

300

frequently repeated words

Toefl new version 2026

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Introduction

Welcome to "300 Frequently Repeated Words: Master Them, Use Them, Own Them"

Learning a language is more than memorizing vocabulary. To speak, write, and understand English fluently, you need to know the words that appear most often and practice using them in real contexts. This book is designed to help you do exactly that

How this book works

① Core Vocabulary (330 Words)

The first part lists 330 essential words divided into three main groups

- **Verbs – the action words you need for building sentences**
- **Connectors and Function Words – words that link ideas and make sentences flow**
- **Nouns, Adjectives, and Adverbs – words that describe people, places, actions, and feelings**

② Guided Practice

- **After the vocabulary list, you will find 33 lessons. Each lesson focuses on 10 words from the vocabulary list. Every lesson includes**
- **Fill-in-the-blank exercises to practice spelling and recognition**

③ Answer Key

- **At the end of the book, you will find all answers, so you can check your work and track your progress**

Tips for Using This Book

- **Focus on a few words at a time. Don't rush through all 330 words in one go**
- **After each lesson, review your mistakes. Understanding why a word was wrong is as important as knowing the correct answer**

By following this book step by step, you will gradually build confidence, improve your vocabulary, and strengthen your ability to express yourself clearly in English

Words

1 feel	33 speak	64 wonder	96 how
2 seem	34 talk	65 imagine	97 why
3 can	35 listen	66 expect	98 but
4 may	36 hear	67 prepare	99 and
5 might	37 watch	68 practice	100 or
6 need	38 notice	69 improve	101 because
7 learn	39 observe	70 achieve	102 although
8 teach	40 adapt	71 connect	103 though
9 find	41 adjust	72 relate	104 since
10 discover	42 respond	73 explain	105 while
11 change	43 express	74 describe	106 if
12 become	44	75 compare	107 unless
13 require	communicate	76 identify	108 until
14 help	45 build	77 solve	109 before
15 make	46 grow	78 manage	110 after
16 take	47 form	79 control	111 people
17 give	48 shape	80 reduce	112 time
18 see	49 influence	81 in	113 way
19 look	50 affect	82 on	114 life
20 think	51 consider	83 at	115 world
21 know	52 decide	84 to	116 culture
22 understand	53 choose	85 for	117 country
23 begin	54 accept	86 with	118 place
24 start	55 reject	87 by	119 work
25 try	56 include	88 from	120 home
26 work	57 involve	89 as	121 community
27 use	58 avoid	90 such	122 team
28 develop	59 allow	91 that	123 family
29 create	60 encourage	92 which	124 friends
30 show	61 support	93 who	125 habits
31 ask	62 believe	94 when	126 actions
32 tell	63 hope	95 where	127 behaviors

Words

128 methods	159 plan	186	215 same
129 skills	160 step	atmosphere	216 first
130 experience	161 stage	187 journey	217 natural
131 knowledge	162 level	188 path	218 unusual
132 difference	163 part	189 direction	219 difficult
133 problem	164 role	190 purpose	220 easy
134 solution	165 reason	191 meaning	221 important
135 process	166 cause	192 value	222 possible
136	167 effect	193	223 clear
understanding	168 result	importance	224 subtle
137 flexibility	169 success	194	225 simple
138 idea	170 failure	significance	226 personal
139 thought	171 effort	195 courage	227 social
140 feeling	172 energy	196 patience	228 cultural
141 emotion	173 attention	197 kindness	229 mental
142 sense	174 focus	198 respect	230 physical
143 mind	175 connection	199 trust	231 emotional
144 heart	176	200 honesty	232 certain
145 body	relationship	201 peace	233 uncertain
146 voice	177 interaction	202 conflict	234 familiar
147 word	178	203 balance	235 unfamiliar
148 language	conversation	204 growth	236 common
149 speech	179	205 loss	237 rare
150 sound	explanation	206 gain	238 strong
151 silence	180 description	207 desire	239 weak
152 view	181 example	208 fear	240 deep
153 opinion	182 instance	209 joy	241 shallow
154 fact	183 situation	210 surprise	242 quick
155 truth	184 condition	211 new	243 slow
156 story	185	212 different	244 early
157 memory	environment	213 other	245 late
158 goal		214 another	246 young

