底层逻辑：从后往前想

1. 令我放松
   1. When I feel stressed and anxious, I 干嘛
   2. A great form of amusement, just like an antidote to my stress it
   3. Enliven my boring/monotonous life
   4. You know, I can leave those worries behind my mind
   5. Help me escape from my stressful routine
   6. Which is a perfect way to unwind properly and recharge my batteries
2. 令我上进
   1. You know, nowadays, the competition is increasingly fierce
   2. So it’s just like motivation to me to improve干嘛
   3. Expand my repertoire of abilities and skills
   4. So I gotta step out of the comfort zone
   5. sharpen my competitive edge and this xxxx can separate myself from others in the future
   6. help me to gain a foothold in the society

最后需要扣题

1. Challenge