

Interview with my future self

角色介紹:

Benson  - I played two roles in this interview, the interviewer and the interviewee, and I am the only person appearing in the video.

Q: Benson (**British accent**) **A:** Benson(**U.S. accent**)

Q1. How do you stay healthy and happy in the future?

A1: I will work as a sports coach or do other fitness-related jobs. Although work can be stressful, at least I'll be doing something I truly love. This passion helps me balance the pressure, and I think that's what everyone dreams of—turning their interests into their career. Outside of work, I'll make sure to exercise three to five times a week. It won't be just weight training; I also want to try different kinds of sports to make life more interesting. For example, after practicing badminton for a while, I might switch to basketball to keep things fresh and exciting. I also plan to cook more often and prepare my own healthy meals. Of course, I'll still enjoy eating out sometimes and treat myself to something delicious, even if it's a little "guilty pleasure." Living this way would be my ideal healthy and happy lifestyle.

我會從事運動教練等相關工作，工作一定會有壓力，但至少是做著我平常熱愛的事務，這或許能讓我把工作的壓力達到一個平衡，這也是大家所嚮往的興趣與工作結合吧!工作之餘我會做到一周 3~5 天運動的頻率，不單單是重訓，更希望還能去多嘗試不同的運動，讓生活更多元，例如練習羽球一段時間後改打打籃球，刺激對運動的新鮮感，而不會枯燥乏味;平常也能多下廚，自己準備健康的飲食，偶爾外食吃吃想吃但應有點罪惡的食物，這樣子的生活，是最理想的狀態了!

Q2: How do you deal with stress or bad emotions?

A2: If I ever feel tired of sports or if exercising can't help me relax for a while, I hope to travel abroad to take a break. During my trip, I would enjoy delicious food and walk around different cities, letting myself completely unwind. After relaxing and recharging, I can think about how to return to my regular and healthy lifestyle. This is the way I want to deal with stress and negative emotions in the future.

如果說因為一時對運動突然感到疲累或是運動暫時無法讓我解憂，我會希望能夠出國去走走，在出國的同時，我希望能大吃一頓，不斷的走路達到

放空自我，放鬆之後再來想如何回到規律的生活，這是我希望能夠面對不好的情緒的處理方式。

Q3: What advice would you give to your younger self about health?

A3: I would tell my younger self not to stay up late and not to keep the bad habit of procrastination. These behaviors may seem small, but they can have a deep impact on my future life after entering the workplace. If I keep those bad habits, I might not be able to handle work stress well, and my lifestyle could become unhealthy, creating a negative cycle. Instead of waiting until problems appear to fix them, it's better to build good habits while still a student. That way, the transition into adult life will be smoother, and I can avoid unnecessary struggles.

我會告訴年輕時的我，不該熬夜，不該有拖延症的壞習慣，因為這些行為舉止對於出社會後的我都能夠影響深遠，年輕的我有這些壞習慣，這會讓我在工作時期，無法好好適應工作的壓力，因為可能生活也會過得糟糕，讓一切進入惡的循環，與其在面臨的時候才去想辦法改善，不如從學生時期好好培養好習慣，這樣銜接社會才會順利，少走彎路。

Reflection:

After this interview, I realize that my future self is healthier not only because of exercise or diet,

but also because of a positive attitude and self-care. Now, I want to start building

those habits step

by step. I hope that in the future, I can look back and say I really took good care of myself.

在透過這個自我訪談之後，我了解到未來要更健康不只是因為運動或飲食，正向的態度和自我了解是更重要的。現在，我應該開始一步一步地建立這些好習慣。在未來的我會回頭跟現在的自己說我真的有好好照顧自己！

腳本出處:

The screenshot shows a lesson page with the following content:

標題: Interview with My Future Self
主題: 訪談未來的自己，內容與如何保持健康快樂、從事健康相關的事以及給未來自己的健康建議。
內容: 以訪談自己的方式呈現，可能設計三到五個問題，先設計問題再去回答自己的問題，最後也會反思現在與未來，透過這種自我訪談分享感想。

這是一個很棒的主題！你要訪談未來的自己，探討健康與快樂的生活方式，並幫你整理一個完整的英文寫作範例（約 A4 一張，約 250~300 字）。包含標題、問題、錄音與反思段落，你可以直接使用或修改：

Title: Interview with My Future Self

Q1: How do you stay healthy and happy in the future?
A: I keep a good balance between work and rest. I exercise three times a week, eat more vegetables and fruits, and try to sleep at least seven hours every night. I also spend time with my family and friends because I believe happiness comes from connection and love.