Words

247 old	278 almost	310 steady
248 modern	279 quite	311 say
249 traditional	280 very	312 nearby
250 positive	281 rather	313 also
251 negative	282 fairly	314 amount
252 direct	283 completely	315 little
253 indirect	284 partly	316 like
254 open	285 together	317 places
255 closed	286 alone	318 rise
256 free	287 ahead	319 of
257 busy	288 behind	320 plants
258 calm	289 inside	321 variety
259 nervous	290 outside	322 causes
260 confident	291 above	323 these
261 often	292 below	324 organisms
262 sometimes	293 forward	325 we
263 usually	294 backward	326 into
264 never	295 easily	327 damages
265 always	296 clearly	328 within
266 however	297 simply	329 seed
267 therefore	298 finally	330 being
268 moreover	299 eventually	
269 furthermore	300 gradually	
270 otherwise	301 hide	
271 instead	302 the	
272 actually	303 all	
273 especially	304 are	
274 particularly	305 near	
275 generally	306 times	
276 rarely	307 takes	
277 nearly	308 funny	
	309 over	

Exercises

Exercise 1 (Words 1–10)

Fill in the missing letters:

Starting a new job can be stressful. You may f _ _ _ nervous at first, and everything might s _ _ _ confusing. You c _ _ make mistakes, and you m _ _ _ even doubt yourself. However, you n _ _ _ to stay patient. Over time, you l _ _ _ how things work. Challenges t _ _ _ _ you valuable lessons. Gradually, you f _ _ _ your confidence and d _ _ _ _ _ strengths you did not know you had.

Exercise 2 (Words 11–20)

Fill in the missing letters:

People often c _ _ _ _ _ when they move to a different country. They b _ _ _ _ _ more independent because daily life r _ _ _ _ _ effort. New friends h _ _ _ them adjust, but they must m _ _ _ their own decisions. It t _ _ _ _ courage to start over. Over time, they g _ _ _ themselves permission to grow. They s _ _ _ the world differently and l _ _ _ at problems with a new mindset. Eventually, they t _ _ _ _ more carefully before judging others.

Exercise 3 (Words 21–30)

Fill in the missing letters:

At first, you may not k _ _ _ the rules of a new environment. Slowly, you u _ _ _ _ _ the expectations. When you b _ _ _ _ to adapt, real growth s _ _ _ _ . You must t _ _ to improve every day. Hard w _ _ _ builds discipline. If you u _ _ _ your time wisely, you d _ _ _ _ new skills. These skills c _ _ _ _ _ opportunities and s _ _ _ others your potential.

Exercise 4 (Words 31–40)

Fill in the missing letters:

Good communication means knowing when to a _ _ questions and when to t _ _ _ your opinion. You should s _ _ _ clearly but also t _ _ _ respectfully. It is important to l _ _ _ _ carefully, not just h _ _ _ . When you w _ _ _ people closely, you begin to n _ _ _ _ small details. If you o _ _ _ _ patterns in behavior, you can a _ _ _ _ more effectively to different situations.

Exercise 5 (Words 41–50)

Fill in the missing letters:

When people move to a new city, they must a _ _ _ _ _ to different conditions. The way they r _ _ _ _ _ to challenges can e _ _ _ _ _ their personality. Learning to c _ _ _ _ _ clearly helps them b _ _ _ _ strong relationships. Over time, confidence g _ _ _ _ . New friendships f _ _ _ naturally and s _ _ _ _ their future. The people around them i _ _ _ _ _ their decisions and a _ _ _ _ _ their daily habits.

Exercise 6 (Words 51–60)

Fill in the missing letters:

Before making an important decision, it is wise to c _ _ _ _ _ all options carefully. You must d _ _ _ _ _ what truly matters and c _ _ _ _ the best path. Sometimes you need to a _ _ _ _ reality, and sometimes you must r _ _ _ _ negative influences. Good leaders i _ _ _ _ everyone in discussions and i _ _ _ _ others in the process. They a _ _ _ _ mistakes but e _ _ _ _ growth and responsibility.

