

Catch Word #88 Give it 100%!**Transcript**

Harp: Hello everyone! This is Harp.

Maura: And Maura.

Harp: Here at Culips English podcast, bringing you another fantastic podcast to help you learn English.

Maura: Yay! And don't forget to go to our website, Culips.com, that's C-U-L-I-P-S.com. There, you can find all kinds of stuff, including our past episodes and you can also become a member to have access to all of our learning materials that go with this episode and all our episodes.

Harp: Yeah. And the learning materials—that's a complete transcript, so every word we say, you can read along, and there are detailed explanations, and also there's a quiz.

Maura: Yes. So, become a member and help support us, so we can continue making the best podcast that we can for you.

Harp: And if you're listening to us on iTunes, rate us. Tell us how wonderful we are.

Maura: Yes. Give us as many stars as possible, please. Now, our episode today is the Catch Word podcast. And in the Catch Word podcast, we look at different expressions, different idioms that we use all the time, we tell you how you can use them, and we give you lots of examples too.

Harp: Exactly. What's our theme for today?

Maura: Well, today we are going to talk about expressions that mean that someone tries very hard or tries their best to put a lot of effort into something.

Harp: OK. So all of the expressions today are related to people trying very hard or trying their absolute best.

Maura: In a previous episode, where we looked at the expression *to get it off the ground*, we also used the expression **to give it 100%**, which is one of our expressions today. And so I thought, "Hey, we could do a whole episode about this."

Harp: So Maura, what does **to give it 100%** mean?

- Maura: Well, it means that you try your very, very best. You do everything that you can. You make as much effort as you can at a certain task, something that you're doing.
- Harp: Yeah. So if you're doing something, you don't do it just a little bit, you try your hardest to finish it and to complete it well.
- Maura: Right. So if you **do it 100%**, well, you do everything that you can, because 100% is really the maximum.
- Harp: Yes.
- Maura: And you could use it for so many different things. You could use it to talk about things you do at work, or school assignments, or really any project or activity that you need to put an effort in to do.
- Harp: Exactly.
- Maura: So let's give a first example with **to give it 100%**.
- Harp: OK, let's do it.
- Maura: Oh wow, Sally. I love the renovations that you've done to your new place. It looks really, really good.
- Harp: Thanks. It was a **DIY** project, so I did it all myself. But **you know, I gave it 100%** and I think it looks great.
- Maura: Wow, I can't believe you did it yourself, 'cause, really, it looks so professional.
- Harp: Thanks. I really tried my hardest to make it look nice.
- Maura: Great. So, in that example, we were talking about home renovations. And in that case, Sally did her own renovations and she put a lot of effort into it, so we say that **she gave it 100%**.
- Harp: Yeah. And if **she didn't give 100%**, maybe it wouldn't look so nice.
- Maura: Right. Now, we should also say that even though 100% is technically the maximum—100 out of 100 is perfect—people also go even further with it.
- Harp: Yes. They sometimes say **to give it 110%**.
- Maura: Right. So as if 100% wasn't enough, some people also say **to give it 110%**, which obviously is just saying you try even harder, and you go beyond even your own limit.

- Harp: **You know**, my dad used to say this to me all the time when I was in high school.
- Maura: So, I guess he was talking about your school work?
- Harp: Exactly. He was like, "Study really hard, **give it 110%**." And I remember when I was an angry teenager, I used to say, "That's impossible, Dad. You can't **give it 110%**, you can only **give 100%**."
- Maura: But, of course, with this expression, he was trying to motivate you even more and try to get you to work even harder at school.
- Harp: Exactly. And I definitely appreciate it.
- Maura: Yeah. So, let's give another example. This time we'll use **to give 110%**, and we'll do an example with sports, because this expression is also used a lot in competitive sports.
- Harp: Definitely. Laura, you're doing excellent out there, but **you know**, it's **a tie game**.
- Maura: Yeah, I know coach, but I'm trying my best, **you know**?
- Harp: **You know**, you gotta **give it 110%**.
- Maura: I know, I know. I'm gonna do it, coach. I'm gonna win the game.
- Harp: Yes, you have to try your hardest when we get back out there.
- Maura: All right, I'll do it.
- Harp: Good work Laura.
- Maura: OK, so, in that example, we used the expression **to give it 110%** and Harp was the coach trying to motivate a player to play even harder to win the game.
- Harp: Exactly.
- Maura: OK. Now let's move on to another couple of expressions that also mean to try very hard and to make a big effort.
- Harp: OK. So the next expression is **to put everything you've got into something**.
- Maura: Right. So *to give something everything you've got*.
- Harp: Yes, *to give it everything you've got*.

