

# WORD OF THE WEEK:

## *METTLE*

met·tle (mtl)

### **PART OF SPEECH/DEFINITION:**

- NOUN:**
1. Courage and fortitude; vigor and strength of spirit.
  2. Inherent quality of character and temperament.
  3. Staying quality; stamina.
  4. Aroused to do one's best.

**SENTENCE:** Some people believe you have to be like Superman to prove your mettle...



when all you need to do, is do your best.

