



25 Motivational Idioms – Classroom Worksheet

Teacher note (CEFR B1–B2): Use this sheet as a bell-ringer or homework. Students first match idioms with meanings, then apply them in a gap-fill task.

Part A | Match-Up (10 pts)

Draw a line—or write the letter—to connect each idiom with its meaning.

#	Idiom	Letter	Meaning
1	Bite the bullet	A	Stay focused on a goal
2	Go the extra mile	B	Turn a setback into something positive
3	Keep your eye on the prize	C	Face something unpleasant bravely
4	Seize the day	D	Survive a difficult period
5	The sky's the limit	E	Make the most of the moment
6	Weather the storm	F	Make extra effort
7	Turn lemons into lemonade	G	Anything is possible
8	Stick to your guns	H	Remain firm in your decision
9	Get back on your feet	I	Recover after a setback
10	Leave no stone unturned	J	Search every possible place

Part B | 25-Idiom Reference Table

Idiom	Meaning	Example sentence	Synonym
Bite the bullet	Do something unpleasant you can't avoid	"He had to bite the bullet and retake the exam."	Face the music
Keep your chin up	Stay positive in a bad situation	"Keep your chin up—results come out next week."	Stay strong
Every cloud has a silver lining	Bad events have a positive side	"Losing that job was tough, but every cloud has a silver lining—she started her own business."	Blessing in disguise
On the right track	Doing things likely to succeed	"Daily practice puts you on the right track for fluency."	Heading the right way
The sky's the limit	Anything is possible	"With your talent, the sky's the limit."	No limits
Turn over a new leaf	Make a fresh change	"He turned over a new leaf and stopped procrastinating."	Start afresh
Kill two birds with one stone	Achieve two goals at once	"Jogging to work kills two birds with one stone: exercise and commute."	Double benefit
Keep your eye on the prize	Stay focused on a goal	"She kept her eye on the prize and finished her thesis."	Stay focused
Go the extra mile	Make extra effort	"The volunteers went the extra mile and cleaned the whole park."	Go above and beyond
Seize the day	Make the most of now	"Let's seize the day and start that podcast."	Carpe diem
A blessing in disguise	Something bad turns good	"The delay was a blessing in disguise; we fixed more bugs."	Hidden benefit
No pain, no gain	Hard work is required	"He repeats chord drills—no pain, no gain."	Hard work pays off
Put all your eggs in one basket	Risk everything on one option	"Diversify—don't put all your eggs in one basket."	Bet everything
Put your best foot forward	Make a good impression	"Put your best foot forward in the interview."	Show your best side

Out of the woods	Free from danger	"After the surgery, she's finally out of the woods."	In the clear
Get back on your feet	Recover after a setback	"It took months, but the firm got back on its feet."	Bounce back
When one door closes, another opens	New chances follow losses	"He missed the scholarship, but another door opened with an internship."	New doors open
Weather the storm	Endure a hard time	"Small cafés have to weather the storm of rising costs."	Ride it out
Stick to your guns	Stay firm in decisions	"She stuck to her guns about fair pricing."	Stand your ground
On the ball	Alert and efficient	"Our editor is always on the ball."	Sharp
Every dog has his day	Everyone gets a chance	"Be patient—every dog has his day."	Time will come
Light at the end of the tunnel	Improvement is near	"After months of rehab, he sees light at the end of the tunnel."	Hope ahead
Turn lemons into lemonade	Turn bad into good	"They turned lemons into lemonade by selling the misprinted shirts as 'limited edition'."	Make the best of it
Hang in there	Don't give up	"Hang in there—results improve with practice."	Keep going
Leave no stone unturned	Try every possible way	"She left no stone unturned when searching for sources."	Exhaust all options

Part C | Gap-Fill Practice (5 pts)

Fill in each blank with a correct idiom from the reference table. Use proper verb forms.

1. Our startup is facing tough competition, but we'll _____ and refine our product.
2. Alex missed the train, yet discovered a cheaper route—truly _____.
3. Marathon training hurts, but _____, so keep running!

4. If we automate customer emails, we can _____ and cut costs while improving service.
 5. With fresh funding secured, _____ for our research project.
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Part D | Discussion Prompt (optional)

Which idiom best describes your study habits? Explain in 40 words.

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Answer Key (Parts A & C)

Part A 1-C 2-F 3-A 4-E 5-G 6-I 7-B 8-H 9-I 10-J

Part C

1. **weather the storm**
2. **a blessing in disguise**
3. **no pain, no gain**
4. **kill two birds with one stone**
5. **the sky's the limit**