

I'm not robot  reCAPTCHA

[Continue](#)

List of blending words in english pdf

Last updated on July 10, 2020 Life is wasted in between times. The time between when the alarm first rings and when you finally decide to get out of bed. The time between when you sit at your desk and when productive work begins. The time between making a decision and doing something about it. Slowly, the day is whittled away from all unused in between moments. Finally, time wasters, laziness, and procrastination get the better of you. The solution to reclaim these lost moments is by creating rituals. Every culture on Earth uses rituals to transmit information and code behaviors that are considered important. Personal rituals can help you build a better pattern to deal with everything from how you wake up to how you work. Unfortunately, when most people see rituals, they see meaningless superstitions. In fact, many rituals are based on a primitive understanding of the world. But by building personal rituals, you get to encode the behavior you feel is important and cut out wasted mid-moment. Program your own algorithms Another way to see rituals is to see them as computer algorithms. An algorithm is a set of instructions that are repeated to get a result. Some algorithms are highly effective, sorting or searching millions of pieces of data in a few seconds. Other algorithms are bulky and difficult, taking hours to do the same task. By forming rituals, you build algorithms for your behavior. Take the delayed and painful pattern to wake up, discuss whether to sleep for another two minutes, press the snooze button, repeat until almost late at work. This can be reprogrammed to get out of bed immediately, without discussing your decision. How to form a ritual I have set up personal rituals for myself to handle emails, wake up every morning, write articles and read books. Far from making me inflexible, these rituals give me a useful standard pattern that works best 99% of the time. When my current ritual will not work, I am always free to stop using it. Forming a ritual is not too difficult, and the same principles of changing habits apply: Print your sequence of behaviors. I suggest you start with a single ritual of only 3-4 steps maximum. Wait until you have established a ritual before trying to add new steps. Commit to following your ritual for thirty days. This step will take the idea and condition it into the nervous system as a habit. Define a clear trigger. When does your ritual start? A ritual to wake up is simple – the sound of the alarm clock will work. As for what triggers you to go to the gym, read a book or reply to emails - you have to decide. Fine-tune the pattern. Your algorithm probably won't be completely effective the first time. Making some adjustments after the first 30-day trial can make the ritual more useful. Ways to use a ritual based on the above ideas, here are some ways you can implement your own 1. Wake up Set up set up a morning ritual for when you wake up and the next few get you do immediately afterwards. To combat grogginess after immediately waking up, my solution is to do some pushups right after getting out of bed. After that, I sneak in ninety minutes of reading before getting ready for morning classes. 2. Web usage How often do you reply to email, watch Google Reader, or check Facebook every day? I found by taking all my daily internet needs and compressing them into one, very effective ritual, I was able to cut off 75% of my web time without losing any communication. 3. Read How much time do you get to read books? If your library isn't as large as you'd like, you may want to consider the rituals you use to read. Programming a few steps to trigger yourself to read instead of watching TV or during a break in the day can chew through dozens of books every year. 4. Kindness Rituals can also help with communication. Set up a ritual to start a conversation when you have opportunities to meet people. 5. Working One of the hardest barriers when overcoming procrastination builds up a concentrated flow. If you build these steps into a ritual, you can quickly start working or continue working after an interruption. 6. Go to the gym if exercise is a struggle, coding a ritual can remove much of the difficulty. Set up a quick ritual to go to training right after work or when you wake up. 7. Training Even in your workouts you can have rituals. Distance time between races or reps with a certain number of breaths can remove guesswork. Forming a ritual to do certain exercises in a certain order can save time. 8. Sleeping Form a soothing ritual in the last 30-60 minutes of the day before going to bed. This will help slow yourself down and make it much easier to fall asleep. Especially if you plan to get up full of energy in the morning, it will help if you remove insomnia. 8. Weekly reviews The weekly review is a big part of the GTD system. By creating a simple ritual checklist for my weekly review, I can make the most of this exercise in less time. Originally I made holistic reviews where I wrote my thoughts on the week and progress as a whole. Now I'm limiting my focus to specific plans, ideas, and measurements. Last thoughts We all want to be productive. But time waste, procrastination and laziness sometimes get better of us. If you are facing such difficulties, do not be afraid to make use of these rituals to help you conquer them. More tips for conquering time wasters and procrastinatingFeatured photo credit: RODOLFO BARRETO via unsplash.com Imagine you are a dictionary editor. For eight hours a day, five days a week, every week until the heat death of the universe or the day humans stop speaking English (depending on what comes first), it's your job to ensure that your reliable reference book keeps up with the relentlessly evolving definitions of our relentlessly growing English language. No sweat, think pick up two boxes of quotes for words with the letter R. Where should I start? That's when you realize that these boxes of quotes, hundreds of scraps of paper showing every word in every possible context, are all for a single word. A three-letter word — the most complicated, multifaceted word in English. (These words mean the opposite of what you think.) Tatiana Ayazo/Rd.comYou might think it's absurd (and maybe it is), but Oxford English Dictionary editors recently revealed that drive has actually become the only word with the most potential meanings in all English, boasting no less than 645 different use cases for verb form alone. The major definitions of run featured in the OED's upcoming third edition begin with the obvious, to go with quick steps on alternate feet, and then continue to run on for 75 columns of type. This entry, in all its circumference, took a professional lexicographer nine months of research to complete. How can three lowercase letters be responsible for so much meaning? Context is everything. Think about it: when you run a fever, for example, these three letters have a completely different meaning than when you run a bath to process it, or when your bathwater later runs over and dries your cotton bath runner, forcing you to run out to the store and buy a new one. There, you run up a bill of \$85 because besides a blanket and some cold medicine, you also need some thread to fix the run in stockings and some tissue for runny nose and a carton of milk because you've run through the supply at home, and all this makes fear run through your soul because your value-club membership goes out at the end of the month and you've already run over budget on last week's grocery run when you ran over a nail in the parking lot and now your car won't even run properly because whatever idiot drives like Walmart apparently let his custody staff run amok and you know you let your inner monologue run on and on, but, God - you'd do things differently if you ran the world. Maybe you should run for office. (When you're on, try using some of these words to sound smarter.) It bears mention that the run has not always run by the dictionary. When the OED's first edition came out in 1928 (after 70 years of editorial research), the longest entry belonged to another juggernaut in three letters: set. Even today, the paper edition of the OED contains around 200 meanings, beginning with put, lay, or able (something) in a particular place or position, and continues for about 32 pages. So what happened? Why is running suddenly the Swiss army Knife of verbs? The British writer Simon Winchester likes it a feature of our more energetic and hectic times, making words like seen seem almost stodgy and passive by comparison. 'Run' seems to have earned some big boost during the boom of the Industrial Revolution, when all sorts of mechanized innovation adopted it as their verb of choice. Machines run, clocks run, computers run - it's said said said which began in the mid-19th century, says Winchester. So, ready to run through the full list of definitions? Alas, to read all 645 meanings you have to wait for the next edition of the Oxford English Dictionary. Print runs are expected in 2037.