

Advanced Idioms & Expressions Guide

The expressions native speakers actually use — organised by context, with a quick self-check quiz.

Business & Professional

think outside the box — find a creative solution
touch base — make brief contact to update someone
on the same page — in agreement
a game changer — something that significantly alters a situation
go the extra mile — make more effort than expected
cut corners — do something poorly to save time or money

Everyday Life

hit the nail on the head — describe something exactly right
let the cat out of the bag — reveal a secret accidentally
once in a blue moon — very rarely
a piece of cake — something very easy
under the weather — feeling slightly unwell
break the ice — do something to ease tension in a new situation

Emotions & Attitudes

bite the bullet — accept something difficult with courage
get cold feet — become nervous before doing something
on cloud nine — extremely happy
keep your chin up — stay positive during difficulty
bite your tongue — stop yourself from saying something
burn the midnight oil — work late into the night

Quick Self-Check

Cover the guide above and try to complete these from memory.

1. "Let's _____ tomorrow to check on the project's progress." (make brief contact)
2. "I know it's hard, but we just have to _____ and get it done." (accept something difficult)
3. "She really _____ with that comment — that's exactly the issue." (described exactly right)

Answer Key

1. touch base 2. bite the bullet 3. hit the nail on the head