

Idioms: Personal Growth & Motivation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. When was the last time you really **had to step up your game**?
2. Have you ever **turned over a new leaf** in your life? What changed?
3. What do you do to **keep your eye on the prize** when things get tough?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Nina: I've been trying to **get my act together** this year — better routines, more structure.

Tom: Same here. I used to be all over the place, but I've finally **turned over a new leaf**.

Nina: Good for you! For me, mornings are still a struggle. I know I need to **step up my game** if I want to be consistent.

Tom: It's not easy. You really have to **bite the bullet** sometimes — just get up and do it.

Nina: Exactly. I've been tempted to give up, but I'm **sticking to my guns**. I've set some goals, and I want to hit them.

Tom: That's the key — just **keep your eye on the prize**. It's all about long-term mindset.

Part 2. Answer the comprehension questions.

1. What is Nina trying to improve?
2. What change has Tom made in his life?
3. What idiom does Nina use to show she needs to be more consistent?
4. What does biting the bullet mean in this context?
5. What does Nina say about her goals?

DEFINITION MATCHING

Part 1. Match each idiom to its correct definition. Can you guess any before looking at the options?

Get your act together

Bite the bullet

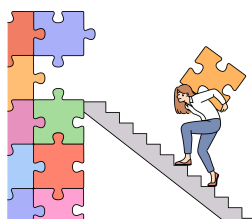
Step up your game

Turn over a new leaf

Stick to your guns

Keep your eye on the prize

1. _____ to force yourself to perform an unpleasant or difficult action
2. _____ to become more organised and responsible
3. _____ to make a fresh start or change a habit
4. _____ to improve your performance or effort
5. _____ to continue with your beliefs or goals despite difficulty
6. _____ to stay focused on your final objective



TYPICAL USAGE MATCHING

Part 1. Match the idioms with what they are typically used with.

Get your act together

Bite the bullet

Step up your game

Turn over a new leaf

Stick to your guns

Keep your eye on the prize

1. _____ when you face fear or discomfort
2. _____ when someone tells you to be more responsible
3. _____ when you're tempted to give up
4. _____ when you're starting a new healthy habit
5. _____ when you want to improve your work or results
6. _____ when you're working toward a big goal

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target idioms so that the meaning stays the same.

1. I had to improve my performance if I wanted to succeed.
2. She started eating well and exercising regularly to make a change.
3. He stayed focused on his goal even when things got tough.
4. I forced myself to do it, even though it was difficult.
5. They told me to be more organised and responsible.
6. I didn't change my plan, even though people disagreed.

SENTENCE GAP-FILL

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

1. She finally _____ (get your act together) after missing several deadlines.
2. I _____ (stick to your guns) even though others told me to give up.
3. He _____ (bite the bullet) and apologised to his team.
4. We _____ (keep your eye on the prize) throughout the entire training.
5. After failing once, I knew I had to _____ (step up your game).
6. They _____ (turn over a new leaf) since the beginning of the year.

SPEAKING

Part 1. Use at least 5 idioms from today's lesson to talk about:

Get your act together

Bite the bullet

Step up your game

Turn over a new leaf

Stick to your guns

Keep your eye on the prize

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