

1- (achievement) دستاورد

- **First**, (by doing something), we can enjoy a sense of achievement. This sense certainly elevates our self-esteem and leads to more achievements. This is a cycle toward a better future. **For example**, Once the company I work for gave me the opportunity to travel abroad that excited me for a long time. After that, I worked even harder and gained elevated esteem.

- **First**, (something/ doing something) brings more achievements. **For example**, If the university spends its budget on academic purposes, buys books and laboratory facilities, researchers can publish more papers. As a result, the rank of the university increases, which is a great achievement.

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2- (acknowledgment& satisfaction) تصدیق و تایید، به رسمیت شناختن و رضایتمندی

- **First**, by doing (something), we can enjoy a sense of acknowledgment and satisfaction. A sense of belonging. These feelings stimulate our motivation for further improvement.

For example, Elon Musk is acknowledged by global society as a very successful person. And his satisfaction index can be higher than ordinary people.

For example, if we spend the money we won in the lottery on practical matters rather than temporary pleasure, we ultimately will enjoy the feeling of satisfaction and acknowledgment by those around us, rather than suffering from a sense of regret.

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3- (health) سلامتی

- **First**, (something/ doing something) is key to maintaining good health just like fresh air, clean water, and nutritious food which are essential components to sound health. **For example**, if we (do something: if we live in a good environment and enjoy a healthful diet), our physical health can be guaranteed.

-**First**, (something/ doing something) elevates our mental health. For example, if we have positive hobbies like reading and other mental activities, our mental health can be guaranteed.

We should effort to discard health hazards to attain a better life. Because health is above wealth.

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4- ایمنی (safety)

Some people enjoy taking risks and trying new things Others are not adventurous: they are cautious and prefer to avoid danger. Which behavior do you think is better? Explain why.

- First, **if we (do something/ are careful), we will stay safe**. Safety is usually our main concern and priority. It is a condition of being protected against failure, damage, error, accidents, harm, and so on. **For example**, when we avoid (high-risk exercise such as motorcycling), our bodies and bones will not be injured.
- First, **(something/ doing something) can help us/people to stay safe**.

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5- راحتی (ولدت) (convenience)

- First, **(something/ doing something 1) brings convenience and pleasure to carry out (something: daily tasks)** so we can devote more time to accomplishing other business that is urgent. **For example**, **doing something2**.
- First, **(something/ doing something 1) brings more convenience and pleasure to carry out (something: daily tasks)** so we can devote more time to accomplishing other business that is urgent. **For example**, **doing something2**.

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6- ارتباطات (communication)

First, **(something/ doing something) will develop our (communication /communication skills) and good communication is the key to any relationship including social/ family/ business connections**. **For example**, I had a kind teacher at school who encouraged students to communicate. So we started to ask more questions and learned the lessons better. Also, the distance among us was reduced and teamwork improved.

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7- دوام (durability)

- Do you agree or disagree with the following statement? Use details and examples to explain your answer. All children should be required to learn a second language in school.

First, (something/ doing something) has a durable effect (on us/people / children/ our lives/ etc.) **For example**, when a child learns a second language, he can enjoy the benefits of knowing this language for the rest of his life. For instance, he can choose a job as a translator or a tour guide in the future.

First, (something/ doing something: practical work) lasts longer than temporary (something: pleasures). **For example**, we may enjoy spending all the money we win in the lottery, but this is a temporary pleasure.

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8- میل (desire)

- First, (something/ doing something) can fulfill our (artistic/etc.) desires. We are all creatures of desire and have different desires. **For example**, the desire to be loved, to gain more knowledge or money, and so on. So, we devote our time and efforts to satisfy our desires.

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9- کارآمد (efficient)

- First, (something/ doing something) is more efficient than (another thing).

- First, (something/ doing something) helps us/people act more efficiently.

So we use half of the effort, but we can double the result. Also, we don't waste our time and facilities. **For example**, our work efficiency can be enhanced if we adopt the proper method based on (our previous experiences).

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10- اقتصادی (economical / economically)

- First, it is more economical to (buy/use something1), rather than (something2). being economical or money-saving is vital to people and as the proverb goes “a penny saved is a penny earned”. **For example**, when we take the bus instead of driving our own cars, we are reducing the cost of petrol.

- First, from an economic point of view, printed books are more expensive than eBooks. **For example**, once I wanted to buy a textbook. Well, its printed version was 50 dollars, but its electronic version was only 10 dollars, and I bought the eBook.

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11- محیط زیستی (environmental / environmentally)

First, by (something) we can help and conserve our environment. And a cleaner environment will benefit people's wellbeing. **For example**, more printed books mean cutting down more trees. So the use of ebooks has a direct positive impact on the environment.