Exercise 7 (Words 61–70)

Fill in the missing letters:

People who s _ _ _ _ each other create stronger communities. If you b _ _ _ _ in your abilities, you are more likely to succeed. Even when you h _ _ _ for better results, you may w _ _ _ _ whether you are ready. Successful people i _ _ _ _ their goals clearly and e _ _ _ _ challenges. They p _ _ _ _ carefully and p _ _ _ _ consistently. Through effort, they i _ _ _ _ their skills and eventually a _ _ _ _ success.

Exercise 8 (Words 71–80)

Fill in the missing letters:

Strong leaders know how to c _ _ _ _ with others emotionally. They r _ _ _ _ to different perspectives and e _ _ _ _ complex ideas clearly. When they d _ _ _ _ a situation, they often c _ _ _ _ it to past experiences. This helps them i _ _ _ _ the real problem and s _ _ _ _ it effectively. They m _ _ _ _ stress, c _ _ _ _ their reactions, and r _ _ _ _ unnecessary conflict.

Exercise 9 (Words 81–90)

Fill in the missing letters:

Cultural norms differ i _ subtle ways. What is polite o _ one country may seem strange a _ another. People often move t _ new places f _ better opportunities. They interact w _ locals and learn b _ observing daily behavior. Customs vary f _ region to region. Simple gestures, s _ greeting someone warmly, can carry deep meaning. Expressions s _ _ _ as eye contact or silence may communicate respect or distance.

Exercise 10 (Words 91–100)

Fill in the missing letters:

In every society, there are values t _ _ _ shape behavior. Traditions, w _ _ _ are passed down through generations, influence people w _ _ grow up within them. The moment w _ _ _ individuals question norms is often the point w _ _ _ change begins. Understanding h _ _ customs developed helps explain w _ _ they persist. Some traditions unite communities, b _ _ others divide them. People must decide whether to preserve old systems a _ _ adapt them, o _ replace them entirely.

Exercise 11 (Words 101–110)

Fill in the missing letters:

Cultural misunderstandings often happen b _ _ _ _ people interpret actions differently. A gesture may seem polite a _ _ _ _ it carries a different meaning elsewhere. S _ _ _ values are deeply rooted, change can be slow. W _ _ _ interacting with unfamiliar customs, patience is essential. I _ people react too quickly, conflict may arise. Problems continue u _ _ _ _ individuals reflect carefully. B _ _ _ making judgments, one should gather context, and a _ _ _ _ understanding the situation fully, respond thoughtfully.

Exercise 12 (Words 111–120)

Fill in the missing letters:

P _ _ _ _ change over t _ _ _ as they experience new environments. The w _ _ they see l _ _ _ often expands beyond their own w _ _ _ . Every c _ _ _ _ and c _ _ _ _ has unique traditions. Moving to a new p _ _ _ _ can transform how someone views w _ _ _ and h _ _ _

_. Over time, individuals create balance between their old identity and their new surroundings.

Exercise 13 (Words 121–130)

Fill in the missing letters:

A strong c _ _ _ _ _ is built on trust and cooperation. In any t _ _ , shared goals matter. Support from f _ _ _ _ and f _ _ _ _ _ helps individuals overcome challenges. Daily h _ _ _ _ shape long-term success. Small a _ _ _ _ _ influence larger b _ _ _ _ _ . Effective m _ _ _ _ _ improve productivity, while practical s _ _ _ _ _ grow through e _ _ _ _ _ over time.

Exercise 14 (Words 131–140)

Fill in the missing letters:

True k _ _ _ _ _ grows through experience, not just memorization. When facing a d _ _ _ _ _ , people often focus on the p _ _ _ _ _ instead of searching for a s _ _ _ _ _ . Growth is a p _ _ _ _ _ that requires deep u _ _ _ _ _ . Without f _ _ _ _ _ , adaptation becomes difficult. Every i _ _ _ begins as a simple t _ _ _ _ _ , but it gains power when connected to genuine f _ _ _ _ _ .