- Maura: So, for example, if you have a really big project at school to do, you could say ***I put everything I've got into the project.***
- Harp: Yeah. Or if you have a really difficult exam, you could say that you studied really hard, and you gave it everything you've got.
- Maura: Right. You gave it everything that you had to try and pass the exam.
- Harp: Should we do a dialogue example for this?
- Maura: OK. So, are you nervous about your job interview?
- Harp: I'm really nervous.
- Maura: Oh, I understand, but don't worry, you'll do great.
- Harp: Are you sure?
- Maura: For sure, I'm sure. You just have ***to put everything you've got into it.***
- Harp: Yeah.
- Maura: You've gotta give it everything you've got. You've gotta be confident and you've gotta know how to answer the questions that they're gonna ask you.
- Harp: Yeah, I'm gonna go practice some more.
- Maura: Yeah, you can do it.
- Harp: Thanks.
- Maura: So, in that example, we used the expressions *to give it everything you've got*, ***to put everything you've got into it***, meaning that in your job interview, you're going to do the very best that you can.
- Harp: Exactly. All right, should we move to the last expression?
- Maura: Sure. So, the last couple expressions are ***to put your heart into something***, or what else?
- Harp: ***To put your heart and soul into something.***
- Maura: Right. So, this one is ***to put your heart into it.***
- Harp: Or ***to put your heart and soul into it.***

- Maura: Right. And this one is pretty much just like the other ones, that you put a lot of effort into it. But this one is a little bit more stronger because you're talking about your heart, which is your passion inside of you. So it's a bit more personal.
- Harp: Yeah, definitely. I agree. Yeah. So for this one, with the heart or the heart and soul, it's really your passion, 'cause your passion is in your heart and your soul, so it's something you feel really passionate about.
- Maura: Right. Whenever we're talking about *heart*, we're usually referring to emotions and feelings, so whatever this project is, if you **put your heart into it**, it means that you really put part of who you are into the project.
- Harp: Yeah. You're putting a lot of emotions into the project.
- Maura: Right. So that's why when I hear this example, I think about creativity and different projects where you might have to use your own personality to do a good job.
- Harp: Yeah. I definitely think of the artistic side.
- Maura: Yeah. OK, so let's do an example, like we just said, with a bit of **artistic flair**.
- Harp: OK, let's do it. Wow, that's a beautiful painting.
- Maura: Oh, thank you so much. **You know**, I just started painting recently.
- Harp: Well, it really looks like you **put your heart and soul into it**. It's beautiful.
- Maura: You know what? I really did. I really tried as much as I could, so thanks. That means a lot.
- Harp: Yeah, it's beautiful.
- Maura: Great. So, in that example, you could tell that someone had tried their best and **put everything that they had into it**, all of their passion, because it was such a beautiful painting.
- Harp: Exactly. And, **you know**, this is used a lot for sports as well, because people feel so passionate about sports that they really put **their heart and soul into winning a game** or defeating the opponent.
- Maura: Yeah. It could be, like we said, about art. It could be about sports, but really, anything that you're really, really passionate about, like cooking. If you really love cooking, you could say **you put your heart and soul into baking a cake. Whatever**. If you're passionate about it, and you make a big effort, then this expression would work.

- Harp: Yes, exactly.
- Maura: OK. Should we do one more example?
- Harp: Sure. Let's do one more.
- Maura: Can you believe that **the Oprah Winfrey Show** is done?
- Harp: I can't believe it. I still remember being very young and watching her shows. I love Oprah.
- Maura: I know. I it really was a good show and she definitely **put her heart and soul into the show**.
- Harp: Definitely. She put all her passion. It was... Everything she loved was in that show.
- Maura: Yup, for sure. And she would even tell people that in the show, that she loved the show that much.
- Harp: Yeah, exactly. **It's a shame** it's done.
- Maura: I guess we'll just have to watch **reruns**.
- Harp: Definitely.
- Maura: OK. So, in this episode, we really only had three expressions. It's just that every time we had an expression, there were a lot of different variations of how you could use it and we'll definitely list all of those variations for you in our learning materials. So when you become a member, you'll see all the different ways you can use these expressions.
- Harp: Yes. But we'll give a quick recap right now. So we started with **to give it 100%**.
- Maura: Or even, like Harp's dad, **to give it 110%**.
- Harp: Exactly. And then we moved on to **to put everything you've got into it**.
- Maura: Or **to give it everything you've got**.
- Harp: And the last expression was **to put your heart into something**.
- Maura: Or even more, **to put your heart and soul into something**. And Harp, don't you think that **we put our heart and soul into Culips episodes**?
- Harp: I definitely think **we put our heart and soul into Culips episodes**.

