll enjoy the ..... out of it! (94)

**a) devil      b) heck      c) hell**

Remember to eat and drink in ..... (95)

**a) moderate   b) middle   c) moderation**

I went on a ..... walk, even though it was raining. (96)

**a) bright      b) brisk      c) energetic**

Don't ..... into deprivation mode, just come up with a diet plan. (97)

**a) shift      b) delve      c) bulldoze**

I'm trying to get these lights to ..... up so that they don't alternate when they blink. (98)

**a) hold      b) sync      c) wrap**

I know it's a big ..... to make, but we need the project finished by June. (99)

**a) air      b) ask      c) ash**

Australia could stand to ..... from Canada's decision. (100)

**a) gain      b) game      c) slate**

The director was supposed to distribute the money to charities. Instead he used it to ..... his nest.

**(101)**

**a) father      b) ferocity      c) feather**

The ..... energy of January inspired me to sign up for a driving course. At last! **(102)**

**a) galvanizing   b) trailblazing   c) simmering**

Don't ..... into drawing any conclusions! **(103)**

**a) rash      b) rush      c) shift**

It's hard to control the ..... to eat all the Christmas dishes but you'd better resist it! **(104)**

**a) urge      b) hustle      c) TLC**

Would you like to go with me for a 5-night yoga .....? **(105)**

**a) treat      b) resume      c) retreat**

She ..... her daughter into buying a new dress. **(106)**

**a) scraped      b) bulldozed      c) resumed**

The kids were ..... up in coats and scarves. **(107)**

**a) paved      b) synced      c) bundled**

I found myself unable to ..... my feelings (108)

**a) spark    b) articulate    c) stew**

Has your .....-up-and-..... for your fitness goals got up and gone? (109)

**a) get, go    b) go, go    c) hold, go**

I wasn't complaining, I ..... said that I was tired. (110)

**a) mojo    b) meticulously    c) merely**

Everyone was so ..... before the game. (111)

**a) pumped    b) cheeky    c) brash**

The choreography is a convincing ..... of past and present. (112)

**a) moderation    b) mush-up    c) mashup**

I hated the ..... shirt she was wearing the other day. (113)

**a) blingy    b) bulldozed    c) trailblazing**

Don't throw in a ..... yet, give it one more chance! (114)

**a) bundle    b) towel    c) mat**

It's time to ditch your regular playbook and .....  
your well-thought-out plans. (115)

**a) spark    b) scrap    c) scratch**

A white bird sat down on a wire and ..... its  
wings. (116)

**a) set    b) flattered    c) fluttered**

A ..... conversation will make you feel  
better. (117)

**a) superficial    b) compassionate    c) pending**

Cheap consumer goods are ..... in this part of the  
world. (118)

**a) abundant    b) rewarded    c) galvanizing**

The train stopped unexpectedly and we were .....  
forwards. (119)

**a) fluttered    b) held    c) jolted**

I can resist everything ..... holiday temptations.  
(120)

**a) but    b) apart    c) not**