

SELF-BELIEF

(Text 1)

There are a few things you just can't learn from a textbook. That you have to **live through**, to see, to be fully **entrenched** in.

- **Live through** something (phrasal verb with **live**): to experience something difficult or painful and continue to live.

Ex.:

He may not live through the operation, but it's his only chance.

- **Entrenched** (arraigado, entranhado): Entrenched ideas are so fixed or have existed for so long that they cannot be changed.

Ex.:

It's very difficult to change attitudes that have become so deeply entrenched over the years.

Because here is a simple truth: This world is a tough place. Getting what you want, **making the most of** the time you have, requires that you put yourself in the position to succeed.

- **Make the most of something**: to use or enjoy something as much as possible.

Ex.:

We're only in Paris for a day, so let's make the most of it.

It means you see a finish line before One exists.

Look, no one is ever going to call you and tell you how incredible your idea is.

You can't build a business on potential or win a championship on promise. Results are **binary**.

You either **accomplish** something, or you simply did not. That's it.

- **Binary**: consisting of two parts:

Ex.:

The markets face a simple binary decision - stay or go. (Ou você faz ou não terá sucesso)

- **Accomplish:** to finish something successfully or to achieve something.

Ex.:

*The students accomplished the task in less than ten minutes.
I feel as if I've accomplished nothing since I left my job.*

That's what people see, the result. So that means every second, every step of the way from where you are right now, until you cross the finish line depends on you, and your thoughts.

How you internalize **failure**, how you look at **setbacks** when no one is around to pat you on the back or tell you how great you are. Will you have enough self belief to move forward?

- **Failure:** no success
- **Setbacks:** something that happens that delays or prevents a process from developing:

Ex.:

*Sally had been recovering well from her operation, but yesterday she experienced a setback.
There has been a slight/temporary setback in our plans.*

Because my friends, that's the hardest part. That's what no one talks about. Having the courage to wake up every single day of your life, and know that you are building **toward** something incredible.

- **Toward:** in the direction of; closer to.

Ex.:

She stood up and walked toward him.

You are creating a **masterpiece** from the ground up, and that means, that when you're looking in the mirror you believe in what's staring back at you.

- **Masterpiece** (Obra-prima): also masterwork, a work of art such as a painting, film, or book that is made with great skill.

Equipe English Evolution

Ex.:

Leonardo's "Last Supper" is widely regarded as a masterpiece.

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