

IDIOMS, SLANG, CLICHES & PROVERBS

Language is more than communication; it is a living tapestry woven from idioms, slang, clichés and proverbs that echo history, culture and human experience. This booklet invites readers to explore these expressive forms, revealing how everyday phrases shape meaning, identity and the art of storytelling.

BRITISH CITIZENSHIP SERIES

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Language learners are often introduced to English through the careful order of textbooks and the formal exchanges of academic life. Yet true cultural understanding begins elsewhere – in the expressive layers of idioms, slang, clichés and proverbs that shape how people think, feel and relate to one another. This booklet invites you beyond the classroom and into the living voice of English, where culture is carried not only in grammar but in imagery, rhythm and inherited wisdom.

Idioms reveal the imagination of a community; slang captures its immediacy, rebellion and humour; clichés, though worn by repetition, expose the familiar pathways the culture returns to; and proverbs preserve centuries of moral insight, giving language a historical memory. Together, these forms open a gateway into natural British conversation – the jokes people share, the metaphors they live by, the values they express without even noticing.

For a foreign language speaker, learning these expressions is an act of cultural integration. It enables you to understand subtleties, respond naturally and participate fully in social life. It also invites comparison: Which idioms, proverbs or clichés exist in your own language? How do they reflect your community's heritage?

By exploring these expressions side by side, this booklet aims to show English as a living archive of experience in dialogue with your own linguistic world.

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1. Idioms

An *idiom* is a fixed expression whose meaning cannot be understood literally from the individual words. Idioms often express cultural ideas, humour and shared experiences within a language community.

Idioms must be learned as whole units because their meanings are not immediately logical. They are used in both spoken and written English, although some idioms sound more informal than others. Idioms make language richer, more expressive and more memorable.

Examples:

- “A piece of cake” – something straightforward.
- “Break the ice” – make people relaxed at the start of a conversation.
- “Spill the beans” – reveal a secret.
- “A storm in a teacup” – a small matter that is treated as a big problem.

Historical & cultural context:

Many English idioms reflect British traditions, humour, weather and history.

Examples:

- “Carry coals to Newcastle” comes from Newcastle’s historical coal industry.
- “It’s not cricket” refers to Victorian values of fairness in the sport of cricket.
- “Keep a stiff upper lip” reflects the cultural expectation of emotional control and resilience.

Idioms often become part of cultural identity because they capture how a society thinks, behaves and jokes.

1. WEATHER & NATURE

1. **A storm in a teacup** – A small problem that people treat as a big one.
2. **Right as rain** – Completely fine or healthy.
3. **Under the weather** – Feeling unwell.
4. **Make hay while the sun shines** – Take your chance while conditions are good.
5. **Come rain or shine** – No matter what happens.
6. **Steal someone’s thunder** – Take attention away from someone else.
7. **Chase rainbows** – Try to achieve something impossible.
8. **The calm before the storm** – A quiet moment before something busy or difficult happens.
9. **Lightning-fast** – Very quick.
10. **Cloud nine** – Extremely happy.
11. **Head in the clouds** – Not concentrating; daydreaming.
12. **Break the ice** – Make people feel more relaxed when they first meet.
13. **Throw caution to the wind** – Take a risk.

- 14. **A fair-weather friend** – Someone who is only around when life is easy.
- 15. **It never rains, but it pours** – When one bad thing happens, many others follow.

2. FOOD, DRINK & COOKING

- 16. **Cheap as chips** – Very inexpensive.
- 17. **A piece of cake** – Very easy.
- 18. **Not my cup of tea** – Not something you like.
- 19. **The icing on the cake** – An extra good part on top of something already good.
- 20. **Spill the beans** – Reveal a secret.
- 21. **In a pickle** – In a difficult situation.
- 22. **Have your fingers in many pies** – Be involved in many activities.
- 23. **Bad apple** – A person who causes problems.
- 24. **Salt of the earth** – A very honest and good person.
- 25. **Take something with a pinch of salt** – Not completely believe something.
- 26. **Use your loaf** – Think carefully (rhyming slang: loaf of bread = head).
- 27. **Like hot cakes** – Selling very quickly.
- 28. **Sour grapes** – Pretending you don't care because you didn't get something.
- 29. **Full of beans** – Energetic.
- 30. **To butter someone up** – Be extra kind to someone because you want something.

