

30 Essential Phrasal Verbs

#	Phrasal Verb	Meaning	Example	Formal Equivalent
1	wake up	stop sleeping	I wake up at seven every day.	awaken
2	get up	rise from bed	She gets up early on weekdays.	rise
3	turn on	start a device	Can you turn on the lights?	activate / switch on
4	turn off	stop a device	Please turn off your phone.	deactivate / switch off
5	find out	discover information	I found out the truth yesterday.	discover / ascertain
6	give up	stop trying; quit	Don't give up — you're nearly there!	abandon / relinquish
7	look for	try to find	I'm looking for my keys.	seek
8	look after	take care of	Who looks after the children?	care for
9	put on	dress oneself in	Put on your coat — it's cold.	don (formal/rare)
10	take off	remove clothing; plane departs	He took off his shoes. The plane takes off at noon.	remove / depart
11	go on	continue	The meeting went on for hours.	continue
12	carry on	continue doing	Carry on with your work.	proceed / continue
13	come back	return	She came back late last night.	return
14	go back	return (to a place)	Let's go back home.	return
15	pick up	collect; lift	I'll pick you up at eight.	collect / lift
16	drop off	take someone somewhere	I can drop you off at the station.	deliver / deposit
17	get on with	have a good relationship	I get on well with my colleagues.	maintain good relations
18	look forward to	anticipate with pleasure	I look forward to hearing from you.	anticipate
19	put off	postpone	They put off the meeting until Monday.	postpone
20	call off	cancel	The match was called off because of rain.	cancel
21	set up	establish; arrange	She set up her own business.	establish / found
22	fill in	complete a form	Please fill in this form.	complete
23	hand in	submit	Hand in your essays by Friday.	submit
24	take over	assume control	His son will take over the company.	assume control
25	run out of	have no more of	We've run out of milk.	exhaust one's supply of
26	come up with	think of (an idea)	She came up with a brilliant plan.	devise / conceive
27	deal with	handle; manage	I'll deal with the paperwork.	handle / address
28	sort out	organize; resolve	We need to sort out this problem.	resolve
29	turn down	reject; lower volume	He turned down the job offer.	decline / reject
30	bring up	raise (a topic/child)	She brought up an interesting point.	raise / mention