

Slow English Podcast. Vocabulary Focus — 10 Idioms That Make English Flow

English learning resource · EN

Key words & expressions · English

10 idioms

Study task: Listen again and notice the expressions you studied.

1

make up your mind

DEF

to decide

shows hesitation, thought, and finally, action.

I couldn't make up my mind about which podcast to listen to first.

Just make up your mind and start speaking English.

2

give it a try

DEF

try something new, even if you're not sure

sounds friendly and positive.

Just give it a try — one sentence at a time.

I've never recorded my voice before, but I'll give it a try.

3

step by step

DEF

little by little, calmly

paints a picture: walking, moving forward, no rush.

Fluency is built step by step, not overnight.

I'm building my confidence step by step.

4

sooner or later

DEF

eventually, it will happen

perfect when you're patient but hopeful.

Sooner or later, all that listening will pay off.

It's perfect when you're patient but hopeful.

5

keep an open mind

DEF

stay ready for new ideas

all about curiosity.

You have to keep an open mind about how adults learn.

The more open your mind, the more English fits inside it.



6

get out of your comfort zone

DEF

do something new or uncomfortable to grow
has energy.

You grow faster when you get out of your comfort zone.

I joined a conversation group to get out of my comfort zone.

7

go with the flow

DEF

relax and accept things as they come
means you still move — but gently.

Stop forcing it — just go with the flow.

When my plan changed, I went with the flow and enjoyed it.

8

don't beat yourself up

DEF

don't be too hard on yourself
emotional and common in speech.

Students beat themselves up for small mistakes.

I made a mistake during the call, but I'm not going to beat myself up about it.

9

practice makes perfect

DEF

the more you practice, the better you get
our philosophy in one line.

Keep shadowing every morning. Practice makes progress.

Because perfection is impossible, but progress is beautiful.

10

it's never too late

DEF

you can start again anytime
feels stronger, like encouragement from a friend.

It's never too late to rebuild your habits.

It's never too late to learn English slowly — and enjoy it.