3. BRITISH SOCIAL LIFE, HUMOUR & CUSTOMS

- 31. **Put the kettle on** – Get ready for a chat or break.
- 32. **Chinwag** – A friendly chat.
- 33. **Lose the plot** – Become confused or act strangely.
- 34. **Don't get your knickers in a twist** – Don't get stressed.
- 35. **Keep a stiff upper lip** – Stay calm and strong in difficult situations.
- 36. **Bob's your uncle** – Used to say something is easy or solved.
- 37. **Take the mickey** – Make fun of someone in a friendly way.
- 38. **Spend a penny** – Go to the toilet.
- 39. **The bee's knees** – Something excellent.
- 40. **Throw your toys out of the pram** – Overreact angrily like a child.
- 41. **A dog's breakfast** – A complete mess.
- 42. **Don't make a mountain out of a molehill** – Don't exaggerate a small problem.
- 43. **Have a lie-in** – Stay in bed later than usual.
- 44. **Queues as long as your arm** – Very long queues (reflects British queuing culture).
- 45. **As busy as a bee** – Very busy and active.

4. WORK, MONEY & DAILY LIFE

- 46. **Cut corners** – Do something badly to save time or money.
- 47. **Hit the nail on the head** – Say exactly the right thing.
- 48. **Bring home the bacon** – Earn the money needed to live.
- 49. **On the dole** – Receiving unemployment benefits.

- 50. **Give someone the sack** – Fire someone from a job.
- 51. **Burn the candle at both ends** – Work too hard and get tired.
- 52. **In the red** – Owing money.
- 53. **In the black** – Not owing money; financially safe.
- 54. **Throw money down the drain** – Waste money.
- 55. **Pay through the nose** – Pay far too much.
- 56. **On the house** – Free of charge.
- 57. **The lion's share** – The largest part.
- 58. **Bite off more than you can chew** – Take on too much work.
- 59. **By the book** – Follow the rules exactly.
- 60. **Hot off the press** – Very new or latest information.

5. TRADITIONS, HISTORY & BRITISH IDENTITY

- 61. **It's not cricket** – Something unfair or dishonest.
- 62. **Carry coals to Newcastle** – Do something unnecessary (Newcastle was famous for coal).
- 63. **Rule of thumb** – A practical way of doing something.
- 64. **The full Monty** – Doing something completely or fully.
- 65. **On the cards** – Likely to happen.
- 66. **Horses for courses** – Different people suit different things.
- 67. **The Royal treatment** – Being treated extremely well.
- 68. **Queen's English** – Standard, proper British English.
- 69. **Keep it under your hat** – Keep a secret.
- 70. **Bobby on the beat** – A traditional police officer walking in the community.
- 71. **Dressed up to the nines** – Wearing very elegant clothing.
- 72. **Hat trick** – Three successes (from cricket).
- 73. **Have a silver spoon in your mouth** – Born into wealth.
- 74. **Send someone to Coventry** – Ignore someone completely.
- 75. **Red tape** – Unnecessary official rules or procedures.

6. TRAVEL, PLACES & MOVEMENT

- 76. **As the crow flies** – The shortest distance between two places.
- 77. **On the right track** – Doing something correctly.
- 78. **Off the beaten track** – A place not often visited.
- 79. **Get the show on the road** – Start an activity.
- 80. **Hit the road** – Begin a journey.
- 81. **Push the boat out** – Spend more than usual for a celebration.
- 82. **Jump on the bandwagon** – Join something because it's popular.
- 83. **At a crossroads** – Having to make an important decision.
- 84. **Go the extra mile** – Put in more effort than expected.
- 85. **Go round in circles** – Keep doing the same thing without progress.
- 86. **Rock the boat** – Cause trouble or change.
- 87. **Drive someone up the wall** – Annoy them greatly.
- 88. **Backseat driver** – Someone giving unwanted advice.
- 89. **Take a breather** – Have a short rest.

