

New Year's Resolutions (Idioms)

Exercise 1: Read the example sentences below, and try to guess the meaning of the phrasal verbs.

kick the habit

I want to **kick the habit** of biting my nails this year. / She has a problem with alcohol. She really needs to **kick the habit**.

hit the ground running

Sue should **hit the ground running** now while she has lots of free time to focus on her goals. / We need to **hit the ground running** if we're going to beat the competition.

get the ball rolling

Jane is looking for an investor to **get the ball rolling** on her new business idea. / Welcome to the meeting guys. Let's **get the ball rolling** with some introductions.

a fresh start

Mick is moving to Canada for **a fresh start**. He is sick and tired of the lack of quality of life and badly-paid jobs here.

out with the old, in with the new

Hannah: I met my current boyfriend very soon after I broke up with my last one.

Jerome: Ah, **out with the old, in with the new!**

go cold turkey

I've tried lots of ways to give up smoking, using nicotine replacement therapy, but I think I just need to **go cold turkey**.

turn over a new leaf

My wife and I have been arguing a lot recently. We need to **turn over a new leaf** and start communicating better.

start from scratch/zero

Susan accidentally deleted her essay on her laptop and now she has to **start from scratch** again. / Oh no! The pastry is ruined. We'll have to **start from zero** all over again.

Exercise 2: Match the phrasal verbs above to the correct definition below.

1. _____ = stop taking sth you're addicted to completely, without replacement medication.
2. _____ = start from the beginning without any advantage or previous work done.
3. _____ = a new beginning.
4. _____ = stop doing something you repeatedly do, like a bad habit.
5. _____ = replace something old with something new.
6. _____ = change the way you behave for the better.
7. _____ = get started on something successfully straight away.
8. _____ = start something happening.