

VOCABULARY · EPISODE 28

Become Truly Unstoppable in English

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to push through

aguantar hasta el final · seguir adelante a pesar de todo**DEF**

to continue despite difficulty, pain, or resistance; to persist until you complete something hard

*Push through is physical language for mental determination — you feel the resistance but you keep moving forward anyway. It is the vocabulary of people who do not stop when things get hard.***ES**

Continuar a pesar de la dificultad, el dolor o la resistencia; persistir hasta completar algo difícil.

Es lenguaje físico para la determinación mental — sientes la resistencia pero sigues avanzando de todas formas.

Push through the difficult days — those are the ones that build the most.

Push through the difficult days — those are the ones that build the most. -> Aguanta hasta el final los días difíciles — esos son los que más te construyen.

She pushed through three months of feeling stuck and came out the other side truly fluent.

She pushed through three months of feeling stuck and came out truly fluent. -> Siguió adelante a pesar de tres meses sintiéndose bloqueada y salió verdaderamente fluida.

2

to bounce back

recuperarse rápido · reponerse pronto**DEF**

to recover quickly from a setback, disappointment, or difficult period

*Bounce back is an optimistic phrase — the image is a ball that springs back after hitting the ground. It implies not just recovery but a return to energy and forward movement.***ES**

Recuperarse rápidamente de un contratiempo, decepción o período difícil.

Es una frase optimista — la imagen es una pelota que rebota después de golpear el suelo.

He bounced back from a terrible test result and improved dramatically in the following month.

He bounced back from a terrible test result and improved dramatically the following month. -> Se recuperó rápido de un resultado de examen terrible y mejoró drásticamente el mes siguiente.

The key to unstoppable English is not avoiding failure — it is knowing how to bounce back from it.

The key to unstoppable English is knowing how to bounce back from failure. -> La clave del inglés imparable es saber cómo reponerse pronto del fracaso.

3

a setback

un tropiezo · un retroceso temporal

DEF

a difficulty or reversal that slows down or temporarily stops your progress

A setback is not a defeat — it is a temporary step backwards. Reframing setbacks as part of the journey rather than proof of failure is one of the most important mindset shifts in language learning.

ES

Una dificultad o reverso que ralentiza o detiene temporalmente tu progreso.

Un tropiezo no es una derrota — es un paso atrás temporal.

A bad week is a setback, not a sign that you should stop.

A bad week is a setback, not a sign that you should stop. -> Una mala semana es un tropiezo, no una señal de que debes parar.

Every successful language learner has experienced setbacks — what matters is what you do next.

Every successful language learner has experienced setbacks. -> Todo estudiante de idiomas exitoso ha experimentado retrocesos temporales.

4

to rise above

estar por encima de algo · no dejarse arrastrar por algo

DEF

to handle a difficulty with dignity and without letting it bring you down; to overcome something by staying above its level

Rise above has a moral and emotional quality — it is not just surviving a challenge but maintaining your values and character while facing it. A person who rises above does not become bitter or defeated.

ES

Manejar una dificultad con dignidad sin dejar que te hunda; superar algo manteniéndote por encima de su nivel.

Tiene una cualidad moral y emocional — no solo sobrevivir un desafío sino mantener tus valores.

Rise above the frustration — one bad day does not define your English journey.

Rise above the frustration — one bad day does not define your English journey. -> Estate por encima de la frustración — un mal día no define tu camino en inglés.

She rose above every critic who told her her accent was too strong to be understood.

She rose above every critic who told her her accent was too strong to be understood. -> Estuvo por encima de cada crítico que le decía que su acento era demasiado fuerte para ser entendido.

5

to stay the course

mantener el rumbo · no desviarse del camino

DEF

to continue with a plan or commitment despite difficulties, temptations to quit, or slow progress

Stay the course is nautical — keeping the ship on its planned route despite rough seas. In learning, it means maintaining consistency even when progress feels invisible. Success favours those who stay the course.

ES

Continuar con un plan o compromiso a pesar de las dificultades, las tentaciones de abandonar o el lento progreso.

Es náutico — mantener el barco en su ruta planificada a pesar del mar agitado.

Stay the course — every expert was once a beginner who decided not to quit.

Stay the course — every expert was once a beginner who decided not to quit. -> Mantén el rumbo — todo experto fue una vez un principiante que decidió no abandonar.

The hardest part of learning English is staying the course during the months when nothing seems to change.

The hardest part of learning English is staying the course during the months when nothing seems to change. -> La parte más difícil de aprender inglés es no desviarse del camino durante los meses en que nada parece cambiar.

6

to dust yourself off

sacudirte el polvo y seguir · levantarte y continuar tras una caída

DEF

to recover quickly from a failure, setback, or embarrassment and prepare to try again

Dust yourself off is a vivid image — you fall down, you get a bit dirty, and instead of giving up you brush off the dust and stand up again. It is the essential resilience move: acknowledge what happened and get back up.

ES

Recuperarse rápidamente de un fracaso, contratiempo o vergüenza y prepararse para intentarlo de nuevo.

