

<b>Idiom/Phrase</b>	<b>Meaning</b>
A piece of cake	Something very easy
Actions speak louder than words	What someone does is more important than what they say
All ears	Eagerly listening
Apple of my eye	Someone or something cherished
Barking up the wrong tree	Making a wrong assumption or accusation
Beat around the bush	Avoiding direct communication
Bite the bullet	Face a difficult situation courageously

Break a leg	Good luck!
Burn the midnight oil	To work late into the night
Catch someone red-handed	Catch someone in the act of doing something wrong
Cold feet	Nervousness or fear before an event
Cry over spilled milk	To lament a past event that can't be changed
Don't cry over spilled milk	Don't worry about things you can't change
Every cloud has a silver lining	There's a positive aspect to a negative situation
Feel under the weather	To feel unwell or sick

Fish out of water	Feeling uncomfortable in a new situation
Get a taste of your own medicine	Experience the same treatment you've given to others
Give the benefit of the doubt	Believe someone's statement without proof
Go the extra mile	Make an extra effort
Hit the nail on the head	Describe something exactly or do something correctly
In the heat of the moment	Done impulsively, without thinking
It's raining cats and dogs	Heavy rain
Jump on the bandwagon	Join a popular trend or activity

Keep your chin up	Stay positive despite difficulties
Kill two birds with one stone	Accomplish two tasks with one action
Let the cat out of the bag	Reveal a secret
Like a bull in a china shop	Clumsy or reckless
Miss the boat	Miss an opportunity
No pain, no gain	You have to work hard to achieve something
Off the hook	Free from blame or responsibility
On the ball	Alert and attentive

On thin ice	In a risky or uncertain situation
Out of the woods	Out of danger or difficulty
Piece of the pie	A share in profits or benefits
Put all your eggs in one basket	Relying on one single plan or opportunity
Rain check	Postpone a plan
Read between the lines	Understand the hidden meaning
Shake a leg	Hurry up!
Sitting on the fence	Undecided or neutral
Spill the beans	Reveal a secret

Stealing someone's thunder	Take credit for someone else's work or idea
The ball is in your court	It's your decision or responsibility now
The devil is in the details	Small things can cause big problems
The early bird catches the worm	Being early gives you an advantage
The whole nine yards	Everything, all the way
Throw in the towel	Give up
Turn a blind eye	Ignore or overlook
Under the weather	Feeling unwell or sick
Walking on thin ice	In a risky or uncertain situation

When pigs fly	Something that will never happen
You can't have your cake and eat it too	You can't have it both ways
A penny for your thoughts	Asking what someone is thinking
A picture is worth a thousand words	A visual representation is powerful
Back to the drawing board	Start over after a failed attempt
Birds of a feather flock together	People with similar interests gather
Break the ice	To initiate a conversation or interaction
Don't count your chickens before they hatch	Don't assume something will happen before it does

Every dog has its day	Everyone gets their chance
Fit as a fiddle	In good health and shape
Get off on the wrong foot	Start a relationship or task badly
Hitting the nail on the head	Accurately describing or identifying something
In a nutshell	Summarizing something briefly
It takes two to tango	Both sides contribute to a situation
Jumping to conclusions	Making judgments without enough evidence
Keep your fingers crossed	Hope for a positive outcome



Leave no stone unturned	Search thoroughly
Like shooting fish in a barrel	Very easy task
Make a long story short	Summarize a story quickly
Not playing with a full deck	Someone lacking intelligence or common sense
On the same page	Having a shared understanding
Over the moon	Extremely happy
Penny wise, pound foolish	Careful with small expenses, careless with big ones
Put your money where your mouth is	Act on what you say

Rome wasn't built in a day	Important things take time
Shoot yourself in the foot	Make a situation worse through your actions
Straight from the horse's mouth	Information from a reliable source
The best of both worlds	Enjoying two different things at once
The elephant in the room	An obvious problem people are ignoring
The pot calling the kettle black	Accusing someone of something you do yourself
Time flies when you're having fun	Time seems to pass quickly
You scratch my back, and I'll scratch yours	Mutual favors

<b>Idiom/Phrase</b>	<b>Meaning</b>
A bird in the hand is worth two in the bush	Having something certain is better than something uncertain
A dime a dozen	Very common or easily found
A leopard can't change its spots	People can't change their basic nature
A penny saved is a penny earned	Saving money is as good as earning it
A taste of your own medicine	Experience the same treatment you've given to others
All dressed up and nowhere to go	Prepared for something that doesn't happen

