

## VOCABULARY · EPISODE 37

# Dont Take Love for Granted

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

## 1 to take something for granted dar algo por sentado · no valorar lo que se tiene

**DEF**

to fail to appreciate something because you assume it will always be there; to treat something valuable as if it were ordinary or guaranteed

*Taking for granted is a subtle form of blindness — you stop seeing the value of what you have because it has become familiar. One of the most important relationship concepts, and one of the richest English phrases.*

**ES**

No apreciar algo porque asumes que siempre estará ahí; tratar algo valioso como si fuera ordinario o garantizado.

Dar por sentado es una forma sutil de ceguera — dejas de ver el valor de lo que tienes porque se ha vuelto familiar.

***Don't take your English progress for granted — it took real work to get here.***

Don't take your English progress for granted. -> No des tu progreso en inglés por sentado.

***She realised she had been taking their friendship for granted only after they stopped talking.***

She realised she had been taking their friendship for granted only after they stopped talking. -> Se dio cuenta de que había estado dando su amistad por sentada solo después de que dejaran de hablar.

## 2 to show appreciation expresar agradecimiento · mostrar reconocimiento

**DEF**

to express gratitude and recognition for something or someone in an active, visible way

*Appreciation goes beyond feeling grateful — it is the act of making your gratitude visible to others. In English, showing appreciation is a key social skill: thank-you notes, compliments, and acknowledgment all count.*

**ES**

Expresar gratitud y reconocimiento por algo o alguien de manera activa y visible.

La apreciación va más allá de sentirse agradecido — es el acto de hacer visible tu gratitud a los demás.

***He made a point of showing appreciation to everyone who had helped him learn English.***

He made a point of showing appreciation to everyone who had helped him learn English. -> Se propuso expresar agradecimiento a todos los que le habían ayudado a aprender inglés.

***The simplest way to show appreciation is to say 'thank you' and mean it.***

The simplest way to show appreciation is to say 'thank you' and mean it. -> La forma más sencilla de mostrar reconocimiento es decir 'gracias' y decirlo en serio.

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## to cherish

atesorar · cuidar con cariño

### DEF

to protect and care for something or someone you love dearly; to hold onto a memory or relationship with great tenderness

*Cherish is warmer and more tender than love — it implies careful, conscious appreciation. You cherish a memory, a person, a gift. It is the active, attentive form of love.*

### ES

Proteger y cuidar a algo o alguien que amas profundamente; aferrarse a un recuerdo o relación con gran ternura.

Es más cálido y tierno que amar — implica una apreciación cuidadosa y consciente.

***Cherish the relationships that push you to grow — including your relationship with English.***

Cherish the relationships that push you to grow. -> Atesora las relaciones que te empujan a crecer.

***She cherished every conversation she had in English with her grandmother in the final years.***

She cherished every conversation she had in English with her grandmother. -> Atesoraba cada conversación que tenía en inglés con su abuela.

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## to count your blessings

contar tus bendiciones · agradecer lo que tienes

### DEF

to think about and feel grateful for the good things in your life, rather than focusing on problems

*Count your blessings is a classic piece of English wisdom — the idea that gratitude is a choice and a practice. In language learning, counting your blessings means appreciating how far you have come rather than dwelling on how far you still have to go.*

### ES

Pensar y sentir gratitud por las cosas buenas de tu vida, en lugar de centrarte en los problemas.

Sabiduría clásica en inglés — la idea de que la gratitud es una elección y una práctica.

***When learning English feels hard, count your blessings — you already speak two languages, and that is extraordinary.***

When learning English feels hard, count your blessings — you already speak two languages, and that is extraordinary. -> Cuando aprender inglés se siente difícil, cuenta tus bendiciones — ya hablas dos idiomas, y eso es extraordinario.

***She counted her blessings every evening and wrote three things in English that she was grateful for that day.***

She counted her blessings every evening and wrote three things in English that she was grateful for that day. -> Contaba sus bendiciones cada noche y escribía tres cosas en inglés por las que estaba agradecida ese día.

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## gratitude

### la gratitud · el agradecimiento sincero

#### DEF

the quality of feeling and expressing thankfulness for what you have received or experienced

*Gratitude is both a feeling and a practice. Research shows it improves wellbeing. For English learners, practising gratitude in English — journaling, speaking, reflecting — is a productive and emotionally meaningful way to use the language.*

#### ES

La cualidad de sentir y expresar agradecimiento por lo que has recibido o experimentado.

Tanto un sentimiento como una práctica. La investigación muestra que mejora el bienestar.

***Gratitude is not just a feeling — it is something you can practise, in English, every single day.***

Gratitude is not just a feeling — it is something you can practise, in English, every single day. -> La gratitud no es solo un sentimiento — es algo que puedes practicar, en inglés, cada día.

***She started a gratitude journal in English and found that it improved both her writing and her mindset.***

She started a gratitude journal in English and found that it improved both her writing and her mindset. -> Empezó un diario de gratitud en inglés y descubrió que mejoraba tanto su escritura como su mentalidad.

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## to be thankful

### estar agradecido · sentirse agradecido de corazón

#### DEF

to feel and express genuine appreciation for something or someone — simpler and more everyday than gratitude

*Thankful is the daily, conversational version of gratitude. You are thankful for a meal, a kind word, an opportunity. In English small talk, expressing what you are thankful for is a natural way to connect warmly with others.*

#### ES

Sentir y expresar apreciación genuina por algo o alguien — más sencillo y cotidiano que la gratitud formal.