Q2: What kind of healthy activities do you do every week?
A: I go jogging in the morning and play badminton on weekends. Sometimes I also do yoga to relax my body and mind. I enjoy being outdoors because nature helps me feel calm and full of energy.

Q3: What advice would you give to your younger self about health?
A: Don't stay up too late and don't spend too much time on your phone. Take care of your body earlier... it's easier to build good habits when you're young. Remember that most of health is...

+ 查看任何範例

第一步驟:

設定主旨與想做的內容，告訴 chatgpt，請他幫我生成幾個問題，最後再挑出我想要的問題去做回答。

How do you stay healthy and happy in the future? 我會從事運動教練等相關工作，工作一定會有壓力，但至少是做著我平常熱愛的事務，這或許能讓我工作的壓力達到一個平衡，這也是大家所嚮往的興趣與工作結合吧！工作之餘我會做到一周3~5天運動的頻率，不單單是重訓，更希望還能去多嘗試不同的運動，讓生活更多元，例如練習羽球一段時間後改打打籃球，刺激對運動的新鮮感，而不會枯燥乏味，平常也能多下廚，自己準備健康的飲食，偶爾外食吃吃喝喝但應有點罪惡的食物，這樣子的生活，是最理想的狀態了! (fu/31; ji3z0 u4



很好的一段內容！我幫你把這段中文自然地翻譯成流暢的英文回答，保持原意與語氣，也適合放在你的「Interview with My Future Self」文章中👉

Q1: How do you stay healthy and happy in the future?

A: I will work as a sports coach or do other fitness-related jobs. Although work can be stressful, at least I'll be doing something I truly love. This passion helps me balance the pressure, and I think that's what everyone dreams of—turning their interests into their career.

Outside of work, I'll make sure to exercise three to five times a week. It won't be just weight training; I also want to try different kinds of sports to make life more interesting. For example, after practicing badminton for a while, I might switch to basketball to keep things fresh and exciting.

I also plan to cook more often and prepare my own healthy meals. Of course, I'll still enjoy eating out sometimes and treat myself to something delicious, even if it's a little "guilty pleasure." Living this way would be my ideal healthy and happy lifestyle.



是否也想要我幫你把接下來的四題 (Q2-Q5) 都改成這種自然流暢的英文風格？這樣整篇會更一致、像真實

+ 詢問任何問題



ChatGPT 可能會出錯，請查核重要資訊。

Q3: How do you deal with stress or bad emotions? 如果說因為一時對運動突然感到疲累或是運動暫時無法讓我解憂，我會希望能夠出國走走，在出國的同時，我希望能大吃一頓，不斷的走路達到放空自我，放鬆之後再來想如何回到規律的生活，這是我希望能夠面對不好的情緒的處理方式。

很好！這段中文情感很自然，我幫你翻成流暢的英文版本，語氣溫和又符合「訪談未來的自己」的風格👉

Q3: How do you deal with stress or bad emotions?

A: If I ever feel tired of sports or if exercising can't help me relax for a while, I hope to travel abroad to take a break. During my trip, I would enjoy delicious food and walk around different cities, letting myself completely unwind. After relaxing and recharging, I can think about how to return to my regular, healthy lifestyle. This is the way I want to deal with stress and negative emotions in the future.



要我也幫你把這個段落加上中文對照 (方便口頭報告或講解) 嗎？

+ 詢問任何問題



ChatGPT 可能會出錯，請查核重要資訊。

第二步驟:

將我的想法以中文輸入，然後請 chatgpt 以英文生成答案給我後，經閱讀後，確認內容無誤再放上 Script。

Reflection:

After this interview, I realize that my future self is healthier not only because of exercise or diet, but also because of a positive attitude and self-care. Now, I want to start building those habits step by step. I hope that in the future, I can look back and say I really took good care of myself.

第三步驟:

結論與反思，由 chatgpt 生成英文，但是 Script 的中文翻譯是由我自己翻譯的，在整個報告中，除了 Idea 的發想，同時也能去練習中英文翻譯。