



## 乐高员工分享寻找无限创造力的 10 个秘诀

### Lego employees share 10 secrets for finding boundless creativity

#### 中文导读：

灵感有多种形式。乐高集团的员工考虑到这一点，开发了乐高 "How We Create" —— 这是一副由 78 张卡片组成的扑克牌，旨在帮助激发创意火花。

Some conference room tables boast bowls of candy or a gaggle of diminutive bottles of water. Others, painfully benign centerpieces, like a vase filled with colored glass beads. But when the Chronicle Books publishing team visited Lego's headquarters in Billund, Denmark, they were delighted to discover Lego bricks at every gathering point instead.

有些会议室桌上会放一碗糖果或者一大堆小瓶水，还有些摆设则非常平淡无奇，比如一个装满了彩色玻璃珠子的花瓶。但当 Chronicle Books 出版团队前往丹麦比伦德参观乐高总部时，他们却欣喜地发现，在每一个聚会点都摆放着乐高积木。

#### 重点词汇：

**boast:** v. 自夸；以...自豪



**gaggle:** n. 一群；一堆

**diminutive:** adj. 微小的；小型的

**benign:** adj. 良性的；温和的

**centerpiece:** n. 中心装饰物；重点

**vase:** n. 花瓶

**delighted:** adj. 高兴的；愉快的

**headquarters:** n. 总部

 **固定搭配:**

**boast of:** 自夸；以...自豪

He likes to boast of his achievements. (他喜欢吹嘘自己的成就。)

**a gaggle of:** 一群

A gaggle of geese was swimming in the pond. (一群鹅在池塘里游泳。)

**be filled with:** 装满了

The jar is filled with candies. (罐子里装满了糖果。)

“The Lego headquarters in Billund are spectacular and purposely designed to foster creativity and play at work—every conference room, table, and workspace has a bowl of Lego elements available to help employees build through their challenges and think with their hands,” says Brittany McInerney, Chronicle Books’ associate editorial director for entertainment. “Everyone we met seemed to center their daily jobs on the core company goals of creativity and play. It was so inspiring, but also left us asking: How do they do that? How do you sustain that level of creativity when it’s your everyday job?”

Chronicle Books 的娱乐部副编辑总监布列塔尼·麦克纳尼 (Brittany McInerney) 说：“位于比隆的乐高总部非常壮



观，经过精心设计，旨在激发员工的创造力和工作乐趣。每个会议室、桌子和工作区都配有一碗乐高积木，帮助员工应对挑战并用手思考。我们遇到的每个人似乎都将他们的日常工作聚焦在公司的核心目标上，即创造力和游戏。这非常鼓舞人心，但也让我们产生了疑问：他们是如何做到的？在日常工作中如何保持这种创造力水平？”

### 重点词汇：

**spectacular:** adj. 壮观的；令人惊叹的

**purposely:** adv. 故意地；有意地

**foster:** v. 培养；促进

**creativity:** n. 创造力

**workplace:** n. 工作场所

**element:** n. 元素；要素

**challenge:** n. 挑战

### 固定搭配：

**purposely designed to:** 故意设计以...

The room was purposely designed to be spacious. (这个房间是故意设计得宽敞的。)

**build through:** 通过...建造

They aim to build through collaboration. (他们旨在通过合作来建设。)

**center on:** 以...为中心

The company's culture centers on innovation. (公司文化以创新为中心。)

**sustain that level of:** 保持那种水平的

It's challenging to sustain that level of productivity. (保持那种生产水平是具有挑战性的。)

In late 2018, Chronicle and Lego announced they were joining forces on a series of products for adult fans of the brand. After rolling out such titles as Lego Still Life with Bricks in 2020,



McInerney would soon find a way to answer that persistent question from back in Billund.

2018 年底，Chronicle 和乐高宣布将联手推出一系列针对品牌成年粉丝的产品。在 2020 年推出了《Lego Still Life with Bricks》等作品后，麦克纳尼很快找到了回答当初在比隆提出的那个不断出现的问题的方法。

### 重点词汇:

**join forces:** 联手；合作

**roll out:** 推出；发布

**still life:** 静物画

**persistent:** adj. 坚持不懈的；持续存在的

### 固定搭配:

**join forces:** 联合合作

The two companies decided to join forces for a special project. (这两家公司决定联手进行一个特别项目。)

**roll out:** 推出；发布

The company plans to roll out the new product next month. (公司计划下个月推出新产品。)

**answer a question:** 回答问题

She was able to answer all the questions on the test. (她能够回答考试上的所有问题。)

**persistent question:** 不断出现的问题

The persistent question kept bothering him. (这个不断出现的问题一直困扰着他。)

She and her team had a hunch: that Lego employees could teach people a fair amount about the process of creative work, rather than just providing them the final product of it. So Chronicle blasted four questions out to Lego



employees not just in Billund, but also to every corner of the brand's ecosystem around the world: What motivates you to be creative or innovative? What is your earliest memory of creating something original? What is something a child has taught you about creativity or innovation? And finally, the query that got the ball rolling in the first place: How do you maintain your creative muscles?