All in the same boat	In the same situation or predicament
Barking up the wrong tree	Making a wrong assumption or accusation
Between a rock and a hard place	In a difficult situation with no good options
Bite off more than you can chew	Take on more responsibility than you can handle
Burn the midnight oil	To work late into the night
Cry over spilled milk	To lament a past event that can't be changed
Don't cry over spilled milk	Don't worry about things you can't change

Every dog has its day	Everyone gets their chance
Fall on deaf ears	Ignored or not listened to
Get a taste of your own medicine	Experience the same treatment you've given to others
Hit the nail on the head	Describe something exactly or do something correctly
It's a piece of cake	Something very easy
Jump on the bandwagon	Join a popular trend or activity
Keep your chin up	Stay positive despite difficulties
Let sleeping dogs lie	Avoid stirring up old conflicts

Make a mountain out of a molehill	Exaggerate a small problem
No news is good news	If you haven't heard anything, things are probably okay
On the back burner	Put aside for now, not a priority
Pull someone's leg	Tease or joke with someone
Read between the lines	Understand the hidden meaning
The ball is in your court	It's your decision or responsibility now
Throw in the towel	Give up
Turn over a new leaf	Start fresh, change behavior

You can't judge a book by its cover	Don't judge someone by appearance
A picture is worth a thousand words	A visual representation is powerful
All ears	Eagerly listening
Apple of my eye	Someone or something cherished
Bury the hatchet	Make peace, end a conflict
Call it a day	Stop working for the day
Don't put the cart before the horse	Do things in the correct order

Every cloud has a silver lining	There's a positive aspect to a negative situation
Fish out of water	Feeling uncomfortable in a new situation
Get off on the wrong foot	Start a relationship or task badly
Hit the ground running	Start a project quickly and energetically
In the dark	Unaware, without information
Jump ship	Leave a situation or group
Keep your fingers crossed	Hope for a positive outcome
Leave no stone unturned	Search thoroughly



Off the top of my head	Saying something without much thought
Put your money where your mouth is	Act on what you say
Raining cats and dogs	Heavy rain
See the light at the end of the tunnel	See hope in a difficult situation
The ball's in your court	It's your decision or responsibility now
The devil is in the details	Small things can cause big problems
Turn a blind eye	Ignore or overlook
When pigs fly	Something that will never happen

You're a pain in the neck

Someone is annoying or frustrating

A chip on your shoulder	Holding a grudge or being easily offended
A rolling stone gathers no moss	A person who doesn't settle down won't accumulate responsibilities
All in a day's work	Routine or expected tasks
An arm and a leg	Very expensive
At the drop of a hat	Willing to do something immediately
Back to the drawing board	Start over after a failed attempt
Birds of a feather flock together	People with similar interests gather
Blow off steam	Release built-up tension or anger
Break a leg	Good luck!
Cry over spilt milk	To lament a past event that can't be changed
Don't put all your eggs in one basket	Don't rely on a single option
Every cloud has a silver lining	There's a positive aspect to a negative situation
Fit as a fiddle	In good health and shape
Get a kick out of	Find something enjoyable or amusing
Hit the sack	Go to bed
In the nick of time	Just in time, at the last moment
Jump to conclusions	Make judgments without enough evidence
Keep your nose clean	Stay out of trouble
Let the cat out of the bag	Reveal a secret
Make waves	Cause trouble or create a disturbance
No stone unturned	Thoroughly search or investigate
On the same page	Having a shared understanding
Put someone on the spot	Make someone answer a difficult question
Rock the boat	Cause disruption or trouble
See eye to eye	Agree or have the same viewpoint
The early bird catches the worm	Being early gives you an advantage
Throw caution to the wind	Take a risk
Under the weather	Feeling unwell or sick
You scratch my back, I'll scratch yours	Mutual favors

**Idiom/Phrase**

**Meaning**

A bitter pill to swallow

A difficult or unpleasant truth to accept

A flash in the pan	Something that shows promise but doesn't last
A penny for your thoughts	Asking what someone is thinking
A watched pot never boils	Time feels longer when waiting for something
All that glitters is not gold	Not everything that looks good is valuable
Back to the grind	Return to work or routine
Beggars can't be choosers	When you have no options, you can't be picky
Birds of a feather flock together	People with similar interests gather

Blessing in disguise	Something bad that turns out to be good
Don't bite the hand that feeds you	Don't harm those who help you
Don't cry over spilled milk	Don't worry about things you can't change
Drop in the bucket	A small amount in comparison to a greater whole
Easy come, easy go	Gained easily, lost easily
Every cloud has a silver lining	There's a positive aspect to a negative situation
Fit like a glove	Fit perfectly

