The word of the week is

 Essential

**It means:** absolutely necessary

**Used in a sentence:**

Water is essential to all life on Earth.

My teacher posts the essential questions of the lessons in our classroom.

Trust is the most essential ingredient in effective communication.

Frustration, although quite painful at times, is a very positive and essential part of success.

Optimism is essential to achievement and it is also the foundation of courage and true progress.