90. **Call it a day** – Stop working for now.

7. PEOPLE, CHARACTER & BEHAVIOUR

91. **A dark horse** – Someone with hidden skills.

92. **The black sheep** – A person who is different in a negative way.

93. **A cold fish** – A person who is unemotional.

94. **Creature of habit** – Someone who likes routine.

95. **Wet blanket** – Someone who spoils the fun.

96. **Bright spark** – A clever person.

97. **Old hand** – Someone experienced.

98. **Pain in the neck** – Someone annoying.

99. **Heart of gold** – A very kind person.

100. **Salt of the earth** – A good, honest and reliable person.

2. Slang

Slang is a very informal vocabulary used mainly in casual spoken English, especially among specific social groups, age groups or regions.

Slang changes quickly over time and often signals belonging to a particular community, such as teenagers, workers, or people from a specific city. Slang can sound inappropriate or unprofessional in formal contexts. Some slang becomes mainstream, but much of it disappears after a few years.

Examples:

- “Knackered” – very tired.
- “Chuffed” – pleased.
- “Gutted” – extremely disappointed.
- “Taking the mickey” – joking or teasing someone.

Historical & cultural context:

British slang is strongly influenced by:

- **Regional dialects** (e.g., Cockney, Scouse, Geordie).
- **Youth culture** (music, fashion, urban life).
- **Working-class speech traditions.**

For example, rhyming slang in London created words like *butcher's* (look) and *loaf* (head).

Slang also changes with generations, which means learners should understand when and where it is appropriate.

1. PEOPLE & PERSONALITY

1. **Bloke** – A man; similar to “guy”.
2. **Bruv / Bro** – A close male friend.
3. **Chav** – Someone seen as loud or rude, often in sportswear.
4. **Gobby** – Someone who talks too much or too loudly.
5. **Numpty** – A silly or foolish person.
6. **Mug** – Someone who is easily tricked.
7. **Lad/lass** – Informal words for boy/girl.
8. **Bright spark** – A clever person.
9. **Lush** – An attractive or very nice person (also about things).
10. **Posh** – Someone upper-class or behaving in an upper-class way.
11. **Gaffer** – A boss or person in charge.
12. **Mate** – Informal word for friend.
13. **Jammy** – Fortunate person.
14. **Mardy** – Someone moody or sulky.

- 15. **Gutted** – Extremely disappointed (emotion but also describes a person).
- 16. **Cheeky** – Slightly rude but in a fun or friendly way.

2. EMOTIONS & REACTIONS

- 16. **Blimey** – Expression of surprise.
- 17. **Gobsmacked** – Shocked or amazed.
- 18. **Miffed** – A little annoyed.
- 19. **Chuffed** – Very pleased.
- 20. **Cheesed off** – Annoyed or fed up.
- 21. **Collywobbles** – Nervous feeling in the stomach.
- 22. **Bonkers** – Completely crazy.
- 23. **Barmy** – Silly or foolish.
- 24. **Knackered** – Extremely tired.
- 25. **Hyped** – Very excited or energetic.
- 26. **Gutted** – Extremely disappointed (emotion-based).
- 27. **Iffy** – Unsure, doubtful or unsafe.
- 28. **Mingin’/minging** – Disgusting or unpleasant.
- 29. **Proper** – Very; extremely (often used to express strong feelings).
- 30. **Rank** – Disgusting.

3. EVERYDAY LIFE & ROUTINES

- 31. **All right?** – Casual greeting.
- 32. **Alright mate?** – Friendly greeting.
- 33. **Butty** – Sandwich (especially in the North).
- 34. **Bangers** – Sausages.
- 35. **Boot** – Car trunk.
- 36. **Faff / faffing around** – Wasting time.
- 37. **Potter around** – Move around slowly, doing small tasks.
- 38. **Have a gander** – Have a look.
- 39. **Kip** – A short sleep or nap.
- 40. **Gander** – Look around casually.
- 41. **Naff** – Not stylish; uncool.
- 42. **Bog-standard** – Basic, average quality.
- 43. **Do up** – Renovate or decorate something.
- 44. **Sorted** – Completed or organised.
- 45. **Splash out** – Spend more money than usual.