La versión cotidiana y conversacional de la gratitud. En la charla informal en inglés, expresar lo que agradeces es una forma natural de conectar.

***I am so thankful for everyone who has supported my English learning journey — it has made all the difference.***

I am so thankful for everyone who has supported my English learning journey — it has made all the difference. -> Estoy muy agradecido con todos los que han apoyado mi camino de aprendizaje del inglés — ha marcado toda la diferencia.

***She started every English class by saying one thing she was thankful for, and it set the mood for the whole lesson.***

She started every English class by saying one thing she was thankful for, and it set the mood for the whole lesson. -> Comenzaba cada clase de inglés diciendo una cosa de la que se sentía agradecida de corazón, y eso marcaba el tono de toda la lección.

## 7 to make the most of something

### aprovechar al máximo · sacar el mayor partido posible de algo

#### DEF

to use an opportunity, situation, or time as fully and effectively as possible

*Make the most of is an optimistic, active phrase — it means not wasting what you have been given. For English learners, it applies to every class, every trip abroad, every native speaker encounter. Squeeze every drop of value from the opportunity.*

#### ES

Usar una oportunidad, situación o tiempo de la manera más completa y efectiva posible.

Frase optimista y activa — significa no desperdiciar lo que te ha sido dado. Para estudiantes de inglés, se aplica a cada clase, cada viaje, cada encuentro con un nativo.

***If you have even ten free minutes, make the most of them — listen to something in English.***

If you have even ten free minutes, make the most of them — listen to something in English. -> Si tienes incluso diez minutos libres, aprovéchalos al máximo — escucha algo en inglés.

***She made the most of her time in London by speaking to at least one new person in English every day.***

She made the most of her time in London by speaking to at least one new person in English every day. -> Sacó el mayor partido posible a su tiempo en Londres hablando con al menos una persona nueva en inglés cada día.

## 8 to value something

### valorar algo · apreciar el valor real de algo

#### DEF

to recognise and appreciate the importance or worth of something in your life

*Value is both a noun and a verb in English. As a verb, it means to hold something as important. When you value your English learning, you protect time for it. When you value relationships, you show up for them. Learning to express what you value is essential for meaningful conversation.*

#### ES

Reconocer y apreciar la importancia o el valor de algo en tu vida.

Tanto sustantivo como verbo en inglés. Cuando valoras tu aprendizaje de inglés, proteges tiempo para ello.

***Value the small wins — every word you learn, every conversation you have is progress worth recognising.***

Value the small wins — every word you learn, every conversation you have is progress worth recognising. -> Valora las pequeñas victorias — cada palabra que aprendes, cada conversación que tienes es un progreso que vale la pena reconocer.

***She truly valued the podcast because it was the first English content that had ever felt personal to her.***

She truly valued the podcast because it was the first English content that had ever felt personal to her. -> Valoraba de verdad el podcast porque era el primer contenido en inglés que alguna vez le había parecido personal.

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## to overlook

pasar por alto · no reparar en algo que ya das por sentado

### DEF

to fail to notice something, or to deliberately ignore it — often used when describing what we take for granted

*Overlook is the verb that explains how we take things for granted — we overlook the fact that we can speak, that we have access to learning, that we have made progress. Noticing what you overlook is the beginning of appreciation.*

### ES

No notar algo, o ignorarlo deliberadamente — frecuentemente usado al describir lo que damos por hecho.

El verbo que explica cómo damos las cosas por sentadas — pasamos por alto el progreso, el acceso al aprendizaje.

***It is easy to overlook how much your English has improved when you are inside the learning process.***

It is easy to overlook how much your English has improved when you are inside the learning process. -> Es fácil pasar por alto cuánto ha mejorado tu inglés cuando estás dentro del proceso de aprendizaje.

***She overlooked her own progress for months until a friend pointed out how naturally she was speaking.***

She overlooked her own progress for months until a friend pointed out how naturally she was speaking. -> No reparó en su propio progreso durante meses hasta que un amigo señaló lo naturalmente que hablaba.

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## to pay tribute to

rendir homenaje a · reconocer y honrar a alguien o algo con admiración

### DEF

to show respect and admiration for someone or something, especially by publicly acknowledging their importance

*Pay tribute to is used for meaningful recognition — of people, places, experiences, and relationships. It is the language of appreciation at its most formal and heartfelt. Very useful for English writing, speeches, and meaningful conversation.*

### ES

Mostrar respeto y admiración por alguien o algo, especialmente reconociendo públicamente su importancia.

Se usa para el reconocimiento significativo — de personas, lugares, experiencias y relaciones. El lenguaje de la apreciación en su forma más formal y emotiva.

***Today's episode pays tribute to everyone who has listened from the very first episode — thank you.***

Today's episode pays tribute to everyone who has listened from the very first episode — thank you. -> El episodio de hoy rinde homenaje a todos los que han escuchado desde el primer episodio — gracias.

***She paid tribute to her first English teacher in her graduation speech, saying he had changed her life.***

She paid tribute to her first English teacher in her graduation speech, saying he had changed her life. -> Reconoció y honró a su primer profesor de inglés con admiración en su discurso de graduación, diciendo que había cambiado su vida.