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## **Episode #238**

English Idioms for  
the New Year  
part#2

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Every January is the same. Everyone wants to improve their lifestyle. So, let's continue learning some **new year expressions in English**.

Hi! I'm Georgiana, your English teacher. Thank you for joining me for another episode.

If you want to **help**, please **share** the podcast on social media. That would mean a lot. Thanks!

Before we start, visit my website:

[Speakenglishpodcast.com](http://Speakenglishpodcast.com) and [subscribe](#) to my **mini-course** - it's completely free!



[With my [free mini-course](#), you will learn:  
How to accumulate **vocabulary**, how to learn **grammar**, how to **learn deeply** and not forget, how to **speak automatically**, and how to **stay motivated**.]

Okay! Let's get started!

### **#1 TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE.**

People often use this phrase to **express that every day is an opportunity to start over and make the most of life**. It encourages people to make the most of each day and appreciate the present moment.

#### **Examples:**

"Don't look back; look forward! **Today is the first day of the rest of your life.**"

"Regardless of what happened yesterday, you can always start anew today. Remember, **Today is the first day of the rest of your life!**"

### **#2 TO GIVE IT MY BEST SHOT.**

Giving your best shot means **doing the best you can in a given situation**. It implies that you will try your best and strive your best to achieve success.

#### **Examples:**

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"I'll **give my best shot** to get through this job interview and show them why I'm the perfect candidate."

"Next month, I will run my first marathon and **give my best shot.**"

### **#3 TO TIGHTEN [ONE'S] BELT.**

To tighten one's belt means to **spend less than usual to save money.**

#### **Examples:**

"You must **tighten your belt** this month if you want to stay on budget."

"I'm trying to save money, so I will have to **tighten my belt** and cut back on unnecessary spending."

### **#4 TO BURY THE HATCHET.**

It means to forgive and **forget past differences**, usually between two people.

#### **Examples:**

"After weeks of disagreement, the team decided to **bury the hatchet** and work together as one."

"After years of arguing, we finally decided to **bury the hatchet** and make amends."

### **#5 TO SHAKE THINGS UP A BIT.**

It means to **do something different or unexpected to change the situation.** It can be used when you want to try something new or exciting or to make a change.

#### **Examples:**

"We've been using the same methods for years; it's time to **shake things up a bit** and try something new."

"Let's **shake things up a bit** and take a different approach to this project."

### **#6 TO MEND YOUR WAYS**

We use this expression to encourage people to change their behavior or habits to become better. It is a way of prompting someone to take responsibility

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for their actions and strive to make positive changes in their life.

**Examples:**

"If you want to turn your life around, you must **mend your ways.**"

"You must take steps to **mend your ways** if you want to improve."

**#7 TO GO COLD TURKEY.**

To go cold turkey is **to abruptly stop an addictive behavior or substance**, such as smoking or drinking alcohol.

**Examples:**

"After years of smoking, Tom decided **to go cold turkey** and quit entirely."

"The best way to give up sugar is **to go cold turkey** and cut it out of your diet completely."

I hope you are having a good time learning new expressions.

Now let's continue with a mini-story.

## **Mini-Story**

### **(Practice your speaking)**

I'm gonna tell a story, but with questions. I use this technique in my [premium courses](#). It's very effective!

I say a phrase with information. Next, I ask some questions. After each question, there is a pause. It's your turn to answer! After each pause, I give a correct answer. That's how I build the story.

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Ok! Let's start!

It's been fun to RING IN THE NEW YEAR, but now I'm writing a list of things I want to accomplish this new year.

**Did you already ring in the New Year?**

Yes. I already rang the New Year.

**Timmy, are you reading something?**

No. No. I'm not reading anything.

**Are you writing a book?**

No. No. I'm not writing a book. I'm writing a list.

**What kind of list are you writing? A shopping list?**

No. No. I'm not writing a shopping list. I'm writing a list of things I want to accomplish this new year.

I want to kick off the new year by starting a new phase with A CLEAN SHEET.

**What do you want to kick off? A race?**

No. No. I want to kick off the new year.

**How do you want to kick off the new year?**

By starting a new phase. I want to kick off the new year by starting a new phase.

**Will you start or end a new phase?**

I will start a new phase.

**Do you want to clean your sheets?**

No. No. I don't want to clean anything. I want to start with a clean sheet.

The first thing I want to do is to **TURN OVER A NEW LEAF**. In the last year, I misbehaved, which has negatively affected me.

**What do you want to turn over?**

I want to turn over a new leaf.

**Are you going to sweep some leaves?**

No. No. I'm not going to sweep some leaves. I'm going to turn over a new leaf.

**How do you turn over a new leaf?**

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Behaving more responsibly. I want to **give my best shot at turning over a new leaf.**

I have to **STICK TO A SCHEDULE** because I never get up on time. I always oversleep, and this has brought me many problems.

**What do you need to stick to?**

I need to stick to a schedule.

**Do you ever wake up on time?**

No. No. I never wake up on time. I always oversleep.

**Is it a problem if you don't keep to a schedule?**

Yes. Not sticking to a schedule has brought me many problems.

The thing is that in prison, the rules are very strict. And if I want a good year, I must refrain from unnecessarily **SHAKING THINGS UP.**

**Timmy, where are you right now? Are you on an island?**

No. No. I am not on an island. I'm in prison.

**Do you have any rules in prison?**

Yes. We have many rules in prison. And rules in prison are very strict.

**What do you need to refrain from if you want a good year?**

If I want a good year, I must refrain from unnecessarily shaking things up.

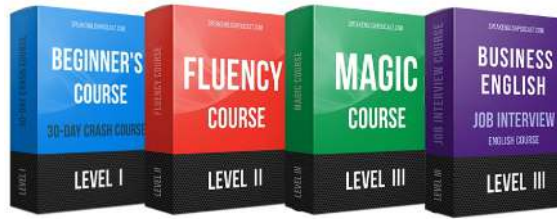
Okay, that's the end of this short exercise. If you find it difficult, that's normal. I recommend you repeat it several times, and if you want, on several different days.

And as you can see, through questions and answers, you can practice and improve your speech just like in a **real conversation.**

It is one of the techniques that I use in my **premium courses.**

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Ok! We have reached the end of this episode.

See you soon! Bye! Bye!



*Georgiana*

founder of  
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