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Feifei

Hello and welcome to Authentic Real English! 欢迎收听“地道英语”，我是菲菲。

Rob

... and hello, I'm Rob.

Feifei

你一脸愁苦的样子，发生什么了？

Rob

Hmm. Well, I've got so much work to do. I'm still trying to catch up on yesterday's work.

Feifei

Oh, dear! Does that explain why you look so scruffy?

Rob

Hmm... probably. I haven't had time to iron my shirt – and when I was trying to find something on my desk, I knocked coffee all over me.

Feifei

I think you need to get your act together.

Rob

Err. This has nothing to do with acting – this is for real!

Feifei

我不是说你在演戏，我相信你。“Get your act together”的意思是“有条理地做事，合理安排，仔细筹划”。换句话说，就是用更有效的方式将你的生活和工作安排得有条不紊。So, Rob, I'm saying sort your life out if you want to achieve more. Here are some more examples of this phrase.

Examples

If you want to graduate with a good degree, you'll have to get your act together.

The team needs to get its act together if it wants to stay in the tournament.

The business needs to get its act together if it wants to recruit the best talent.

Feifei

这里是 BBC 英语教学的“地道英语”节目。Rob 因为工作忙，愁眉苦脸，手忙脚乱，我告诉他应该“get your act together”，意思就是让他“将事情安排得有条不紊”。

Rob

OK, Feifei. Tell me how I can get my act together.

Feifei

Well, look at this. I've created a rota, showing every task you need to do in a different colour.

Rob

Ah... amazing!

Feifei

And it tells you when to do it and for how long – so now you'll never feel overwhelmed by your workload again.

Rob

Oh, thanks very much – err... but hold on, what's this task that's coloured yellow?

Feifei

That's ironing, Rob. You've got to find time to iron a shirt!

Rob

Oh, good thinking. And this task, coloured brown?

Feifei

Ah, that's coffee time. Do you want one now?

Rob

Ah, good idea. Look, I'll do the rest of my tasks later.

Feifei

No, Rob – you'll get your act together and I'll get the coffee! Bye.

Rob

Bye.