4. MONEY & WORK

- 46. **Dosh** – Money.
- 47. **Brassic** – Completely broke.
- 48. **Skint** – Having no money.
- 49. **Loaded** – Very wealthy.
- 50. **Fiver** – Five-pound note.
- 51. **Quid** – One pound (£1).

- 52. **Hard graft** – Hard work.
- 53. **Flog** – To sell something quickly or cheaply.
- 54. **Graft** – Hard work or effort.
- 55. **Punters** – Customers or buyers.

5. FOOD & DRINK

- 56. **Scrummy** – Very tasty.
- 57. **Butty** – Sandwich.
- 58. **Bangers** – Sausages (kept under food).
- 59. **Pint** – Beer (used informally as slang for a drink).
- 60. **Cheeky pint** – A quick, unplanned drink.

6. PROBLEMS, TROUBLES & MISTAKES

- 61. **Aggro** – Trouble or aggression.
- 62. **Arse about face** – Doing something the wrong way round.
- 63. **Bollocks** – Rubbish; nonsense (rude).
- 64. **Cock-up** – A mistake or problem.
- 65. **Clanger** – A big mistake.
- 66. **Drop a clanger** – Make an embarrassing mistake.
- 67. **Bog** – Toilet (informal/rude).
- 68. **Bugger all** – Nothing at all.
- 69. **Codge/bodge** – A low-quality repair.
- 70. **Dodgy** – Unsafe or suspicious.
- 71. **Nicked** – Stolen or arrested.
- 72. **Snookered** – Trapped or stuck with few options.
- 73. **Arsed (can't be)** – Not bothered to do something.
- 74. **Pants** – Terrible or very bad.
- 75. **On the piss** – Going out drinking heavily (informal).

7. APPEARANCE & BODY

- 76. **Fit** – Attractive.
- 77. **Ripped** – Very muscular.
- 78. **Scruffy** – Messy appearance.
- 79. **Clobber** – Clothes.
- 80. **Mint** – Very good-looking or stylish.

8. TRAVEL, MOVEMENT & ACTION

- 81. **Leg it** – Run away quickly.
- 82. **Knock up** – Wake someone up (British meaning).
- 83. **Knock-on effect** – A secondary effect caused by something.
- 84. **Crammed** – Very full, often about transport.
- 85. **Cracking** – Excellent (also used to start journeys or events).
- 86. **Run down** – Tired or worn out (informal).

- 87. **Skive** – Avoid work or school.
- 88. **Gander** – Look around casually.
- 89. **On the pull** – Looking for someone to flirt with.
- 90. **On the piss** – Out drinking (kept as an action-based slang).

9. HOME, OBJECTS & THINGS

- 91. **Gaff** – House or home.
- 92. **Dodgy** – Unsafe or low quality (objects, electrics, etc.).
- 93. **Bits & Bobs** – small, everyday-use things.
- 94. **Bodge job** – A repair poorly done.
- 95. **Bog roll** – Toilet paper (informal).

10. SOCIAL LIFE & NIGHTLIFE

- 96. **Cheeky pint** – A quick, spontaneous drink.
- 97. **Plastered** – Very drunk.
- 98. **Sloshed** – Very drunk.
- 99. **On the pull** – Looking for someone to date or flirt with.
- 100. **Gaff** – House (often used for parties).

3. Clichés

A *cliché* is an expression, idea or phrase that was once original but has been used so often that it has become predictable, uninteresting or lacking in impact.

Clichés may still be understood, but they rarely add originality or sophistication to writing or formal speech. Academic tasks and professional contexts usually avoid clichés because they weaken style and clarity.

