



B2 Green Forest Notes | Class 16

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end up	to finally be in a particular place or situation
go through (smth)	to examine something that contains a collection of things carefully
try (smth) out	to use something to discover if it works or if you like it
come down to (smth)	describing the main idea
get rid of (smth)	to throw away something unwanted
hold on to (smth)	keep something you have
add up to (smth)	to become a particular amount
work out	exercise
go down	to move down to a lower level or place
cut down on (smth)	to reduce something in amount, size, etc
declutter	to clean or organize a messy or untidy space
nonetheless, nevertheless	in spite of that; however
possessions	things you own; belongings
overnight	suddenly; = during the night
to donate	to give to those in need, often through an organization
on impulse	very fast; sudden desire to do something
(shopping) spree	a short period when someone does a lot of shopping; spree = lively outburst of activity
mindset	way of thinking
distract	disturb
purchase	buy
It hit me!	I understood it
Prove me wrong	show that someone is wrong
wind up	to find yourself in an unexpected and usually unpleasant situation, especially as a result of what you do
stagnant	not growing or developing
foster	to encourage the development or growth of ideas or feelings
interpersonal	connected with relationships between people
overwhelmed	(of the thoughts, emotions, or senses) overpowered
in a timely fashion	finished quickly or on time
vice versa	used to say that what you have just said is also true in the opposite order
manifestation	a sign showing the existence of a particular condition
vicious cycle	a situation in which an attempt to resolve one problem creates new problems that lead back to the original situation
outlook	the likely future situation
yield	to supply or produce something positive such as a profit, an amount of food or success
implement	to put a plan into action