

TOUGHEN

Meaning: To toughen means to make someone or something stronger, more resilient, or better prepared for challenges.

1. They implemented a training program to toughen the athletes for the upcoming competition.
2. The strict discipline in the boot camp was designed to toughen the recruits mentally and physically.
3. She believed that facing challenges head-on would toughen her resolve and prepare her for future obstacles.
4. The new policies were aimed at toughening the regulations surrounding environmental protections.
5. His experiences in the wilderness helped to toughen his character and instill a sense of resilience.

Source: sentences.whatistheurl.com

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