**1. Go nuts**

**Meaning:** To become extremely excited, enthusiastic, or crazy; to lose control due to excitement or frustration.

**Examples:**

* After a long week at work, I decided to go nuts and treat myself to a weekend getaway.
* When the ice cream truck pulled up, the kids went nuts, racing to get their favorite treats.

**2. Looking forward to hearing from you!**

**Meaning:** A polite way to express anticipation for a response or communication from someone.

**Examples:**

* Thank you for your email; I'm looking forward to hearing from you soon!
* I submitted my application yesterday, and I’m looking forward to hearing from you about the next steps.

**3. Don't you ever pull my lever**

**Meaning:** A humorous or serious expression suggesting that someone should not interfere with your personal boundaries or control.

**Examples:**

* In the middle of our discussion, he jokingly said, "Don't you ever pull my lever!" to emphasize his point.
* During the debate, she warned her opponent, "Don't you ever pull my lever," highlighting the seriousness of the topic.

**4. Arguably**

**Meaning:** Used to express that something can be supported with reasons or evidence, often introducing a subjective opinion.

**Examples:**

* Arguably, the best pizza in town is at that small, family-owned restaurant on Main Street.
* The new policy is, arguably, a step in the right direction for employee welfare.

**5. Derivative**

**Meaning:** Something that is based on or derived from another source; often used to describe work that lacks originality.

**Examples:**

* The author’s latest novel felt derivative, lacking originality and relying heavily on clichés.
* While the film had some enjoyable moments, its plot was too derivative of popular superhero movies.

**6. Call to action**

**Meaning:** A prompt or encouragement for the audience to take a specific action, often used in advertising or motivational contexts.

**Examples:**

* The charity event included a powerful call to action that inspired many attendees to contribute.
* The marketing campaign ended with a strong call to action, urging viewers to sign up immediately.

**7. Cornerstone**

**Meaning:** An essential or foundational element that is fundamental to the development or success of something.

**Examples:**

* Trust is the cornerstone of any successful relationship, whether personal or professional.
* Education serves as the cornerstone of a thriving society, providing individuals with the skills they need to succeed.

**8. Sweeping something under the rug**

**Meaning:** To ignore or conceal a problem or issue instead of addressing it directly.

**Examples:**

* Instead of addressing the issue directly, the manager preferred sweeping something under the rug to avoid conflict.
* It’s never a good idea to sweep something under the rug, as unresolved problems can lead to bigger issues down the line.

**9. To sum it up**

**Meaning:** A phrase used to introduce a summary or conclusion of what has been discussed.

**Examples:**

* To sum it up, our team worked hard, and the project was a resounding success.
* The presentation was long, but to sum it up, we need to improve our marketing strategy.

**10. Don't get hung up on trying**

**Meaning:** An expression advising someone not to fixate on or stress over making something perfect or achieving a specific outcome.

**Examples:**

* When it comes to creative projects, don't get hung up on trying to make everything perfect.
* She advised her friend, "Don't get hung up on trying to impress everyone; just be yourself."

**11. First and foremost**

**Meaning:** An expression used to emphasize the most important point among several.

**Examples:**

* First and foremost, we need to ensure everyone understands the safety procedures before starting the project.
* In her speech, she emphasized that first and foremost, kindness should be the guiding principle of our actions.

**12. Follow along**

**Meaning:** To proceed or keep pace with something; to understand or participate in a process as it unfolds.

**Examples:**

* The instructor encouraged students to follow along with the lesson using their textbooks.
* As the movie progressed, I found it hard to follow along with the complex plot twists.

**13. Bread and butter**

**Meaning:** Refers to the main source of income or livelihood; fundamental to someone’s financial stability.

**Examples:**

* For many families, the local bakery has become their bread and butter, providing fresh goods every day.
* The company's bread and butter comes from their best-selling product line, which has been popular for years.

**14. Out of whack**

**Meaning:** Not functioning correctly or in a normal state; disordered or out of balance.

**Examples:**

* After a week of poor sleep, my sleep schedule was completely out of whack.
* The team's dynamics felt out of whack after the recent changes in leadership, leading to confusion among members.

**15. Go bonkers**

**Meaning:** To become extremely excited, crazy, or irrational; to lose control due to excitement or frustration.

**Examples:**

* When the concert tickets went on sale, fans went bonkers trying to get their hands on them.
* The kids went bonkers at the amusement park, racing from ride to ride with uncontainable energy.

**16. Any ideas on**

**Meaning:** A phrase used to solicit suggestions or thoughts about a particular topic or problem.

**Examples:**

* I’m trying to decide on a vacation destination—any ideas on where we should go?
* The team is facing a tight deadline; does anyone have any ideas on how we can speed up the project?

**17. Long story short**

**Meaning:** A phrase used to summarize a long narrative or explanation, focusing on the main points.

**Examples:**

* Long story short, we ended up missing our flight but managed to catch the next one.
* I could tell you all the details, but long story short, we won the game!

**18. Make informed decisions**

**Meaning:** To choose a course of action based on accurate information and careful consideration.

**Examples:**

* It’s essential to make informed decisions when investing your savings.
* The workshop taught us how to gather data and make informed decisions regarding our health.

**19. Internationally**

**Meaning:** Relating to or involving multiple countries; on a global scale.

**Examples:**

* The company has expanded its operations internationally, opening branches in several countries.
* She studied internationally for a year, gaining valuable perspectives on different cultures.

**20. Adept at**

**Meaning:** Skilled or proficient in a particular area or activity.

**Examples:**

* He is adept at solving complex mathematical problems quickly.
* She’s adept at negotiating deals, which has helped her company grow significantly.

**21. As a last resort**

**Meaning:** A final option taken when all other alternatives have failed or been exhausted.

**Examples:**

* I will try to fix the old car myself, but if that doesn't work, I will take it to a mechanic as a last resort.
* As a last resort, we decided to cancel the event if we couldn’t find enough volunteers.

**22. Flea spray**

**Meaning:** A chemical solution designed to kill fleas, commonly used on pets and in homes.

**Examples:**

* After noticing fleas in the house, we bought a powerful flea spray to eliminate them.
* The veterinarian recommended using a flea spray regularly to keep our pets comfortable.

**23. Powder**

**Meaning:** A dry, fine substance produced by grinding or crushing a solid; can refer to various materials.

**Examples:**

* She sprinkled powdered sugar over the cake to give it a sweet finish.
* The artist mixed the pigment powder with water to create a vibrant paint.

**24. Burdensome**

**Meaning:** Difficult to carry out or manage; causing stress or hardship.

**Examples:**

* The new regulations are seen as burdensome by many small business owners.
* Caring for a pet can be rewarding, but it can also become burdensome if you have a busy lifestyle.

**25. Two and a half cents**

**Meaning:** A colloquial expression indicating a personal opinion or thought, often used humorously or modestly.

**Examples:**

* Just to add my two and a half cents, I think we should reconsider the timeline for the project.
* He shared his two and a half cents on the matter, even though he was new to the team.