

Vocabulary List for “Your Habits Make Who You Are”



RIPPLE ENGLISH

1	attribute	原因を帰する	英英	regard something as being caused by (someone or something)
			例文	<i>Many successful people attribute their achievements to their habits rather than their talents.</i>
2	consistently	首尾一貫して	英英	in every case or on every occasion; invariably
			例文	<i>Successful individuals consistently carry out their daily rituals.</i>
3	ritual	儀式 日頃の習慣	英英	a series of actions or type of behavior regularly and invariably followed by someone
			例文	<i>Successful individuals consistently carry out their daily rituals.</i>
4	routine	日課 所定の手順	英英	a sequence of actions regularly followed; a fixed program
			例文	<i>When Haruki Murakami is writing a novel, he keeps a regular routine every day without variation.</i>
5	immensely	とても 極めて	英英	to a great extent; extremely
			例文	<i>Developing and maintaining habits can be immensely beneficial in achieving various goals.</i>
6	acquisition	獲得 習得	英英	the learning or developing of a skill, habit, or quality
			例文	<i>Having habits is beneficial, whether it is professional success, language acquisition, or losing weight.</i>
7	intuitively	直観的に	英英	without conscious reasoning; instinctively
			例文	<i>Many people intuitively believe the former is easier, but it may be wrong.</i>
8	make ~ up	埋め合わせる、補填する	英英	compensate for something lost, missed, or deficient:
			例文	<i>I don't feel like exercising today, so I will make it up tomorrow.</i>
9	hesitation	ためらい	英英	the action of pausing or hesitating before saying or doing something
			例文	<i>It's already been decided to do it everyday, so they can carry it out immediately without hesitation.</i>
10	temptation	誘惑	英英	the desire to do something, especially something wrong or unwise
			例文	<i>Having a habit means that you don't even have to fight with temptations.</i>
11	seemingly	外見上は 見たところ	英英	so as to give the impression of having a certain quality; apparently
			例文	<i>People with seemingly strong willpower are not even tempted in the first place.</i>
12	employ	活用する	英英	make use of
			例文	<i>They have to employ their willpower to suppress their unmotivated selves.</i>
13	suppress	抑える	英英	prevent the development, action, or expression of (a feeling, impulse, idea, etc.)
			例文	<i>They have to employ their willpower to suppress their unmotivated selves.</i>
14	new year's resolution	新年の誓い	英英	a firm decision on what to do that year
			例文	<i>Many people make their new year's resolution.</i>
15	stick with	やり続ける	英英	adhere or cling to something
			例文	<i>One of the reasons it's so hard to stick with habits is that we often expect too much of our future selves.</i>
16	objective	目標	英英	a thing aimed at or sought; a goal
			例文	<i>We should start with a small objective that even the laziest version of us can maintain.</i>
17	push-up	腕立て伏せ	英英	an exercise in which a person lies facing the floor and raises their body by pressing down on their hands.
			例文	<i>If you want to exercise everyday, the goal should be just one push-up everyday, instead of 30 push-ups.</i>
18	reluctant	乗り気がしない	英英	unwilling and hesitant; disinclined
			例文	<i>Naturally you become reluctant to get started.</i>
19	take root	根付く 定着する	英英	become fixed or established
			例文	<i>Until it takes root in your routine, the target should be as small as possible.</i>
20	ingrain	根付かせる	英英	firmly fix or establish (a habit, belief, or attitude) in a person
			例文	<i>However, until the habit becomes deeply ingrained, the initial goal should be to sustain the habit.</i>

