

100

words and phrases

English-French

FROM THE BOOK on how to

- plan better
- stop procrastinating
 - prioritize
 - stay motivated
- get the most of your day

EAT THAT FROG

BY BRIAN TRACY

*Abbreviations: sb – somebody, sth - something

WORD	MEANING	PRONUNCIATION	FRENCH
SWAMPED	to have more of sth than you can deal with	[swɑ:mpt]	surcharger de
TO GET CAUGHT UP	to compensate for time lost		rattrapper
TO IMMERSE ONESELF INTO	to become involved in	[ɪ'mɜ:s]	se plonger dans
SINGLE-MINDEDLY	in a determined manner	[,sɪŋgl 'maɪndɪdli]	résolument
OVERALL	general	[,oʊvər'ɔ:l]	total
OUTPUT	amount produced	['aʊtpʊt]	production
SMORGASBORD	an extensive variety	['smɔ:rgəsbo:rd]	un large éventail de
TO BRING ABOUT	to make sth happen		amener
OVERWHELMED	to feel bad cause you have too much to deal with	[,oʊvər'welmd]	débordé de
TO RUN CIRCLES AROUND	to go beyond in excellence or achievement		surpasser
TO TACKLE (TASKS)	to make an effort to deal with a problem	['tækl]	s'attaquer à
TO OVERCOME	to succeed in dealing with		surmonter
TO GET ON WITH	to do without delay		continuer
PAYOFF	a reward from sth you've done	['peɪ ɑ:f]	récompense
A SURGE OF	a sudden increase of a strong feeling	[sɜ:rdʒ]	bouffée
TO TRIGGER	to make sth happen suddenly	['trɪgə]	déclencher
ENHANCED	improved, increased	[ɪn'hɑ:nst]	amélioré, augmenté
TO TAKE ON	to begin to have a particular quality		acquérir
TO BACK	to support		étayer
ON A CONSISTENT BASIS	the way things are organized or arranged		sans cesse
VIRTUALLY	almost		presque
TO DEVIATE FROM	to be different from sth	['di:vɪet]	dévier
VAGUENESS	the quality of not being clear	['veɪgnəs]	manque de précision
FUZZY	confused and not expressed clearly	['fʌzi]	confus
TO STRIVE	try very hard to achieve sth	[straɪv]	s'efforcer
TO SCRAMBLE	to move quickly, especially with difficulty	['skræmbəl]	grimper
TO LEAN AGAINST	to rest on or against sth for support	[li:n]	appuyer contre
LIKELIHOOD	probability	['laɪklihʊd]	probabilité
TO LAY OUT	to present sth (a plan) clearly and carefully		présenter
TO PUSH FORWARD	to continue moving/with a plan		avancer
TO GALVANIZE sb INTO	to make sb take action by shocking or exciting them	['gælvənaɪz]	encourager à faire qch
TO MAKE OUT	to write out		écrire
TO SORT OUT	to organize		organiser
ITEM	one thing on a list of things to do	['aɪtəm]	point
TO TICK OFF	to mark a checklist item		cocher
TO PROPEL FORWARD	to move forward or in a particular direction	[prə'pel]	propulser
SMOOTH	to happen without any problems	[smu:ð]	sans problème
TO TURN OUT TO BE	to be discovered to be		s'avérer
ADAMANTLY	firmly	['ædəməntli]	catégoriquement