她和她的团队有一种预感：乐高员工可以向人们传授大量有关创意工作过程的知识，而不仅仅是向他们提供最终产品。因此，Chronicle 向比隆的乐高员工及其全球品牌生态系统的每个角落提出了四个问题：是什么激励您发挥创意或创新？你最早的原创记忆是什么？孩子教会你的关于创造或创新的事情是什么？最后，也是一开始就引出的问题：如何保持你的创造力？

#### 重点词汇：

**hunch**: n. 直觉；预感

**fair amount**: 相当多；相当数量

**process**: n. 过程；步骤

**blast**: v. 发送；迅速传送

**employee**: n. 员工

**ecosystem**: n. 生态系统

**motivate**: v. 激励；激发

**original**: adj. 原创的；独创的

**query**: n. 问题；疑问

**get the ball rolling**: 开始；启动

#### 固定搭配：

**have a hunch**: 有预感

I have a hunch that she will be late. (我有预感她会迟到。)

**teach someone something**: 教某人某事



He taught me how to play the guitar. (他教我弹吉他。)

**final product:** 最终产品

The final product of our project turned out to be impressive. (我们项目的最终产品令人印象深刻。)

**blast out:** 发送; 迅速传送

The news was blasted out to all employees. (消息迅速传送给了所有员工。)

**get the ball rolling:** 开始; 启动

Let's get the ball rolling on this project. (让我们开始推动这个项目。)

McInerney and co. worried that the whole thing might feel like homework to Lego employees. But before too long, they had hundreds of responses on their hands.

麦克纳尼和她的团队担心整件事可能会让乐高的员工感觉像是在做作业。但没过多久,他们就收到了数百份回复。

 **重点词汇:**

**worry:** v. 担心; 忧虑

**homework:** n. 家庭作业

**response:** n. 回应; 反应

 **固定搭配:**

**feel like:** 感觉像

This place feels like home. (这个地方感觉像家一样。)

**before too long:** 不久之后

Before too long, they will arrive. (不久之后,他们会到达。)



**on one's hands:** 处理中；手头有

They have a lot of work on their hands. (他们手头有很多工作。)

“We were surprised by the diversity of answers. One of the big takeaways I found in reading the raw answers we received was that a creative spirit can drive success and happiness in any sector—sales, production, communications. We can all be creative, not just the typical ‘creative’ roles.”

“答案的多样性让我们感到惊讶。在阅读我们收到的原始答案时，我发现其中一个重要的启示是，创造性的精神可以在任何领域推动成功和幸福，无论是在销售、生产还是传媒等方面。我们都可以发挥创造力，而不仅仅是那些典型的‘创意’岗位。”

#### 重点词汇：

**surprise:** v. 惊讶；使吃惊

**diversity:** n. 多样性；差异性

**takeaway:** n. 取得的收获或教训

**raw:** adj. 原始的；未经加工的

**creative spirit:** 创造力精神

**drive:** v. 驱动；推动

**happiness:** n. 幸福

**sector:** n. 部门；领域

**typical:** adj. 典型的；有代表性的

**role:** n. 角色；作用

#### 固定搭配：

**big takeaway:** 重要收获

One big takeaway from the meeting was the importance of teamwork. (会议的一个重要收获是团队合作的重要性。)

**drive success:** 推动成功



Hard work and dedication can drive success. (努力工作和奉献精神可以推动成功。)

**not just:** 不仅仅是

He is not just a good student but also a talented musician. (他不仅仅是个好学生，还是个有才华的音乐家。)

The sum toll of the Lego hivemind's wisdom can now be found not in a book, but rather a deck of 78 cards—How We Create.

如今，乐高集体智慧的结晶不再以书的形式呈现，而是以一副包含 78 张卡片的《How We Create》扑克牌。

 **重点词汇:**

**sum:** n. 总和; 总计

**toll:** n. 代价; 损失

**wisdom:** n. 智慧

**deck:** n. 一副牌

**cards:** n. 牌; 纸牌游戏

 **固定搭配:**

**sum total:** 总和

The sum total of our efforts led to success. (我们努力的总和导致了成功。)

**deck of cards:** 一副牌

Let's play a game with this deck of cards. (让我们用这副牌玩个游戏。)

But why not a book?

但为什么不是一本书呢?





