

# Toastmasters' Word of the Day

## December 29, 2025

**Metamorphosis** [*met-uh-mawr-fuh-sis*] noun, plural metamorphoses

**Definition:**

1. *Biology.* a profound change in form from one stage to the next in the life history of an organism, as from the caterpillar to the pupa and from the pupa to the adult butterfly.
2. a complete change of form, structure, or substance, as transformation by magic or witchcraft.
3. any complete change in appearance, character, circumstances, etc.
4. a form resulting from any such change.
5. *Pathology.* a type of alteration or degeneration in which tissues are changed:  
*fatty metamorphosis of the liver. the resultant form.*
6. *Botany.* the structural or functional modification of a plant organ or structure during its development.

**Example:**

My teenage niece went through a complete metamorphosis since the last time I saw her.