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
3. 家人或朋友
   1. Reliable and trustworthy/ just like my solid backup force
   2. Sometimes I just feel depressed and anxious
   3. She is somebody I can confide in, I can turn to her for solace
   4. Unburden myself to relieve my emotional baggage
4. 我不会的
5. Um, I think it’s just beyond my grasp and I gotta say I’m really clumsy in doing sth
6. Inaccessible and complicated to me,
7. I just tend to blur the distinction between them
8. So it’s really demanding for me to understand them and every time I try this, it just wind up in failure, that’s why I’m not interested in xxxx
9. 人们为什么喜欢
10. Be tailored for one particular group
11. The designer must be well acquainted with their targeted customers
12. Which can align with one’s interest / spark one’s curiosity
13. That’s why sb gravitate towards
14. Work or study
15. I have been the desire to be a xxxx
16. And believe it’s my true vocation, not just bread and butter to make money
17. This job can stretch me and fulfill my self-worth,
18. you know, when I …, I can feel a sense of achievement and recognition
19. That just like motivator to me to go further in this domain
20. 描述一个地方

最后需要扣题

令我放松：Childhood memory, Staying at home, Exciting activities

令我上进：Challenge, Internet, Languages，Library

家人和朋友：

其他：Ask for help, Schools and workplaces, E-books and paper books

News, Breakfast