Exercise 15 (Words 141–150)

Fill in the missing letters:

Human e _ _ _ _ _ shapes perception. Sometimes your s _ _ _ tells you something before logic does. The m _ _ _ analyzes facts, while the h _ _ _ responds instinctively. Stress can affect the b _ _ _ . Through v _ _ _ _ and carefully chosen w _ _ _ _ , people communicate meaning. Every l _ _ _ _ _ carries cultural identity. Public s _ _ _ _ requires confidence, and even small changes in s _ _ _ _ can alter interpretation.

Exercise 16 (Words 151–160)

Fill in the missing letters:

S _ _ _ _ _ can be more powerful than speech. Each person has a unique v _ _ _ . An o _ _ _ _ _ may differ from a f _ _ _ . Seeking the t _ _ _ _ requires critical thinking. Every s _ _ _ _ carries perspective. A vivid m _ _ _ _ _ can shape identity. To reach a g _ _ _ , one must create a clear p _ _ _ and take each s _ _ _ carefully.

Exercise 17 (Words 161–170)

Fill in the missing letters:

At every s _ _ _ _ of development, challenges appear. Progress depends on the l _ _ _ _ of effort invested. Each p _ _ _ of a project has a specific r _ _ _ . Understanding the r _ _ _ _ behind decisions helps clarify the c _ _ _ _ . Actions have consequences, and every e _ _ _ _ produces a r _ _ _ _ . S _ _ _ _ _ rarely comes without experiencing f _ _ _ _ _ .

Exercise 18 (Words 171–180)

Fill in the missing letters:

Meaningful change requires consistent e _ _ _ _ _ . Without e _ _ _ _ _ , motivation fades. Paying a _ _ _ _ _ _ _ to detail improves performance. Strong f _ _ _ _ allows deeper c _ _ _ _ _ _ _ with others. Healthy r _ _ _ _ _ _ _ grow through honest i _ _ _ _ _ _ _ . Open c _ _ _ _ _ _ _ builds trust, and clear e _ _ _ _ _ _ _ and d _ _ _ _ _ _ _ reduce misunderstanding.

Exercise 19 (Words 181–190)

Fill in the missing letters:

An e _ _ _ _ _ can clarify a complex concept. For i _ _ _ _ _ , a difficult s _ _ _ _ _ _ may reveal hidden strengths. Success depends on both internal c _ _ _ _ _

_ and external e _____. A supportive a _____ encourages growth. Life is a j _____ rather than a fixed destination. Choosing the right p _____ requires clarity of d _____ and a strong sense of p _____.

Exercise 20 (Words 191–200)

Fill in the missing letters:

People search for m _____ in their experiences. Every action carries v _____ depending on context. Recognizing the i _____ of small efforts leads to deeper s _____. Growth demands c _____ and p _____. Genuine k _____ strengthens relationships. Mutual r _____ builds t _____, and lasting bonds depend on h _____.

Exercise 21 (Words 201–210)

Fill in the missing letters:

Inner p _____ comes from emotional b _____. Without resolving c _____, long-term g _____ becomes difficult. Every l _____ can lead to unexpected g _____. Human d _____ drives ambition, while f _____ may limit potential. Moments of j _____ and s _____ remind us that life is unpredictable.

Exercise 22 (Words 211–220)

Fill in the missing letters:

Starting something n _____ can feel d _____. Moving to a new place means meeting o _____ people and facing a _____ challenges. At f _____, everything seems unfamiliar, but over time it feels more n _____. What once seemed u _____ becomes normal. Some tasks remain d _____, while others become surprisingly e _____.

Exercise 23 (Words 221–230)

Fill in the missing letters:

It is i _ _ _ _ _ to recognize that change is always p _ _ _ _ _ . Setting c _ _ _ goals increases motivation. However, progress is often s _ _ _ _ rather than dramatic. Even s _ _ _ _ actions can lead to transformation. Growth involves both p _ _ _ _ _ reflection and s _ _ _ _ awareness. C _ _ _ _ _ influences shape behavior, while m _ _ _ _ and p _ _ _ _ health determine resilience.