Examples:

- “Only time will tell.”
- “Every cloud has a silver lining.”
- “At the end of the day...”
- “The calm before the storm.”

Many clichés began as idioms or metaphors but lost their freshness through excessive use.

Historical & cultural context:

Clichés often reflect shared cultural beliefs and behaviour, such as British optimism (*every cloud has a silver lining*) or collective resignation (*it is what it is*). Over time, however, repeated use in newspapers, speeches and conversation removes their originality.

1. LIFE, WISDOM & GENERAL TRUTHS

1. **At the end of the day**, After considering everything.
2. **Better late than never** – It’s better to do something late than not at all.
3. **Better safe than sorry** – It’s wise to be careful.
4. **Common sense isn’t common** – Many people lack practical sense.
5. **Every cloud has a silver lining** – Something good can come from a bad situation.
6. **Every little helps** – Small contributions still matter.
7. **History repeats itself** – Events often happen again.
8. **Honesty is the best policy** – Being honest is usually best.
9. **Hope for the best, prepare for the worst** – Be positive but ready for difficulty.
10. **Hindsight is a wonderful thing** – It’s easy to understand something after it happens.
11. **If it isn’t broken, don’t fix it** – Don’t change something that works well.
12. **Ignorance is bliss** – Not knowing something can sometimes reduce stress.
13. **It’s a small world** – People often meet unexpectedly.
14. **Knowledge is power** – Education gives advantages.
15. **Life goes on** – Life continues after difficulties.
16. **Life is too short** – Enjoy your time; don’t waste it.
17. **Old habits die hard** – It’s difficult to change routines.

- 18. **Only time will tell** – We must wait to know the result.
- 19. **Rome wasn't built in a day** – Important things take time.
- 20. **Time heals all wounds** – Emotional pain becomes easier with time.

2. WORK, SUCCESS & FAILURE

- 21. **Actions speak louder than words** – What people do matters more than what they say.
- 22. **All in a day's work** – Something normal, not special.
- 23. **Cut to the chase** – Get to the important part quickly.
- 24. **Face the music** – Accept the consequences.
- 25. **First impressions count** – People judge quickly.
- 26. **Get your act together** – Become organised.
- 27. **Give credit where it's due** – Praise people who deserve it.
- 28. **Good things come to those who wait** – Patience leads to rewards.
- 29. **Hit the ground running** – Start something with energy.
- 30. **If the shoe fits, wear it** – Accept criticism if it applies to you.
- 31. **In the nick of time** – At the last possible moment.
- 32. **It's now or never** – This may be the only chance.
- 33. **Jack of all trades, master of none** – Someone who knows many things but not deeply.
- 34. **Make the best of a bad job** – Try to succeed in a difficult situation.
- 35. **Many hands make light work** – Tasks are easier with help.
- 36. **Nothing ventured, nothing gained** – If you don't try, you won't succeed.
- 37. **Practice makes perfect** – Repetition improves skill.
- 38. **Put your best foot forward** – Make a strong start.
- 39. **Two heads are better than one** – Cooperation leads to better results.
- 40. **The early bird catches the worm** – Acting early gives advantages.

3. RELATIONSHIPS, EMOTIONS & BEHAVIOUR

- 41. **A woman's work is never done** – Women often have many ongoing duties.
- 42. **Boys will be boys** – Boys often behave in childish ways.
- 43. **Cat got your tongue?** – Asking why someone is silent.
- 44. **Curiosity killed the cat** – Asking too many questions can cause trouble.
- 45. **Familiarity breeds contempt** – Being too close can cause annoyance.
- 46. **Forgive and forget** – Move on from past mistakes.
- 47. **He's a man of his word** – He keeps his promises.
- 48. **His bark is worse than his bite** – He seems tough but is gentle.
- 49. **If the shoe fits, wear it** – Accept responsibility if it applies to you.
- 50. **It takes two to tango** – Two people share responsibility.
- 51. **Laugh and the world laughs with you** – Happiness spreads.
- 52. **Let sleeping dogs lie** – Don't restart old arguments.
- 53. **Let the cat out of the bag** – Reveal a secret by mistake.
- 54. **Let's agree to disagree** – Stop arguing and accept differences.
- 55. **Misery loves company** – Unhappy people attract one another.
- 56. **Once bitten, twice shy** – After a bad experience, people become cautious.

