# **Good Energy(29 words)**

**boost**  (verb) - Help or encourage (something) to increase or improve

**boost**  (noun) - A source of help or encouragement leading to increase or improvement

**clout**  (noun) - Influence or power, especially in politics or business

**determination**  (noun) - The ability to continue trying to do something, although it is very difficult

**dynamic**  (adjective) - Marked by continuous and productive activity or change

**dynamism**  (noun) - Great energy, drive, force, or power; vigour of body, mind or personality.

**empower**  (verb) - To make someone feel stronger and more confident, especially in controlling their life.

**energized**  (adjective) - Full of energy and enthusiasm, feeling ready to accomplish something big

**feisty**  (adjective) - Lively, aggressive, determined, courageous, animated, energetic, and spirited

**galvanize**  (verb) - To stimulate or energize a group or movement to act in unison.

**intensity**  (noun) - Great energy, strength, and concentration involving an activity, thought, or feeling.

**marathon**  (adjective) - Referring to an activity that takes a long time and a great deal of effort

**marathon**  (noun) - Any long and challenging activity, especially one that tests endurance.

**mission**  (noun) - A journey or action taken for a particular purpose, often of importance.

**motivated**  (adjective) - Very enthusiastic or determined to accomplish something.

**oomph**  (noun) - Feelings of energy and enthusiasm

**pep**  (noun) - Energy or enthusiasm

**peppy**  (adjective) - Lively and high-spirited

**powerhouse**  (noun) - A person, organization, or thing that is very strong, effective, or influential in a particular field or activity.

**reinvigorated**  (adjective) - To feel a new energy and strength

**robust**  (adjective) - Strong and healthy; vigorous

**stamina**  (noun) - The ability to sustain prolonged physical or mental effort

**stride**  (verb) - To walk with long, decisive steps in a specified direction.

**unstoppable**  (adjective) - So powerful, determined, or effective that it cannot be halted, defeated, or resisted.

**vigor**  (noun) - Physical strength and good health

**vigorous**  (adjective) - Very forceful or energetic.

**virile**  (adjective) - A man being full of sexual strength and energy in a way that is considered attractive

**vitality**  (noun) - The state of being strong and active; energy

**workout**  (noun) - A session of vigorous physical exercise or training