- Maura: Yes. We try our best, and we like it when you tell us how we're doing. So, send us an email, leave us a message on our website or on Facebook. As always, we're really, really happy to hear from you.
- Harp: We love hearing from you.
- Maura: Yes. And then when we have meetings, we talk about the great comments and emails we got.
- Harp: Exactly.
- Maura: So, don't stop sending them. And don't forget to go to our website either, Culips.com, that's C-U-L-I-P-S.com.
- Harp: Yes. And become a member so you can have access to all the additional learning materials.
- Maura: We will talk to you next time. Bye!
- Harp: Bye everyone!

Detailed Explanation

To give 100%

To give 100% is to do something as well as you can, with your full effort. This expression is often used when talking about playing sports, but it can be used in any case when someone makes a big effort. You can also say **to give it 100%**, when the context is clear. For example, Jim tried really hard on his test. **He gave it 100%**.

Some people might also say **to give 110%** or **to give it 110%**. This is when a person wants to emphasize the effort even more, and try even harder than usual.

Here is an example with **to give it 100%**:

Trina: The team really **gave it 100%** last night.

Don: Yeah, they played really well.

In this expression, the number can be said as “one hundred percent” or “a hundred percent.”

DIY

DIY stands for do it yourself. It is an abbreviation, where each letter stands for a word. In the case of **DIY** projects, what you do for yourself usually involves building or repairing, without any professional help. This expression is most often used with home renovations. This is a new term, as it is becoming more and more popular for people do to their own renovations.

Here are a couple examples with **DIY**:

Herb: It's a real **DIY** project. I have the instructions here.

Nicholas: Good for you, doing it yourself can be really satisfying.

Heather: Furniture from the store Ikea is always **DIY**, but it's pretty easy to build.

Mitch: Do you think so? I always have to ask for help!

Traditionally, abbreviations like **DIY** were written with periods in between each letter, like **D.I.Y.** This format is still used, but it's becoming more common to leave out the periods, and write it as we did, **DIY**.

A tie game/a tie

A tie game, or **a tie**, is when the players or teams in a game have the same score. This can happen in any type of game or challenge where there are usually winners and losers. The game can be called **a tie** both when it is in progress and at the end of the game, any time there are no winners or losers. This can also be used as a verb, **to tie**.

In an example in this episode, when talking about giving 100%, Harp says that it's **a tie game**. In this example, the game has not finished yet, but at that point in the game, the scores are the same.

Here are a couple of examples:

Vic: The score is 3:3. It's **a tie**.

Andy: I still think we can win it!

Annie: What happened at the game last night?

Jamie: Nobody won. The teams **tied**.

You know

You know is a casual phrase that usually makes no change to meaning of a sentence. It can be similar to *um* or *uh*, as people say this to fill silence. **You know** is often pronounced as "**y'know**" or "**ya know**." This term is only used in very casual writing.

You know can also have the meaning of *do you know* or *do you understand me*? It is not always a direct question, but the speaker may be looking for affirmation.

In this episode, Maura says in one example, "**You know**, I just started painting recently." If you remove **you know** from the sentence, the meaning doesn't change. **You know** is used at the beginning of sentences in this episode, but it can be used in almost any part of a casual sentence.

Here are some examples of **you know** being used in different places in a sentence:

Jane: It's, **you know**, a really good movie. I think you should watch it.

Lyle: Maybe I will. I didn't know it was so good.

Barb: You don't seem happy.

Ken: I just really hate the weather here, **you know**?

Barb: I know you do. It's so cold compared to where you grew up.

To put everything into something

This expression means the same as *to give 100%*. It means that a person puts all their effort into an activity or task. You might also hear variations like the following: ***to give everything you've got***, ***to give all you've got***, or ***to give it everything you have***.

