



Teacher's guide

Idioms: Personal Growth & Motivation – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Idioms: Personal Growth & Motivation](#)

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the idioms. Provide guidance if necessary.

Reading activity

Part 1. Students read the dialogue, then answer the comprehension questions.

Answer Key:

1. She's trying to build better routines and structure.
2. He has made a fresh start and become more organised.
3. Step up my game.
4. To do something hard like waking up early, even when you don't feel like it.
5. She's committed to her goals and wants to achieve them.

Definition matching

Part 1. Students match each idiom to its correct definition.

Answer key:

1. Bite the bullet
2. Get your act together
3. Turn over a new leaf
4. Step up your game
5. Stick to your guns
6. Keep your eye on the prize

Typical usage matching

Part 1. Students match the idioms with what they are typically used with.

Answer key:

1. Bite the bullet
2. Get your act together
3. Stick to your guns
4. Turn over a new leaf
5. Step up your game
6. Keep your eye on the prize

Sentence transformation

Part 1. Students rewrite the sentences using the target idioms so that the meaning stays the same.

Suggested answers:

1. I had to **step up my game**.
2. She **turned over a new leaf**.
3. He **kept his eye on the prize**.
4. I had to **bite the bullet**.
5. They told me to **get my act together**.
6. I **stuck to my guns**.

Sentence gap-fill

Part 1. Students use the correct form of the idiom in brackets to complete each sentence.

Answer key:

1. got her act together
2. stuck to my guns
3. bit the bullet
4. kept our eyes on the prize
5. step up my game
6. have turned over a new leaf

Speaking

Part 1. Students use at least 5 idioms from the lesson to talk about:

- A goal they've worked towards recently
- What changes they made to improve
- A moment when they had to show discipline or mental strength
- What helps them stay focused when progress feels slow