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Word of the Day – **Forgo**

Transcript

The word of the day today is **forgo**. **Forgo** is a verb. To **forgo** something means to do without something that is positive or desirable.

For instance, let's say you are meeting some colleagues regarding a pressing issue. There is no time to discuss the issue at length and coordinating a mutual time has been difficult. You have all finally agreed upon a time, but the date is much later than everyone had anticipated. You may then **forgo** pleasantries to get down to business. You are then doing without the usual polite greetings before your meeting begins. Rather introductions are skipped and the meeting begins immediately.

In another example, let's say you are watching what you eat. You have a ten-year reunion coming up and you want to look your best. You have never been one to skip a meal and the mere thought makes you shudder. However, you have to slim down to make a good impression. You may then have to **forgo** some of the foods you often consume, especially those heavy in calories. So while you may not skip any meals, you may have to **forgo** items that are overly sweet and fattening. You will have to do without until at least the reunion.

I hope you find this word useful in expressing your thoughts more clearly. For more information you can find the script at Practicus.co.kr.