Here are a couple more examples with this expression:

Dave: Sherri really **put everything she's got into that project**. She made a huge effort.

Ned: I know. She really tried her best.

Craig: I lost, but **I put in everything I had**, so I have no regrets.

Alistair: That's all you need to know. You should feel good about that.

To put your heart into something

This expression is similar to *to give 100%* or *to put everything you've got into something*. It means to do something with passion. *Heart* is often a metaphor for passion. This expression can also be said as ***to put your heart and soul into something***. In this case, the spirit, passion, and energy that a person puts into something are even more important.

Here are a couple more examples with ***to put your heart into something***:

Gil: Muhammad Ali **put his heart into every match**.

Kim: He sure did.

Josh: Come on, try harder! **Put your heart and soul into it!**

Matthew: I'm doing the best I can!

Artistic Flair

Flair is a particular style. Maura introduces an example dialogue in this episode by saying that it will have **artistic flair**. She means that the example will have an artistic quality, as the example is about making art.

Flair can be said on its own or it can be used with an adjective, like *artistic*. It can be used with many different kinds of adjectives.

Here are a couple more examples with **flair**:

Sharon: I love Gina's style of clothes.

Kelly: She has a real **flair**, doesn't she?

Robert: The décor of your new kitchen is really nice.

Lynn: Thanks! I decided to go with a European **flair**.

A **flair** can also be a natural talent or ability.

Whatever

Whatever is a very common slang word. When used by itself, it means the person feels neutral about the subject. Its meaning is similar to *it's not important* or *it doesn't matter*.

In this episode, Maura says, "If you really love cooking, you could say you put your heart and soul into baking a cake. **Whatever**." When she says **whatever**, she means that it is not important what you love, because you can put your heart and soul into anything.

Here's another example with **whatever**:

Jeff: What do you feel like doing tonight?

Sam: **Whatever**. I don't care. You decide.

It's a shame

It's a shame is an expression that means that something is unfortunate or disappointing. Harp and Maura are talking about Oprah when Harp uses this expression. Because The Oprah Winfrey Show is finished, Harp feels sad and disappointed, so she uses this expression.

Here are a couple more examples with this expression:

Beth: **It's a shame** that Eric couldn't come out tonight.

Danny: Yeah, I really wanted to meet him.

Nicky: The weather is so awful. **It's such a shame**. We wanted to have a picnic.

Carla: We'll just have to reschedule it for another day.

The phrases *it's a pity*, *it's too bad*, and *it's unfortunate* have similar meanings to **it's a shame**.

A rerun

A rerun is when a television show that has already been broadcast is broadcast again. Some episodes of certain television shows run again on different channels. When a show is finished and no new episodes will be made, like Oprah, the only episodes left to watch are **reruns**. People also call these replayed episodes **repeats**.

The Oprah Winfrey Show

The Oprah Winfrey Show is a very famous American talk show, broadcast for 25 seasons, from 1985 to 2011. It is the most popular talk show in American history, making Oprah one of the richest people in the United States. She had a variety of topics on her show, from celebrity interviews to issues of health, beauty, and politics. She has millions of fans around the world and has inspired many people who watch the show.

Quiz

1. What is the most common variation of *to give 100%*?

- a) to give 105%
- b) to give 110%
- c) to give 200%
- d) to give 101%

2. What does *DIY* stand for?

- a) drinking in yard
- b) do it you
- c) do it yourself
- d) don't ignore yellow

3. Benjamin: The hockey game between the Bruins and the Leafs was a tie!

What does that mean?

- a) The Bruins won.
- b) The Leafs won.
- c) Both teams had the same score, so no one won.
- d) The ice wasn't frozen so they had to stop the game.

4. To put your heart and _____ into something.

Please fill in the blank.

- a) head
- b) body
- c) mind
- d) soul

5. Kevin: It's a shame that we have to move.

What does this mean?

- a) Kevin is happy to move.
- b) Kevin is sad to move.
- c) Kevin doesn't care if he has to move.
- d) Kevin is not moving.

6. What does it mean when a television episode is a rerun?

- a) It's a new episode.
- b) It's a brand new television series.
- c) It's an episode that has already been shown.
- d) It's a popular episode.

7. Which is the most famous American talk show ever?

- a) The Jerry Springer Show
- b) Maury
- c) The Oprah Winfrey Show
- d) Geraldo

Answers: 1.b 2.c 3.c 4.d 5.b 6.c 7.c