

---

# BBC LEARNING ENGLISH

## The English We Speak

### Can-do attitude



*This is not a word-for-word transcript.*

---

**Feifei**

Hello. Welcome to The English We Speak, where we explain phrases used by fluent English speakers so that you can use them too. I'm Feifei, and I'm feeling so good today.

**Phil**

Why's that?

**Feifei**

Well, this morning, I've been for a run, tidied my house, made a healthy lunch to bring in, and done some language study. I came in to work and cleared my inbox – I answered every single message.

**Phil**

Wow, I woke up late, drank too much coffee and stumbled into work somehow. Now, I'm just worried how I'll get everything done.

**Feifei**

Oh, don't worry, it's easy. You just have to have a can-do attitude. Tell yourself you can do it, keep smiling and get it done!

**Phil**

Well, the first thing I'm going to do is point out that 'can-do attitude' is a great expression to learn. If you have a can-do attitude, you believe that can get things done, and do them enthusiastically. Feifei, your can-do attitude today is quite impressive.

**Feifei**

Yes, if problems don't worry you - you just work through them happily, then you have a can-do attitude.

**Phil**

Listen to these examples of people using the expression 'can-do attitude'.

**Examples**

I've got guests coming over and I need to clean the whole house. I just need a can-do attitude to get it all done.

I just hired someone new for the team. She had a real can-do attitude. The others were a bit lazy.

I'm trying to learn a new language, and I guess I need a can-do attitude to get me through the first two lessons.

**Feifei**

'Can do attitude' is a common expression, but it is also possible to use 'can-do' as a compound adjective before other similar nouns. For example, you could talk about someone's 'can-do spirit', or 'can-do mindset' or 'can-do way of thinking'.

**Phil**

It's informal, and more common in American English – but it is also possible to use 'can do' as a noun. You could say, 'she showed a lot of can do on that project'.

**Feifei**

A can-do attitude can really help you improve your English, so why not start by coming back next time to learn another English expression. See you then!

**Phil**

Bye!