



American Expression E1628 Put some elbow into it

IOTS Publishing Team
International Online Teachers Society
Since 2011

"Put some elbow into it" is a common idiom that encourages someone to apply more effort, energy, or enthusiasm to a task or activity. It suggests that the individual should exert themselves more vigorously or work harder to achieve a desired outcome. This expression often conveys the idea that success or improvement requires a stronger commitment and a willingness to go the extra mile.

The phrase "put some elbow into it" derives its imagery from the physical act of bending one's arm and using the elbow as a point of leverage or force. In various contexts, it serves as a metaphorical reminder that success often requires more than just minimal effort or complacency.

In the realm of work and productivity, using this expression implies that one should increase their diligence and commitment to a task or project. It suggests that by putting in extra effort and showing dedication, one can enhance the quality of their work, meet deadlines, and potentially surpass expectations. Whether it's completing a challenging assignment, meeting sales targets, or achieving career goals, putting some elbow into it can lead to professional growth and success.

In the context of physical activities and sports, "put some elbow into it" encourages athletes and participants to give their all during training or competitions. It reminds them to push their limits, train rigorously, and demonstrate resilience. By doing so, athletes can improve their skills, endurance, and performance, leading to better results and personal satisfaction.

In creative endeavors, this expression motivates artists, writers, musicians, and other creatives to invest their creativity and passion into their work. It reminds them that producing exceptional art, literature, or music often requires dedicating time and energy to refine their craft, experiment with new ideas, and express themselves authentically.

In everyday life, "put some elbow into it" can be applied to tasks as simple as household chores and home improvement projects. It emphasizes the importance of taking pride in one's work and ensuring that even routine tasks are completed with care and attention to detail. By doing so, individuals can create a more organized and aesthetically pleasing living environment.

Moreover, this expression is relevant in the context of personal development and self-improvement. It encourages individuals to invest time and effort into their personal growth, education, and skill development. By embracing continuous learning and self-motivation, people can achieve their goals and lead more fulfilling lives.

In summary, "put some elbow into it" is a motivating idiom that underscores the significance of dedication, effort, and commitment in achieving success and self-improvement. It serves as a reminder that in various aspects of life, including work, sports, creativity, and personal development, going the extra mile and applying extra effort can lead to better results and a deeper sense of accomplishment.

Questions for Discussion

1. Can you share a personal experience where you were advised to "put some elbow into it," and how did the extra effort you applied lead to a more successful outcome?
2. In what areas of your life do you find it most challenging to "put some elbow into it," and what strategies do you use to motivate yourself to exert more effort in those areas?
3. How can the expression "put some elbow into it" be applied to everyday tasks and responsibilities, and what are the benefits of approaching even mundane activities with greater dedication and enthusiasm?
4. Can you think of a role model or inspirational figure who exemplifies the idea of "putting some elbow into it" in their pursuit of success or personal growth? What lessons can we learn from their dedication and commitment?
5. When is it appropriate to encourage others to "put some elbow into it," and how can we do so in a supportive and motivating way without being overly demanding or critical?