Exercise 24 (Words 231–240)

Fill in the missing letters:

E _ _ _ _ _ intelligence plays a critical role in leadership. In c _ _ _ _ situations, clarity matters, but in u _ _ _ _ times, adaptability is essential. People feel safe in f _ _ _ _ environments, yet growth often begins in u _ _ _ _ ones. Some fears are c _ _ _ _ , while others are r _ _ _ . A s _ _ _ _ character withstands pressure, whereas a w _ _ _ mindset collapses easily. Real transformation requires d _ _ _ reflection.

Exercise 25 (Words 241–250)

Fill in the missing letters:

S _ _ _ _ judgments often lead to misunderstanding. Q _ _ _ decisions can be useful, but sometimes a s _ _ _ approach is wiser. Arriving e _ _ _ shows responsibility, while being l _ _ _ repeatedly damages credibility. Y _ _ _ people adapt quickly, yet o _ _ _ generations offer wisdom. M _ _ _ society changes rapidly, but t _ _ _ _ values still matter. Maintaining a p _ _ _ _ attitude strengthens resilience.

Exercise 26 (Words 251–260)

Fill in the missing letters:

N _ _ _ _ _ thinking limits potential. In some cultures, communication is d _ _ _ _ _ , while in others it is more i _ _ _ _ _ . An o _ _ _ discussion builds clarity, but a c _ _ _ _ _ attitude creates distance. People feel f _ _ _ _ when expectations are clear. Even in b _ _ _ _ schedules, maintaining a c _ _ _ mindset prevents burnout. Those who overcome n _ _ _ _ _ feelings often become more c _ _ _ _ _ .

Exercise 27 (Words 261–270)

Fill in the missing letters:

People o _ _ _ underestimate small habits. S _ _ _ _ _ _ success depends on consistency. Good leaders u _ _ _ _ communicate clearly, and they a _ _ _ _ _ listen carefully. H _ _ _ _ _ , mistakes are inevitable. T _ _ _ _ _ , reflection is necessary. M _ _ _ _ _ , growth requires discipline. F _ _ _ _ _ , without effort, progress stops. O _ _ _ _ _ , goals remain unreachable.

Exercise 28 (Words 271–280)

Fill in the missing letters:

Some people avoid risk; i _ _ _ _ _ , they choose safety. A _ _ _ _ _ growth happens outside comfort zones. Change is e _ _ _ _ _ challenging when identity is involved. P _ _ _ _ _ in competitive environments, pressure increases. G _ _ _ _ _ speaking, adaptation takes time. Success r _ _ _ _ _ comes instantly. N _ _ _ _ _ every achievement requires persistence. A _ _ _ _ _ everyone experiences doubt. Confidence grows q _ _ _

__ gradually, but v __ strong determination accelerates progress.

Exercise 29 (Words 281–290)

Fill in the missing letters:

Some people prefer r __ working independently, while others perform f __ well in teams. Success is rarely c __ achieved overnight; it is p __ built step by step. When individuals work t __, progress accelerates. However, growth also requires time a __. Looking a __ toward long-term goals prevents distraction, while leaving fear b __ strengthens confidence. Real change begins i __ before it becomes visible o __.

Exercise 30 (Words 291–300)

Fill in the missing letters:

High standards push people to aim a __ average performance rather than settling b __ expectations. Progress means moving f __ instead of remaining stuck or stepping b __. Complex ideas cannot always be understood e __, but they can be explained c __. Success rarely comes s __; it demands persistence. F __, effort produces results. E __, consistent practice leads to mastery, and improvement happens g ____.

Exercise 31 (Words 301–310)

Fill in the missing letters:

People sometimes h __ their true feelings behind politeness. T __ strongest leaders are honest, but they understand that a __ emotions are not expressed openly. Success rarely happens n __ comfort zones.

Difficult t _ _ _ _ test resilience. Real change t _ _ _ _
patience and courage. Life can be f _ _ _ _ in
unexpected ways, yet challenges come o _ _ _ and o _ _
_ again. Maintaining a s _ _ _ _ approach helps create
stability.

