



TIMER APP

The Ultimate "Word of the Day" Calendar

52 Power Words to Elevate Your Meetings *By Jel Salamanca | Unofficial Guide*

How to Use This Calendar

Don't let the role of Grammarian catch you off guard. This list provides one high-impact word for every week of the year.

- **Tick the Box:** When you use a word for a meeting, check the box to avoid repeats.
 - **Challenge:** Encourage speakers to use the word to qualify for the "Best Speaker" ribbon.
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Q1: The Visionary Quarter (Leadership & Strategy)

- [] **1. Zenith** (n.) — The time at which something is most powerful or successful.
- [] **2. Galvanize** (v.) — To shock or excite someone into taking action.
- [] **3. Pivot** (v.) — To change strategy or direction.
- [] **4. Robust** (adj.) — Strong and healthy; vigorous.
- [] **5. Catalyst** (n.) — A person or thing that precipitates an event.
- [] **6. Synergize** (v.) — To combine or coordinate the activity of two or more agents.
- [] **7. Benchmark** (n.) — A standard or point of reference against which things may be compared.
- [] **8. Paradigm** (n.) — A typical example or pattern of something; a model.
- [] **9. Mitigate** (v.) — Make less severe, serious, or painful.
- [] **10. Innovation** (n.) — The action or process of innovating.
- [] **11. Aesthetic** (adj.) — Concerned with beauty or the appreciation of beauty.
- [] **12. Lucid** (adj.) — Expressed clearly; easy to understand.
- [] **13. Quintessential** (adj.) — Representing the most perfect or typical example of a quality or class.

Q2: The Orator's Quarter (Speech & Expression)

- [] **14. Articulate** (adj.) — Having or showing the ability to speak fluently and coherently.
- [] **15. Eloquent** (adj.) — Fluent or persuasive in speaking or writing.
- [] **16. Brevity** (n.) — Concise and exact use of words in writing or speech.
- [] **17. Rhetoric** (n.) — The art of effective or persuasive speaking or writing.
- [] **18. Cadence** (n.) — A modulation or inflection of the voice.
- [] **19. Hyperbole** (n.) — Exaggerated statements or claims not meant to be taken literally.

- [] **20. Metaphor** (n.) — A figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.
- [] **21. Nuance** (n.) — A subtle difference in or shade of meaning, expression, or sound.
- [] **22. Candid** (adj.) — Truthful and straightforward; frank.
- [] **23. Empathy** (n.) — The ability to understand and share the feelings of another.
- [] **24. Juxtaposition** (n.) — The fact of two things being seen or placed close together with contrasting effect.
- [] **25. Verbose** (adj.) — Using or expressed in more words than are needed.
- [] **26. Poignant** (adj.) — Evoking a keen sense of sadness or regret; touching.

Q3: The Intellectual Quarter (Thought & Logic)

- [] **27. Cognizant** (adj.) — Having knowledge or being aware of.
- [] **28. Pragmatic** (adj.) — Dealing with things sensibly and realistically based on practical rather than theoretical considerations.
- [] **29. Abstract** (adj.) — Existing in thought or as an idea but not having a physical or concrete existence.
- [] **30. Deduction** (n.) — The inference of particular instances from a general law.
- [] **31. Fallacy** (n.) — A mistaken belief, especially one based on unsound argument.
- [] **32. Ambiguous** (adj.) — Open to more than one interpretation; having a double meaning.
- [] **33. Objective** (adj.) — (of a person or their judgment) not influenced by personal feelings or opinions in considering and representing facts.
- [] **34. Subjective** (adj.) — Based on or influenced by personal feelings, tastes, or opinions.
- [] **35. Correlation** (n.) — A mutual relationship or connection between two or more things.
- [] **36. Empirical** (adj.) — Based on, concerned with, or verifiable by observation or experience rather than theory or pure logic.
- [] **37. Hypothesis** (n.) — A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.
- [] **38. Paradox** (n.) — A seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true.
- [] **39. Tenacious** (adj.) — Tending to keep a firm hold of something; clinging or adhering closely.

Q4: The "Big Finish" Quarter (Action & Impact)

- [] **40. Resilient** (adj.) — (of a person or animal) able to withstand or recover quickly from difficult conditions.
- [] **41. Audacious** (adj.) — Showing a willingness to take surprisingly bold risks.
- [] **42. Momentum** (n.) — The quantity of motion of a moving body, measured as a product of its mass and velocity.
- [] **43. Legacy** (n.) — An amount of money or property left to someone in a will.

- [] **44. Transform** (v.) — Make a thorough or dramatic change in the form, appearance, or character of.
 - [] **45. Empower** (v.) — Give (someone) the authority or power to do something.
 - [] **46. Inspire** (v.) — Fill (someone) with the urge or ability to do or feel something, especially to do something creative.
 - [] **47. Transcend** (v.) — Be or go beyond the range or limits of (something abstract, typically a conceptual field or division).
 - [] **48. Ubiquitous** (adj.) — Present, appearing, or found everywhere.
 - [] **49. Zealous** (adj.) — Having or showing zeal.
 - [] **50. Epiphany** (n.) — A moment of sudden revelation or insight.
 - [] **51. Gratitude** (n.) — The quality of being thankful; readiness to show appreciation for and to return kindness.
 - [] **52. Pinnacle** (n.) — The most successful point; the culmination.
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Practice Mode: The "Instant Usage" Challenge

Can you use today's word spontaneously?

1. Open the [Free Speech Timer](#) on your phone.
 2. Set it to "**Table Topics (2 min)**".
 3. Pick a random word from the list above.
 4. Start the timer. You must use that word in a coherent sentence before the **Green Light** (1:00) turns on.
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For more tools and scripts, visit: tm.jelsalamanca.com/resource-hub/

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