Imagen vívida — te caes, te ensucias un poco, y en lugar de rendirte te sacudes el polvo y te levantas.

You had a difficult conversation — dust yourself off and try again tomorrow.

You had a difficult conversation — dust yourself off and try again tomorrow. -> Tuviste una conversación difícil — sacúdete el polvo y vuelve a intentarlo mañana.

Great English speakers dust themselves off after every stumble and use the experience to get better.

Great English speakers dust themselves off after every stumble and use the experience to get better. -> Los grandes hablantes de inglés se levantan y continúan tras cada tropiezo y usan la experiencia para mejorar.

7

grit

perseverancia y fortaleza interior · la tenacidad que te mantiene en el camino

DEF

the combination of passion and perseverance needed to stick with long-term goals despite difficulty and failure

Grit is different from talent — it is the will to keep going when things are hard. Research shows grit predicts success in language learning better than aptitude. You can build grit; you cannot easily build talent.

ES

La combinación de pasión y perseverancia necesaria para mantener los objetivos a largo plazo a pesar de la dificultad y el fracaso.

Diferente del talento — es la voluntad de seguir cuando las cosas son difíciles. Predice el éxito en el aprendizaje de idiomas mejor que la aptitud.

Learning English to fluency requires grit — there will be months when nothing seems to improve.

Learning English to fluency requires grit — there will be months when nothing seems to improve. -> Aprender inglés hasta la fluidez requiere perseverancia y fortaleza interior — habrá meses en que nada parezca mejorar.

She had no natural advantage in English, but her grit kept her studying every day for three years.

She had no natural advantage in English, but her grit kept her studying every day for three years. -> No tenía ninguna ventaja natural en inglés, pero la tenacidad que la mantuvo en el camino la llevó a estudiar cada día durante tres años.

8

to weather the storm

aguantar el temporal · resistir los momentos difíciles sin rendirse

DEF

to endure a difficult period without giving up, accepting the hardship until it passes

Weather the storm is a powerful nautical metaphor — a ship does not avoid the storm, it sails through it. In language learning, there are hard weeks when nothing clicks. Weathering the storm means staying consistent through them.

ES

Soportar un período difícil sin rendirse, aceptando la dificultad hasta que pase.

Metáfora náutica poderosa — un barco no evita la tormenta, navega a través de ella. En el aprendizaje, hay semanas duras en que nada encaja. Aguantar el temporal significa ser constante a través de ellas.

Your progress will feel slow at times — weather the storm and trust that the breakthrough is coming.

Your progress will feel slow at times — weather the storm and trust that the breakthrough is coming. -> Tu progreso se sentirá lento a veces — aguanta el temporal y confía en que el avance está por llegar.

He weathered the storm of the first difficult year and came out the other side speaking confidently.

He weathered the storm of the first difficult year and came out the other side speaking confidently. -> Resistió los momentos difíciles del primer año difícil y salió al otro lado hablando con confianza.

9 to press on

perseverar sin parar · seguir adelante a pesar de todo

DEF

to continue moving forward with determination despite obstacles, tiredness, or discouragement

Press on is direct and purposeful — it means refusing to stop. Unlike bounce back (recovering from a fall), press on is about continuing when it would be easy to quit. It is the verb of stubborn progress.

ES

Seguir avanzando con determinación a pesar de los obstáculos, el cansancio o el desánimo.

Directo y decidido — significa negarse a parar. A diferencia de recuperarse de una caída, seguir adelante es continuar cuando sería fácil rendirse.

When you feel like giving up, press on — the hardest days are often just before a breakthrough.

When you feel like giving up, press on — the hardest days are often just before a breakthrough. -> Cuando sientas ganas de rendirte, persevera sin parar — los días más difíciles suelen ser justo antes de un avance.

Despite the accent comments, she pressed on with her speaking practice and never looked back.

Despite the accent comments, she pressed on with her speaking practice and never looked back. -> A pesar de los comentarios sobre su acento, siguió adelante a pesar de todo con su práctica oral y nunca miró atrás.

10 to keep going

seguir adelante · no parar a pesar de todo

DEF

to continue doing something despite tiredness, doubt, or difficulty — to not stop

Keep going is the simplest and most powerful instruction in language learning. Not keep going perfectly, not keep going when motivated — just keep going. Movement, even slow movement, beats stopping every time.

ES

Continuar haciendo algo a pesar del cansancio, la duda o la dificultad — no parar.

La instrucción más simple y poderosa en el aprendizaje de idiomas. El movimiento, aunque sea lento, siempre supera al pararse.

When everything feels too hard, just keep going — even one sentence a day is forward motion.

When everything feels too hard, just keep going — even one sentence a day is forward motion. -> Cuando todo parece demasiado difícil, simplemente sigue adelante — incluso una frase al día es movimiento hacia adelante.

The only difference between learners who succeed and those who do not is that the successful ones kept going.

The only difference between learners who succeed and those who do not is that the successful ones kept going. -> La única diferencia entre los estudiantes que tienen éxito y los que no es que los exitosos no pararon a pesar de todo.