- 57. **Out of sight, out of mind** – We forget people when we don't see them.
- 58. **Plenty more fish in the sea** – There are many more romantic options.
- 59. **Still waters run deep** – Quiet people often have strong hidden thoughts.
- 60. **Truth will out** – The truth eventually becomes known.

4. DECISION-MAKING, RISKS & PROBLEMS

- 61. **Add fuel to the fire** – Make a bad situation worse.
- 62. **All's fair in love and war** – Unfair actions can happen in difficult moments.
- 63. **As sure as eggs is eggs** – Very certain.
- 64. **Cold comfort** – Weak or unhelpful support.
- 65. **Cross that bridge when we come to it** – Don't worry until it happens.
- 66. **Easy come, easy go** – Things gained quickly are lost quickly.
- 67. **Face the music** – Accept responsibility.
- 68. **Fortune favours the brave** – Brave people often succeed.
- 69. **Hope for the best** – Be positive.
- 70. **Prepare for the worst** – Be ready for difficulty.
- 71. **If the shoe fits, wear it** – Accept criticism that applies.
- 72. **It's all fun and games until someone gets hurt** – Things can suddenly go wrong.
- 73. **It's early days** – Too soon to know the result.
- 74. **Let sleeping dogs lie** – Avoid bringing up old issues.
- 75. **Lightning never strikes twice** – Unusual events don't repeat.
- 76. **No news is good news** – If you hear nothing, things may be fine.
- 77. **Out of the frying pan and into the fire** – Leaving one problem for a worse one.
- 78. **The jury is still out** – The answer is not clear yet.
- 79. **The grass is always greener** – People believe others have it better.
- 80. **Too good to be true** – Something seems unrealistic because it is so good.

5. TIME, CHANGE & THE FUTURE

- 81. **As old as the hills** – Very old.
- 82. **Easy come, easy go** – Things gained quickly can be rapidly lost.
- 83. **In the nick of time** – Just on time.
- 84. **It wasn't born yesterday** – Not naïve.
- 85. **Life goes on** – Life continues.
- 86. **One thing led to another** – Events followed naturally.
- 87. **Patience is a virtue** – Being patient is a good quality.
- 88. **Practice makes perfect** – You improve through repetition.
- 89. **Rome wasn't built in a day** – Good things take time.
- 90. **Seeing is believing** – You believe something when you see it.
- 91. **Slow and steady wins the race** – Consistent effort wins.
- 92. **Speak of the devil** – The person appears just after being mentioned.
- 93. **The early bird catches the worm** – Acting early helps.
- 94. **There's no place like home** – Home feels comforting.
- 95. **There's no smoke without fire** – Rumours often contain some truth.
- 96. **Third time lucky** – The third attempt may succeed.

- 97. **Time flies** – Time passes quickly.
- 98. **Tomorrow is another day** – You can try again tomorrow.
- 99. **What goes around comes around** – Actions eventually return to you.
- 100. **You can't turn back the clock** – You cannot undo the past.

4. Proverbs

A proverb is a short, traditional saying that expresses a general truth, moral lesson or practical piece of advice. Proverbs are fixed expressions that offer wisdom based on long human experience, and they are recognised and understood across generations.

Although they are often simple in wording, proverbs carry significant cultural meaning. They guide behaviour, encourage reflection and reveal a community's values. Unlike clichés, proverbs do not lose value through repeated use; repetition is part of what gives them authority.

Examples:

- “A stitch in time saves nine.”
- “Where there’s a will, there’s a way.”
- “A friend in need is a friend indeed.”
- “You can’t judge a book by its cover.”

