

✓ 1–20

1. A blessing in disguise – A good thing that seemed bad at first
 2. Beat around the bush – Avoid saying something directly
 3. Burn the midnight oil – Work late into the night
 4. Bite the bullet – To endure something unpleasant
 5. Cry over spilt milk – Worrying about something that cannot be undone
 6. Cost an arm and a leg – Very expensive
 7. Cut corners – To do something poorly to save time or money
 8. Devil's advocate – Someone who argues for the sake of argument
 9. Hit the nail on the head – Do or say something exactly right
 10. Let the cat out of the bag – Reveal a secret
 11. Once in a blue moon – Very rarely
 12. A piece of cake – Very easy
 13. Add fuel to the fire – Make a bad situation worse
 14. Break the ice – To start a conversation
 15. By hook or by crook – By any means necessary
 16. Go the extra mile – Make extra effort
 17. Jump the gun – Act too soon
 18. Keep your fingers crossed – Hope for good luck
 19. Miss the boat – Miss an opportunity
 20. Under the weather – Feeling unwell
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✓ 21–40

- 21. Bite off more than you can chew – Take on a task too big
- 22. Hit the sack – Go to sleep
- 23. Pull someone's leg – Joke with someone
- 24. Steal someone's thunder – Take credit for someone else's idea
- 25. Take it with a grain of salt – Don't take it too seriously
- 26. The ball is in your court – It's your decision now
- 27. Throw in the towel – Give up
- 28. Turn a blind eye – Ignore something
- 29. Up in the air – Uncertain
- 30. When pigs fly – Something that will never happen
- 31. On cloud nine – Extremely happy
- 32. At the drop of a hat – Without hesitation
- 33. Back to the drawing board – Start over again
- 34. Bend over backwards – Try very hard to please
- 35. Call it a day – Stop working
- 36. Come hell or high water – No matter what
- 37. Fall on deaf ears – Be ignored
- 38. Give the cold shoulder – Ignore someone
- 39. In hot water – In trouble
- 40. Keep an eye on – Watch carefully

✓ 41–60

41. Lose your touch – No longer able to do something well
 42. Not playing with a full deck – Acting crazy
 43. Put all your eggs in one basket – Rely on one thing too much
 44. Rain on someone's parade – Ruin someone's plans
 45. See eye to eye – Agree fully
 46. Speak of the devil – When someone appears while being talked about
 47. The last straw – Final act before losing patience
 48. The tip of the iceberg – A small part of a big issue
 49. Throw light on – Clarify
 50. To hit the books – To study hard
 51. A penny for your thoughts – Tell me what you're thinking
 52. Actions speak louder than words – What you do is more important than what you say
 53. Caught red-handed – Caught in the act
 54. Every cloud has a silver lining – Every bad situation has some good
 55. Give someone the benefit of the doubt – Trust someone without proof
 56. Hit below the belt – Act unfairly
 57. Kick the bucket – To die
 58. Let sleeping dogs lie – Avoid restarting old conflicts
 59. Make ends meet – Manage finances
 60. Out of the blue – Suddenly, unexpectedly
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✓ 61–80

- 61. Play it by ear – To act without planning
- 62. Put the cart before the horse – Do things in the wrong order
- 63. Read between the lines – Find the hidden meaning
- 64. Run out of steam – Lose energy
- 65. Sit on the fence – Avoid making a decision
- 66. Smell a rat – Suspect something
- 67. Spill the beans – Reveal a secret
- 68. Take the bull by the horns – Tackle a problem directly
- 69. Taste of your own medicine – Get treated the way you treat others
- 70. Throw caution to the wind – Take a risk
- 71. Time flies – Time passes quickly
- 72. To add insult to injury – Make a bad situation worse
- 73. To blow one's own trumpet – To boast
- 74. To call a spade a spade – Speak frankly
- 75. To get cold feet – Back out due to fear
- 76. To kill two birds with one stone – Solve two problems at once
- 77. To put your foot down – Be firm
- 78. To sweep under the rug – Hide something
- 79. To throw someone under the bus – Betray someone
- 80. To tie the knot – To get married

✓ 81–100

- 81.Walk on air – Be very happy
- 82.Wipe the slate clean – Start afresh
- 83.Zip your lip – Keep quiet
- 84.Blow hot and cold – Be inconsistent
- 85.Burn your bridges – Leave no way to return
- 86.Carry the day – Be victorious
- 87.Cross your mind – Occur to you
- 88.Face the music – Accept punishment
- 89.Feather your own nest – Make money dishonestly
- 90.Go down in flames – Fail spectacularly
- 91.In a nutshell – In brief
- 92.Know the ropes – Be familiar with something
- 93.Leave no stone unturned – Try every possible way
- 94.Make a mountain out of a molehill – Overreact
- 95.Not your cup of tea – Not to your liking
- 96.On thin ice – In a risky position
- 97.Put on airs – Act superior
- 98.Ring a bell – Sound familiar
- 99.Take someone for a ride – Cheat someone
100. Water under the bridge – Past and forgotten