

# energizing *(en-er-giz-ing)*

## Definition

adj. causing someone to feel active and lively.

## Example Sentence

She was **energizing** her team with her spirit.

## More Example Sentences

Her speech was **energizing** for everyone present.

## Synonyms

invigorating; stimulating; refreshing

## Antonyms

draining; exhausting; tiring

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