Exercise 32 (Words 311–320)

Fill in the missing letters:

What people s _ _ often reflects their values. In
communities n _ _ _ _ , traditions may differ widely.
Small habits a _ _ _ influence character over time. Even
a small a _ _ _ _ of daily effort can create change. A l
_ _ _ _ discipline practiced consistently builds strength.
Cities grow when people l _ _ _ their environment and
invest in public p _ _ _ _ . Economic growth may r _ _
_ quickly, but sustainability depends on wise use o _
resources. Just as p _ _ _ _ need care to grow, ideas
require attention.

Exercise 33 (Words 321–330)

Fill in the missing letters:

A v _ _ _ _ of experiences shapes identity. Different c
_ _ _ _ lead to different outcomes. T _ _ _ influences
operate quietly in daily life. Human o _ _ _ _ _
adapt to changing environments. W _ grow through
reflection and transform challenges i _ _ _ growth
opportunities. Stress sometimes d _ _ _ _ _
confidence, but resilience develops w _ _ _ _ _
adversity. Every transformation begins with a s _ _ _
planted in awareness. Growth is not just about success,
but about b _ _ _ _ self-aware.

Answerkeys

Answers 1

feel, seem, can, may, might, need, learn, teach, find, discover

Answers 2

change, become, require, help, make, take, give, see, look, think

Answers 3

know, understand, begin, start, try, work, use, develop, create, show

Answers 4

ask, tell, speak, talk, listen, hear, watch, notice, observe, adapt

Answers 5

adjust, respond, express, communicate, build, grow, form, shape, influence, affect

Answers 6

consider, decide, choose, accept, reject, include, involve, avoid, allow, encourage

Answers 7

support, believe, hope, wonder, imagine, expect, prepare, practice, improve, achieve

Answers 8

connect, relate, explain, describe, compare, identify, solve, manage, control, reduce

Answers 9

in, on, at, to, for, with, by, from, as, such

Answers 10

that, which, who, when, where, how, why, but, and, or

Answers 11

because, although, though, since, while, if, unless, until, before, after

Answers 12

people, time, way, life, world, culture, country, place, work, home

Answers 13

community, team, family, friends, habits, actions, behaviors, methods, skills, experience

Answers 14

knowledge, difference, problem, solution, process, understanding, flexibility, idea, thought, feeling

Answers 15

emotion, sense, mind, heart, body, voice, word, language, speech, sound

Answers 16

silence, view, opinion, fact, truth, story, memory, goal, plan, step

Answers 17

stage, level, part, role, reason, cause, effect, result, success, failure

Answers 18

effort, energy, attention, focus, connection, relationship, interaction, conversation, explanation, description

Answers 19

example, instance, situation, condition, environment, atmosphere, journey, path, direction, purpose

Answers 20

meaning, value, importance, significance, courage, patience, kindness, respect, trust, honesty

Answers 21

peace, conflict, balance, growth, loss, gain, desire, fear, joy, surprise

Answers 22

new, different, other, another, same, first, natural, unusual, difficult, easy

Answers 23

important, possible, clear, subtle, simple, personal, social, cultural, mental, physical

Answers 24

emotional, certain, uncertain, familiar, unfamiliar, common, rare, strong, weak, deep

Answers 25

shallow, quick, slow, early, late, young, old, modern, traditional, positive

Answers 26

negative, direct, indirect, open, closed, free, busy, calm, nervous, confident

Answers 27

often, sometimes, usually, never, always, however, therefore, moreover, furthermore, otherwise

Answers 28

instead, actually, especially, particularly, generally, rarely, nearly, almost, quite, very

Answers 29

rather, fairly, completely, partly, together, alone, ahead, behind, inside, outside

Answers 30

above, below, forward, backward, easily, clearly, simply, finally, eventually, gradually

Answers 31

hide, the, all, are, near, times, takes, funny, over,
steady

Answers 32

say, nearby, also, amount, little, like, places, rise, of,
plants

Answers 33

variety, causes, these, organisms, we, into, damages,
within, seed,

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