Go with the flow	Adapt to circumstances, don't resist
Hit the nail on the head	Describe something exactly or do something correctly
In the dark	Unaware, without information
Jump to conclusions	Make judgments without enough evidence
Keep your fingers crossed	Hope for a positive outcome
Let the cat out of the bag	Reveal a secret
Make a long story short	Summarize a story quickly

No pain, no gain	You have to work hard to achieve something
Off the beaten path	Away from the usual route or course
Penny for your thoughts	Asking what someone is thinking
Pull someone's leg	Tease or joke with someone
Rock the boat	Cause disruption or trouble
Slip through the cracks	Be unnoticed or not addressed
Take it with a grain of salt	Don't completely believe something
Up in the air	Undecided or uncertain

When in Rome, do as the Romans do	Follow local customs or behavior
You can't have your cake and eat it too	You can't have it both ways

| Actions speak louder than words | What someone does is more important than what they say |

| A penny for your thoughts | Asking what someone is thinking |

| A picture paints a thousand words | Visual representation is powerful |

| All bark and no bite | Threaten but not follow through |

| Barking up the wrong tree | Making a wrong assumption or accusation |

| Burn bridges | Damage relationships, making return impossible |

| Butter someone up | Flatter to gain favor or something |

| Chase rainbows | Pursue unrealistic goals or dreams |

| Cry over spilled milk | To lament a past event that can't be changed |

| Don't judge a book by its cover | Don't judge someone by appearance |

| Down the rabbit hole | Entering a situation with complex or unexpected consequences |

| Every rose has its thorn | Every positive has a negative aspect |

| Fish for compliments | Seek praise or validation |

| Get a grip | Control yourself, regain composure |

| Hit the ground running | Start a project quickly and energetically |

| In the heat of the moment | Done impulsively, without thinking |

| Jump ship | Leave a situation or group |

| Keep your head above water | Manage to survive, especially in tough times |

| Let the cat out of the bag | Reveal a secret |

| Miss the boat | Miss an opportunity |

| On thin ice | In a risky or uncertain situation |

| Penny wise, pound foolish | Careful with small expenses, careless with big ones |

| Put all your eggs in one basket | Relying on one single plan or opportunity |

| Red herring | A distraction from the real issue |

| Split hairs | Argue over trivial details |

| Take a rain check | Postpone an invitation or offer |

| Under the weather | Feeling unwell or sick |

| When pigs fly | Something that will never happen |

| You can't make an omelette without breaking eggs | Achieving something requires sacrifices |

<b>Idiom/Phrase</b>	<b>Meaning</b>
A bitter pill to swallow	A difficult or unpleasant truth to accept
A dime a dozen	Very common or easily found
A leopard can't change its spots	People can't change their basic nature
A piece of cake	Something very easy
All ears	Eagerly listening
All in the same boat	In the same difficult situation
An arm and a leg	Very expensive
Back to square one	Starting over from the beginning



Beat around the bush	Avoiding direct communication
Bite off more than you can chew	Take on more responsibility than you can handle
Break the ice	To initiate a conversation or interaction
Burn the midnight oil	To work late into the night
Bury the hatchet	Make peace, end a conflict
Call it a day	Stop working for the day
Cry wolf	Give a false alarm or exaggerate
Cut to the chase	Get to the point without wasting time

Don't count your chickens before they hatch	Don't assume something will happen before it does
Don't cry over spilled milk	Don't worry about things you can't change
Don't put all your eggs in one basket	Don't rely on a single option
Every cloud has a silver lining	There's a positive aspect to a negative situation
Fit as a fiddle	In good health and shape
Get cold feet	Get nervous or lose courage before an event

Hit the nail on the head	Describe something exactly or do something correctly
In hot water	In trouble or difficulty
Jump on the bandwagon	Join a popular trend or activity
Keep your chin up	Stay positive despite difficulties
Let the cat out of the bag	Reveal a secret
Like a fish out of water	Feeling uncomfortable in a new situation
Look before you leap	Think about the consequences before taking action

Make hay while the sun shines	Take advantage of an opportunity
No pain, no gain	You have to work hard to achieve something
Off the beaten path	Away from the usual route or course
Out of the blue	Unexpectedly, without warning
Play it by ear	Decide as you go along, without a plan
Put your foot in your mouth	Say something embarrassing or foolish
Read between the lines	Understand the hidden meaning
See the light at the end of the tunnel	See hope in a difficult situation

Shoot the breeze	Have a casual conversation
Sit tight	Wait patiently
Take a rain check	Postpone an invitation or offer
Turn a blind eye	Ignore or overlook
Up in the air	Undecided or uncertain
When it rains, it pours	When things go wrong, they keep getting worse
You can't have your cake and eat it too	You can't have it both ways