

STEELING

Meaning: Steeling refers to the act of mentally preparing oneself to face a difficult situation or challenge with determination and strength.

1. Steeling herself for the challenging conversation ahead, she took a deep breath.
2. The athlete was steeling his resolve before the final race of the season.
3. As the storm approached, he found himself steeling against the biting cold wind.
4. She focused on steeling her emotions to maintain composure during the meeting.
5. In times of crisis, leaders often find themselves steeling their teams for the obstacles ahead.

Source: sentences.whatistheurl.com

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