Historical & cultural context:

Proverbs are among the oldest forms of wisdom in English. Many come from agriculture (“Don’t count your chickens before they hatch”), from the Bible (“A house divided cannot stand”), or from centuries of storytelling and oral tradition. They reflect the moral codes, social expectations and lived realities of British history. Because every culture uses proverbs, they provide a bridge between languages, allowing learners to compare English values with lessons from their own cultural heritage.

1. HUMAN NATURE & CHARACTER

1. **A bad workman blames his tools** – People blame others for their own mistakes.
2. **A leopard cannot change its spots** – People rarely change their true character.
3. **A little learning is a dangerous thing** – Knowing only a little can cause problems.
4. **Empty vessels make the most noise** – People who know the least talk the most.
5. **Still waters run deep** – Quiet people often have strong thoughts (proverb version).
6. **The apple doesn’t fall far from the tree** – Children are similar to their parents.
7. **You can’t teach an old dog new tricks** – It is hard to change old habits.
8. **Faint heart never won fair lady** – Confidence is needed to succeed in love.
9. **He who hesitates is lost** – Waiting too long may cause failure.

10. **Handsome is as handsome does** – True goodness is shown by actions, not looks.
11. **Hunger drives the wolf out of the wood** – Need forces people to act.
12. **He who laughs last laughs best** – Final success is what matters.
13. **Manners maketh man** – Good manners show good character.
14. **One good turn deserves another** – Kindness should be repaid with kindness.
15. **You cannot make a silk purse out of a sow's ear** – You cannot turn something poor into something fine.

2. WISDOM, VALUES & MORAL LESSONS

16. **As you sow, so shall you reap** – Your actions shape your future.
17. **Do unto others as you would have them do unto you** – Treat people well.
18. **Honesty is the best policy** – Being honest is usually safest (proverb version).
19. **A trouble shared is a trouble halved** – Sharing problems reduces stress.
20. **Charity begins at home** – Help your family before others.
21. **Cleanliness is next to godliness** – Being clean shows discipline and morality.
22. **The road to hell is paved with good intentions** – Good intentions without actions can cause harm.
23. **A friend in need is a friend indeed** – True friends help in difficult times.
24. **Actions speak louder than words** – What you do is more important than what you say (proverb version).
25. **Honour among thieves** – Even dishonest people follow their own rules.
26. **Many hands make light work** – Work is easier when people help together.
27. **Where there's a will, there's a way** – Determination leads to success.
28. **Wisdom comes with age** – Older people gain wisdom from experience.
29. **Two wrongs don't make a right** – Doing harm back does not solve injustice.
30. **The pen is mightier than the sword** – Words can be more powerful than force.

3. WORK, EFFORT & SUCCESS

31. **A stitch in time saves nine** – Fix problems early to avoid bigger ones.
32. **A rolling stone gathers no moss** – People who keep moving avoid responsibilities.
33. **All work and no play makes Jack a dull boy** – Constant work makes people boring.
34. **Don't bite off more than you can chew** – Don't take on too much.
35. **Early to bed, early to rise makes a man healthy, wealthy and wise** – Good routines shape success.
36. **From small acorns grow mighty oaks** – Big achievements start small.
37. **He who pays the piper calls the tune** – The person who pays decides.
38. **If you want something done, ask a busy person** – Busy people are often efficient.
39. **Measure twice, cut once** – Check carefully before acting.
40. **No bees, no honey; no work, no money** – You must work to gain rewards.
41. **No smoke without fire** – Rumours usually start from some truth.
42. **Practice makes perfect** – Repetition improves skill (proverb version).

- 43. **Rome wasn't built in a day** – Great things take time.
- 44. **Strike while the iron is hot** – Act at the right moment.
- 45. **The harder you work, the luckier you get** – Effort creates opportunity.

