

*Look in  
the mirror*

*Look, Listen, Learn.*

# Your competition

A photograph of a swimmer in a pool, captured mid-stroke with water splashing around their head and arms. Another swimmer is visible in the background, also in the water. The scene is brightly lit, suggesting an outdoor pool setting.

## COMPETITION

*Noun: Competition*

- 1. The activity or condition of striving to gain or win something by defeating or establishing superiority over others.*

*“There is fierce competition between banks”*

*Similar: rivalry, competitiveness, vying, contesting*

- 2. An event or contest in which people take part in order to establish superiority or supremacy in a particular area.*

*“A beauty competition”*

*Similar: contest, tournament, match.*

# Your teacher

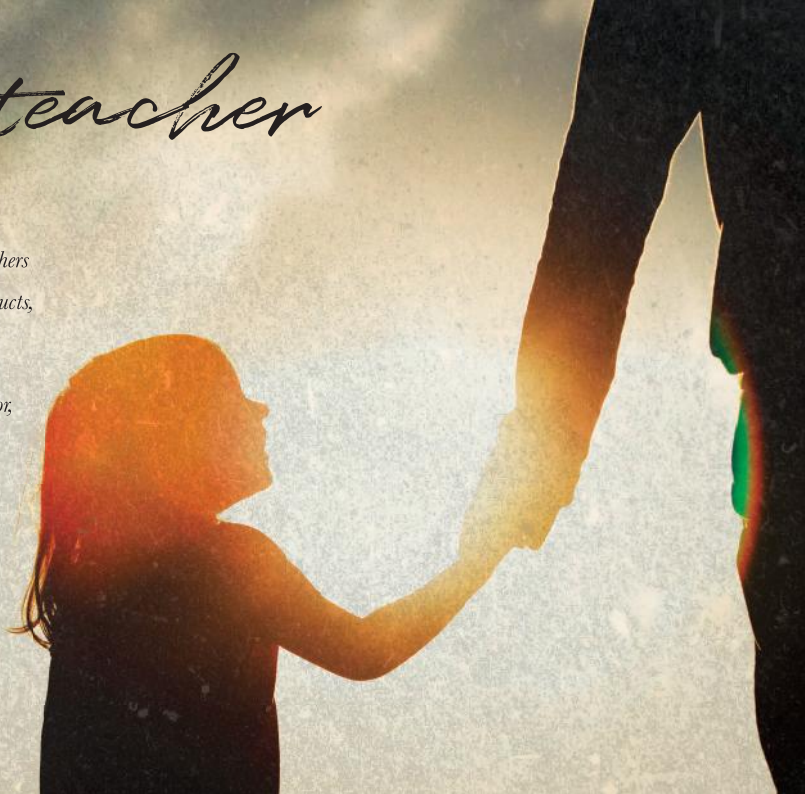
## TEACHER

*Noun: teacher; plural noun: teachers*

*1. A person who teaches or instructs, especially in a school.*

*“A history teacher”*

*Similar: educator, tutor, instructor, pedagogue, schoolteacher, trainer, schoolmaster, guru, coach.*



# Your thoughts

## THOUGHT

*Noun: thought; plural noun: thoughts*

1. *An idea or opinion produced by thinking, or occurring suddenly in the mind.*

*“Maggie had a sudden thought”*

*Similar: idea, notion, line of thinking, belief, concept.*

2. *The action or process of thinking*

*“Sophie sat deep in thought”*

*Similar: thinking, reasoning, contemplation, musing, pondering*



A young child with blonde hair, wearing a white dress with colorful circular patterns, is captured mid-jump in a body of water. The child's arms are raised, and they are holding the hands of two large, adult hands that are positioned above them, one on each side. The child has a joyful expression with an open mouth. The background is a bright, hazy sky and water, creating a warm and happy atmosphere.

# Your Behaviour

## BEHAVIOUR

*Noun: behaviour; plural noun: behaviours*

*1. The way in which one acts or conducts oneself, especially towards others.*

*“He will vouch for her good behaviour”*

*Similar: conduct, etiquette, actions.*

*2. The way in which a person or animal behaves in response to a particular situation or stimulus.*

*“The feeding behaviour of predators”*

# Your future

## FUTURE

*Noun: future; noun: the future; plural noun: futures*

*1. A period of time following the moment of speaking or writing; time regarded as still to come.*

*“We plan on getting married in the near future”*

*Similar: time to come, time ahead, what lay/lies ahead, coming times.*

*2. At a later time; going or likely to happen or exist.*

*“The needs of future generations”*

*Similar: later, following, ensuing*



# Your vision

## VISION

*Noun: vision; plural noun: visions*

*1. The faculty or state of being able to see.*

*“She had defective vision”*

*Similar: eyesight, sight.*

*2. The ability to think about or plan the future with imagination or wisdom.*

*“The organization had lost its vision and direction”*

*Similar: imagination, creativity.*

*3. An experience of seeing someone or something in a dream or trance, or as a supernatural apparition.*

*“The idea came to him in a vision”*

*Similar: apparition, spectre, phantom.*



# Your dreams

## DREAM

*Noun: dream; plural noun: dreams*

*1. A series of thoughts, images, and sensations occurring in a person's mind during sleep.*

*"I had a recurrent dream about falling from great heights"*

*Similar: fantasy, nightmare, vision.*

*2. A cherished aspiration, ambition, or ideal.*

*"I fulfilled a childhood dream when I became champion"*

*Similar: ambition, aspiration, hope, goal.*





# Your hopes

## HOPE

*Noun: hope; plural noun: hopes*

1. *A feeling of expectation and desire for a particular thing to happen.*

*“He looked through her belongings in the hope of coming across some information”*

*Similar: aspiration, desire, wish.*


2. *A feeling of trust.*

*“Our private friendship, upon hope and affiance whereof, I presume to be your petitioner”*

*Similar: hopefulness, optimism, expectation.*



# Your wishes

A young child with reddish-brown hair is shown in profile, blowing a dandelion seed head. The scene is bathed in warm, golden sunlight, creating a soft, dreamy atmosphere. The child is wearing a light blue shirt. The background is a bright, sunlit field with some greenery visible.

## WISH

*Noun: wish; plural noun: wishes*

1. *Feel or express a strong desire or hope for something that cannot or probably will not happen.*

*“We wished for peace”*

*Similar: desire, want.*

2. *Want to do something*

*“They wish to become involved”*

*Similar: want, desire.*

3. *An invocation or recitation of a hope or desire.*

*“He makes a wish”*

4. *An expression of a hope for someone’s success, happiness, or welfare.*

*“The Queen had sent her best wishes for a speedy recovery”*

# Your ambition

## AMBITION

*Noun: ambition; plural noun: ambitions*

1. *A strong desire to do or achieve something*  
*“Her ambition was to become a pilot”*

*Similar: aspiration, intention, goal.*

2. *Desire and determination to achieve success.*  
*“Young men and women with ambition”*

*Similar: drive, determination, desire.*





*Can you...*

*Listen?*

*Accept?*

*Understand?*

*Be genuine?*

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