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12- تجربه (experience)

First, (something/ doing something) equips us/people with (first-hand/artistic/etc.) experiences and skills that can be useful for us/them in the future and enrich our/their life. **For example**, when we enjoy modern educational facilities and an academic atmosphere, we can achieve valuable experiences which help us/people to move forward in our/their career path.

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13- احساسات (emotion / emotionally)

First, (something/ doing something) is an effective way to share emotions like (joy/ sensitivity/ pleasure/ anger). **Sharing** emotions can build close relationships and relieve tension caused by everyday stressors. **For example**, music is a common universal language that every human being can understand its meaning, so people around the world can communicate with each other more easily through music.

First, (something/ doing something) helps people/students express their feelings. **Expressing** emotions can build close relationships and relieve tension caused by everyday stressors.

+++++ دلایل طلایی خودم

14- مستقل شدن (مالی یا فردی از خانواده) (independence)

First, (something/ doing something) is a way to gain independence from our parents as an adult. **For example**, when we become independent, we learn to have our own place, car, or job. We learn to gain financial and emotional independence, to do activities and travel alone. And practical skills such as cooking or personal finance are actually in line with gain independence.

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15- ذخیره زمان (saving time)

First, by doing (something) we can save our time and use it to (do our high priority tasks/ achieve our goals). Time is an important asset and is limited, so we must use it wisely. We must eliminate the factors that steal time.

For example, digital books can be found on the Internet in a short time, but printed books are printed in limited numbers, so they do not exist in all libraries, and finding some of them may take a long time.

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16- (psychological / psychologically) از نظر روانشناسی

First, from a psychological point of view, it is better for us/people to do (something). Psychology allows us to understand more about how the body and mind work together. This knowledge can help with decision-making, avoiding stressful situations, time management, setting and achieving goals, and living effectively.

First, from a psychological point of view, (something/ doing something) has some benefits for us.

For example, by remembering past crises and what defense mechanisms we have used to resolve them, we can maintain our mental health in new crises and make the right decisions.

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17- (speed) سرعت دادن / سریعتر بودن

First, (something/ doing something) can speed up the process of (something: our work) and in this modern world, speed is very important.

First, (doing something: using the Internet to stay up to date with news) is a faster way than (doing something: watching TV) because reading news transmits information faster than watching it. **For example**, in half an hour you can read the headlines of several newspapers, but you can only watch one or two news channels.

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18- (importance) مهم تر / مهم و حیاتی

It is better to study math or science than it is to study art or literature?

First, the importance of (something/ doing something) in our lives is more than the (something). And we usually compare their importance before choosing between two things. **For example**, by comparing the benefits of studying science or literature, we can see that science is more important. Because throughout history, science has

had a huge impact on improving the quality of human life. But reading literature is a hobby that not doing it won't have a major effect on our lives.

First, (something/ doing something) is an important and vital thing. For example, throughout history, science has had a huge impact on improving the quality of human life. But reading literature is a hobby that not doing it won't have a major effect on our lives.

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19- (priority and preference) اولویت بیشتر / اولویت

First, (something 1) takes precedence over (something 2). Because If we do something 1 first, something 2 will be easier to do.

For example, as a student, I study first and then take a break. So I enjoy my rest time a lot, but my friend does the opposite and always suffers from stress. Because she gives priority to the less important things, therefore she has less time for the more important tasks.

More precisely, according to Maslow's hierarchy of needs, human needs fall into five categories from lowest-level to highest-level. Meeting low-level needs is the basis for meeting higher-level needs and something 1 places in a lower category than something 2.

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20- (need) احساس نیاز

First, (doing something/ something) is important and necessary simply because (we / the world) need/needs it. More precisely, according to Maslow's hierarchy of needs, human needs fall into five categories. By satisfying these needs, the person will be motivated to work. And (something/ doing something) falls into the category of (Physiological needs/Safety needs/Love needs/Esteem needs/Self-actualization خود (needs)).

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21- (talent) استعداد

First, (doing something / taking something: risks) can give us/people the opportunity to discover our potential talent. Because talent has a hidden nature and needs external stimulus to flourish. For example, when I was a child I jumped from a high place on the ground but was not injured because my muscles were exceptionally elastic

therefore my parents decided to enroll me in a gymnastics class. And I won a gold medal a few years later.

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22- (entertainment) سرگرمی

First, (something/ doing something) is a form of entertainment. **For example**, it (watching TV) **can bring** people together at a party or family meeting and be something in common for their attention, conversations, and sharing their feelings.

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23- (alternative / **alternatively**) روش جایگزین

First, (something/ doing something) provides a good alternative to (something 2). **For example**, today there is a digital version of almost every printed book on the Internet. **For example**, TV documentaries are alternative choices for someone who loves tourism but cannot afford to travel.