4. LUCK, FATE & UNCERTAINTY

- 46. **Every dog has its day** – Everyone gets a chance eventually.
- 47. **Fortune favours the brave** – Courage is rewarded.
- 48. **The early bird catches the worm** – Acting early gives advantage (proverb version).
- 49. **Hindsight is always twenty-twenty** – Looking back makes things clearer.
- 50. **It never rains, but it pours** – Problems often come together.
- 51. **Lightning never strikes the same place twice** – Unusual events rarely repeat.
- 52. **One man's meat is another man's poison** – People like different things.
- 53. **The darkest hour is just before dawn** – Hope appears even in difficulty.
- 54. **You win some, you lose some** – Success and failure are both normal.
- 55. **You can't win them all** – No one succeeds every time.

5. RELATIONSHIPS, FAMILY & COMMUNITY

- 56. **Blood is thicker than water** – Family ties are strongest (proverb version).
- 57. **Birds of a feather flock together** – Similar people stay together (proverb version).
- 58. **A house divided cannot stand** – Groups must stay united.
- 59. **Absence makes the heart grow fonder** – Distance increases affection.
- 60. **Don't wash your dirty linen in public** – Don't share private problems openly.
- 61. **Home is where the heart is** – Home is the place of love and comfort (proverb version).
- 62. **Love conquers all** – Love overcomes difficulties.
- 63. **Marriages are made in heaven** – Love is partly fate.
- 64. **The way to a man's heart is through his stomach** – Cooking attracts affection.
- 65. **Two's company, three's a crowd** – A group of two feels complete.
- 66. **You can choose your friends, not your family** – Family relationships are set, not chosen.
- 67. **It takes a village to raise a child** – Communities help shape children.
- 68. **What the eye doesn't see, the heart doesn't grieve over** – You don't miss what you don't know.
- 69. **A quiet conscience sleeps in thunder** – Peace of mind brings calm even in trouble.
- 70. **Opposites attract** – People with different traits often form relationships.

6. MONEY, TRADE & RESOURCES

- 71. **A penny saved is a penny earned** – Saving is as valuable as earning.
- 72. **Cut your coat according to your cloth** – Spend only what you can afford.
- 73. **He who goes borrowing goes sorrowing** – Borrowing causes problems.

- 74. **Look after the pennies and the pounds will look after themselves** – Small savings add up.
- 75. **Money makes money** – Wealth increases through investment.
- 76. **Neither a borrower nor a lender be** – Avoid lending or borrowing money.
- 77. **Pay peanuts, get monkeys** – If you pay little, you get low-quality work.
- 78. **Penny-wise, pound-foolish** – Saving small amounts while wasting large ones.
- 79. **The best things in life are free** – Happiness often comes from simple things.
- 80. **You cannot take it with you** – Money is useless after death.

7. NATURE, ANIMALS & THE WORLD

- 81. **Red sky at night, shepherd's delight** – Good weather follows a red sunset.
- 82. **Red sky in the morning, shepherd's warning** – Bad weather is coming.
- 83. **Make hay while the sun shines** – Take advantage of good conditions (proverb form).
- 84. **Don't make a mountain out of a molehill** – Don't exaggerate small problems (proverb form).
- 85. **When the cat's away, the mice will play** – People misbehave when not supervised.
- 86. **You can lead a horse to water, but you can't make it drink.** You can't force people to act.
- 87. **The straw that breaks the camel's back** – The last small problem that causes collapse.
- 88. **No rose without a thorn** – Good things have difficulties.
- 89. **The early bee gets the honey** – Acting early brings reward (nature variation).
- 90. **There are plenty more pebbles on the beach** – More opportunities exist.

8. TIME, CHANGE & LIFE EXPERIENCE (10 proverbs)

- 91. **Time and tide wait for no man** – Time passes no matter what.
- 92. **Tomorrow never comes** – Don't keep delaying things.
- 93. **Time is a great healer** – Time reduces emotional pain.
- 94. **You can't turn back the clock** – You can't undo the past.
- 95. **New brooms sweep clean** – New leaders make big changes.
- 96. **Old is gold** – Things or people from the past still have value.
- 97. **Variety is the spice of life** – Different experiences make life interesting.
- 98. **When one door closes, another opens** – New opportunities appear after loss.
- 99. **The longest journey begins with a single step** – Big tasks start small.
- 100. **Live and let live** – Accept others' choices and differences.