TO ACCOMPLISH	to succeed in sth	[ə'kɑ:mplɪʃ]	accomplir
UPWARD	pointing towards a higher place	[ˈʌpwərd]	vers le haut
TO END UP	to arrive at a final condition		finir
TO DELAY	to not do sth until a later time	[dɪ'leɪ]	retarder
GRATIFICATION (formal)	the state of feeling pleasure	[ˌgrætɪfɪ'keɪʃn]	satisfaction
FIELD	a subject that sb works in or is interested in		le domaine
INEVITABLY	certain to happen	[ɪn'evɪtəblɪ]	inévitablement
LACK OF	the state of not having (enough) of sth		la pénurie
UNDERACHIEVEMENT	the fact of doing less well than you could do	[ˌʌndərə'tʃi:vmənt]	résultat médiocre
TO GULP (DOWN)	to swallow large amounts of food or drink quickly	[ɡʌlɪp]	avalier
TADPOLE	the young form of a frog or toad	[ˈtædpəʊl]	têtard
TO RUN OUT OF	to use up a supply of, have no more of		ne plus avoir
TO PILE UP	to become larger in quantity or amount		s'empiler
STACKS (informal)	a large number or amount of sth; a lot of sth	[stæk]	la pile
TO GO THROUGH	to look at or examine something carefully		passer en revue
BACKLOGGED	uncompleted, accumulated	[ˈbæklo:gd]	accumulé
OVERRUN	the act of taking more time or money than was intended	[ˈoʊvərʌn]	le dépassement du coût estimé
IN THE LONG TERM	over an extended time in the future		à long terme
TO ADD ON	to include sth extra		ajouter a
SUBORDINATE	being in a lower order or rank	[sə'bɔ:rdɪnət]	subordonné
CRYSTAL CLEAR	very easy to understand; completely obvious	[ˌkrɪstl 'kliə]	clair comme de l'eau de roche
CORE QUESTION	the most important question	[kɔ:]	question principal
AT THE MERCY OF	in the power of	[ˈmɜ:rsɪ]	à la merci de
TO PUT OFF	to delay until later		remettre à plus tard
COURTEOUSLY	in a polite way, showing respect	[ˈkɜ:rtiəsli]	avec courtoisie
SPARE TIME	free time	[speə]	le temps libre
TO PICK UP	to take hold of sth and lift it up		ramasser
TO PUT DOWN	to stop holding sth and place it on sth		poser
AT ALL COSTS	whatever is needed to achieve sth		à tout prix
ONGOING	continuing to exist or develop	[ˈɔ:ngəʊɪŋ]	continu
AVID	very enthusiastic about sth	[ˈævɪd]	avide
TO CUT DOWN ON	to reduce the size, amount or number of sth		réduire la consommation
TO FREE UP	make available (informal)		dégager
TO COUNT	have importance		compter
TO LAUNCH oneself INTO	to begin sth in an enthusiastic way	[lɔ:ntʃ]	se lancer dans
UPCOMING	going to happen soon	[ˈʌpkʌmɪŋ]	prochain, imminent
MILD	not severe or strong	[maɪld]	léger
OUT OF HABIT	do sth automatically		par habitude
TO TAKE AWAY FROM	to make the effort or value of sth seem less		gâcher
SPRINGBOARD (for/to)	sth that helps you start an activity	[ˈsprɪŋbɔ:rd]	tremplin

ON THE PAYROLL	employed by a company	['peɪrɒl]	faire partie de l'entreprise
TO BE WILLING TO	not objecting to doing sth		disposé à
BY THE SAME TOKEN	by the same reasons	['tʊskən]	de la même manière
DRAG	something stopping progress		le frein
FRICTION	disagreement, conflict	['frɪkʃn]	friction
TO HOLD BACK FROM	to hesitate or to make sb hesitate to act		empêcher [qqn] (de faire)
REVERSE	the opposite of what has just been mentioned	[rɪ'vɜ:rs]	le contraire
APPRAISAL	a judgement of the value, performance or nature of sb	[ə'preɪzl]	évaluation
TO DOWNSIZE	to reduce in size	['daʊnsaɪz]	réduire (la taille de)
TO POP (informal)	to suddenly appear, especially when not expected		apparaître
SNAPSHOT	a brief summary or profile	['snæpʃɑ:t]	un aperçu
IDLE	with no particular purpose or effect; useless	['aɪdl]	vain
CHIT-CHAT (informal)	conversation about things that are not important	['tʃɪt tʃæt]	le bavardage
TO LOSE SIGHT OF	to stop considering sth; to forget sth		perdre de vue
TO RUN IT UP THE FLAGPOLE (to see who salutes it)	present [sth] to gauge interest	['flægpəʊl]	tâter le terrain
TO PERISH (formal, literary)	to die	['perɪʃ]	mourir
TO STEER	to move in a particular direction	[stiə]	diriger vers
TO TAKE STOCK OF	to examine, evaluate		faire le bilan de [qch], faire le point sur [qch]
CHOKEPOINT	a place of greatest congestion (and hazard); bottleneck	['tʃoʊk pɔɪnt]	goulet, point d'étranglement
TO REVAMP	to make changes, usually to improve its appearance	[,ri:'væmp]	réorganiser, repenser
TO RAISE THE BAR	to set a new, higher standard of quality or performance		élever le niveau
TO GO THE EXTRA MILE	to make a special effort to achieve sth, help sb etc.		en faire plus

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