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24- (modern / up-to-date) مدرن / به روز تر

First, (Something 1) is more modern and up-to-date than (something 2).

For example, scientific articles are first published online and then printed over a long period of time. Therefore, we have access to more updated resources using the Internet.

For example, the news is firstly broadcast on the Internet and social networks such as Twitter and then broadcast on television with a delay. So the news on the Internet is more up to date.

First, (something/ doing something) is an up-to-date and modern (educational) method.

For example, most schools today are equipped with computers and students type their homework. We also realized the importance of online education with the spread of coronavirus in the world. And knowing how to type is one of the main requirements for studying online.

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25- (grantee) تضمین

First, (doing something/ something) guarantees (something 2). When something is guaranteed, we have peace of mind about the future and can be sure that good things will happen.

For example, living in the city ensures that you have access to advanced medical facilities.

For example, studying at university guarantees that you will find a good job in the future.

For example, when you insure your home, you can be sure that if it is damaged by any factor, your loss will be compensated by the insurance company.

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26- (being accessible) در دسترس بودن

First, (Something 1) is more accessible than (something 2). **For example**, the Internet can still be used at two o'clock in the morning when libraries are closed.

For example, we do not always have access to TV, but our mobile phone which is connected to the Internet and online channels is always available.

First, (doing something/ something) is a method that is always available.

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27- (useful) مفید تر / مزایا داشتن

First, (something/ doing something) is useful for us/people and has benefits. **For example**, saving our time, increasing our self-confidence, making money, feeling physically strong, access to places such as department stores and entertainment centers, more job opportunities, more facilities, and diverse investments.

First, (something/ doing something) is more useful for us/people than something 2.

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28- (Taste, selective, freedom of action and a sense of freedom) (سلیقه، انتخابی، آزادی عمل)

First, (doing something/ something) is all just a matter of taste. For example, some people like (mathematics /seafood/ learning music) and some people don't. So these things are selective and people should have the freedom to choose to feel free and enjoy what they have chosen.

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29- پیشرفت (progress)

First, (something/ doing something) helps one make progress.

For example, TV promotes the cultural development and cultural exchange of different societies. And people can benefit from these advances.

For example, by doing practical things like investing the money we win in the lottery, we will progress financially.

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30- انگیزه (motivation)

First, doing (something/doing something: living in the city) maintains and increases motivation. **For example**, living in the city gives us a high motivation to be active. Because in cities, the pace of life is faster and seeing a large number of people around us who start the day with energy also motivates us to stay active.

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31- تمرکز (focus)

First, (doing something/ something) increases our focus and concentration.

First, (doing something/ something) helps people stay focused.

For example, full-time students are more focused on study than part-time students. Because part-time students usually do other things which distract them like making money and run a family while studying.

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32- (Relax and relieve stress) (حس آرامش و رهایی از استرس)

First, (doing something/ something) gives us/people a sense of happiness and relaxation and also, relieves stress. **For example**, when we feel anxious or depressed, we can improve our mood by playing the piano or guitar, so learning music is worthwhile.

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33- خلاقیت (creativity)

First, (doing something/ something) can boost creativity, **for example**, by making a positive impact on the right cerebral hemisphere. Because empirical experiments

show that (something/ doing something) increases the ability of this hemisphere to combine concepts into novel and useful ideas.

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34- (confidence) اعتماد به نفس

First, (doing something/ something) increases the self-confidence of people/students. **For example**, a kind teacher does not punish students but on the contrary, encourages them. And encouraging will boost their confidence to get better scores.

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35- optional/ optionally اختیاری

First, (doing something/ something 1) is optional, not mandatory.

For example, I disliked school classes when I was a schoolgirl because they were obligatory, but I liked practicing music because I did it optionally.

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36- success موفقیت

First, (doing something/ something) plays a key role in our future success. Being successful has different meanings. Sometimes it can simply mean finding a good job (overcoming fear/achieving goals/not giving up).

For example, if the university allocates budget only for academic purposes, students will benefit from more advanced education and will be more successful in finding jobs in the future than students from other universities.

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37- responsibility مسئولیت پذیری

First, (doing something/ something) helps us/children to take responsibility for our/their mistakes and actions.

For example, in football, children learn that everyone on the football field has a special responsibility to make the team successful. For example, as a goalkeeper, defender, midfielder, or forward.

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38- management مدیریت

First, (doing something/ something) increases our ability to manage our lives.

For example, a full-time student has fewer tasks than a part-time student, so can handle the tasks more easily. But a part-time student with multiple tasks finds it more difficult to manage life and balance different duties like studying, making money, or running a family.

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39- easier آسان تر

First, (doing something/ something) is easier than something2 and requires less energy so I prefer it.

For example, I prefer to give a speech rather than write an article because it is easier to speak.

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