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21	sustain	持続させる	英英	cause to continue or be prolonged for an extended period or without interruption
			例文	<i>However, until the habit becomes deeply ingrained, the initial goal should be to sustain the habit.</i>
22	resume	再開する	英英	begin to do or pursue (something) again after a pause or interruption
			例文	<i>If you break the habit, it is going to be extremely difficult to resume the following day.</i>
23	astonish	驚かす	英英	surprise or impress (someone) greatly
			例文	<i>It's astonishingly easy to oversleep, but keeping the habit of waking up early is annoyingly difficult.</i>
24	annoy	イライラさせる	英英	irritate (someone); make (someone) a little angry
			例文	<i>It's astonishingly easy to oversleep, but keeping the habit of waking up early is annoyingly difficult.</i>
25	excessive	過度に	英英	more than is necessary, normal, or desirable; immoderate
			例文	<i>Similarly, eating excessively is far easier than exercising regularly.</i>
26	reward	ほうび報酬	英英	a thing given in recognition of one's service, effort, or achievement
			例文	<i>A common characteristic of things that are difficult to keep up is that the rewards come slowly.</i>
27	immediate	即座の	英英	occurring or done at once; instant
			例文	<i>We should not jump to grab the immediate rewards but instead obtain the delayed rewards in the future.</i>
28	delay	遅らせる	英英	make (someone or something) late or slow
			例文	<i>We should not jump to grab the immediate rewards but instead obtain the delayed rewards in the future.</i>
29	fluency	流暢さ	英英	the ability to speak or write a foreign language easily and accurately
			例文	<i>It takes at least several months before we can feel the improvement in your English fluency.</i>
30	prioritize	優先する	英英	designate or treat (something) as more important than other things
			例文	<i>But the brain prioritizes short-term rewards.</i>
31	linear	直線的な	英英	arranged in or extending along a straight or nearly straight line
			例文	<i>Skills and abilities do not always progress instantly and linearly.</i>
32	stagnate	停滞する	英英	(of water or air) cease to flow or move; become stagnant
			例文	<i>Sometimes growth stagnates, and even seems to decline due to worse conditions.</i>
33	sway	揺さぶる	英英	cause to move slowly or rhythmically backward and forward or from side to side
			例文	<i>You will always be swayed by the fluctuating nature of growth.</i>
34	fluctuate	変動する 揺れ動く	英英	rise and fall irregularly in number or amount
			例文	<i>You will always be swayed by the fluctuating nature of growth.</i>
35	dispassionate	冷静な 淡々とした	英英	not influenced by strong emotion, and so able to be rational and impartial
			例文	<i>Paradoxically, people with the highest likelihood of success just dispassionately stick to their routines</i>
36	autonomous	自律的な 主体的な	英英	having the freedom to act independently
			例文	<i>Sticking to a rule with no choice seems less creative and less autonomous.</i>
37	ingenuity	創意工夫	英英	the quality of being clever, original, and inventive
			例文	<i>One's daily routine is actually the result of ingenuity to make the best use of limited resources.</i>
38	overestimate	過大評価する	英英	estimate (something) to be better, larger, or more important than it really is
			例文	<i>We often overestimate the amount of time, attention, and energy at our disposal.</i>
39	at one's disposal	自由に使える	英英	available for one to use whenever or however one wishes
			例文	<i>We often overestimate the amount of time, attention, and energy at our disposal.</i>
40	allowance	許容量	英英	the amount of something that is permitted, especially within a set of regulations
			例文	<i>Much like your monthly allowance of money, those resources are limited.</i>

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41	cognitive	認知の	英英	relating to cognition
			例文	<i>Even tasks like cleaning your email inbox can be cognitively demanding.</i>
42	demanding	努力を要する、厳しい	英英	(of a task) requiring much skill or effort
			例文	<i>Even tasks like cleaning your email inbox can be cognitively demanding.</i>
43	crucial	重大な	英英	decisive or critical, especially in the success or failure of something
			例文	<i>As a result, we can spend our resources on what's crucial for us.</i>
44	former	前の 元の	英英	having previously filled a particular role
			例文	<i>Former US President Barak Obama ate the same dinner and wore the same suit everyday.</i>
45	address (v)	取り組む 専念する	英英	think about and begin to deal with (an issue or problem)
			例文	<i>What is the question that you want to address with all that you have?</i>
46	innate	生来の	英英	inborn; natural
			例文	<i>Creativity and productivity do not only come from our innate talent.</i>
47	significant	重要な 意義深い	英英	sufficiently great or important to be worthy of attention
			例文	<i>Creativity and productivity come from our effort to avoid thinking about less significant things.</i>