McInerney points out that the narrative journey of a book encourages readers to habitually (and thus quickly) flip from one page to the next—but the deck format allows them to slow down and approach the advice piecemeal. The deck itself is divided into five sections: Motivation, Inspiration, Memories & Mentors, Challenges & Obstacles, and another focused on the brand's stated values. McInerney's team built Lego building prompts into all the creative advice, as well—“this was our nod to the bowls of Lego elements in each conference room,” she notes.

麦克纳尼指出，书本的叙事性质鼓励读者习惯地（因此更快地）从一页翻到下一页，而卡片的格式则使他们能够放慢节奏，逐步接触建议。这套卡片分为五个部分：动力、灵感、回忆与导师、挑战与障碍，还有一个专注于品牌所宣扬的价值观的部分。麦克纳尼的团队还在所有创意建议中加入了乐高积木构建提示，她指出：“这是我们向每个会议室中的乐高积木元素致敬的方式。”

#### 重点词汇：

**narrative:** n. 叙述；故事情节

**journey:** n. 旅程；经历

**habitually:** adv. 习惯性地

**flip:** v. 翻转；快速翻阅

**approach:** v. 接近；处理

**advice:** n. 建议

**piecemeal:** adv. 零碎地；逐个地

**deck format:** 卡片格式

**divide into:** 分为

**section:** n. 部分；章节

**motivation:** 动机

**inspiration:** 灵感

**Memories & Mentors:** 回忆与导师

**Challenges & Obstacles:** 挑战与障碍



**stated values:** 明确的价值观

**prompt:** n. 提示; 提词

 **固定搭配:**

**divided into sections:** 分为几个部分

The report is divided into sections for easy reference.

(这份报告分为几个部分, 以便查阅。)

Ultimately, "Each phrase or story is a jumping-off point for self-reflection, goal setting, or habit creation. We hope people will use the cards to think more clearly about their own creative process."

最终, "每个短语或故事都可以作为自我反思、设立目标或培养习惯的出发点。我们希望人们能够利用这些卡片更清晰地思考他们自己的创造过程。"

 **重点词汇:**

**ultimately:** adv. 最终; 最后

**phrase:** n. 短语; 词组

**jumping-off point:** 出发点; 起点

**self-reflection:** 自我反思

**goal setting:** 目标设定

**habit creation:** 养成习惯

 **固定搭配:**

**jumping-off point:** 起点; 出发点

This idea can be a jumping-off point for our project.

(这个想法可以作为我们项目的起点。)

**self-reflection:** 自我反思

Self-reflection is important for personal growth. (自我反思对个人成长很重要。)

**goal setting:** 目标设定



Setting clear goals is essential for success. (设定清晰的目标对于成功至关重要。)

**habit creation:** 养成习惯

The key to habit creation is consistency. (养成习惯的关键是一致性。)

**think more clearly:** 更清晰地思考

I need some quiet time to think more clearly. (我需要一些安静的时间来更清晰地思考。)

Here is a peek at 10 cards designed to help you do exactly that.

以下是旨在帮助您做到这一点的 10 张卡片。

 **重点词汇:**

**peek:** n. 窥视；一瞥

**exactly:** adv. 确切地；完全地

*When I'm working on something and I start feeling uninspired or unimaginative, I try to bring what I already have, no matter how unpolished or untested, to real users to see how they interact with it. Experiencing curiosity through the eyes of someone else helps me relight the creative spark.*

— Anders, Lead Unity Engineer

当我在处理某个项目并且开始感到缺乏灵感或想象力时，我会尝试将我已经拥有的东西，无论多么粗糙或未经验证，带给真实用户，看看他们如何与之互动。透过他人的眼睛体验好奇心有助于我重新点燃创作的激情。

— 安德斯，首席 Unity 工程师



## 重点词汇:

**uninspired:** adj. 没有灵感的; 无创意的

**unimaginative:** adj. 缺乏想象力的

**bring:** v. 带来; 引入

**polished:** adj. 精炼的; 完美的

**untested:** adj. 未经测试的; 未经验证的

**real users:** 真实用户

**interact:** v. 互动; 交流

**experience:** v. 经历; 体验

**curiosity:** n. 好奇心

**relight:** v. 重新点燃; 重新激发

**creative spark:** 创意火花

## 固定搭配:

**feel uninspired:** 感到缺乏灵感

I often feel uninspired in the afternoon. (我经常在下午感到缺乏灵感。)

**real users:** 真实用户

The feedback from real users is invaluable. (来自真实用户的反馈是无价的。)

**relight the creative spark:** 重新点燃创意火花

The workshop helped me relight the creative spark. (这个研讨会帮助我重新点燃了创意火花。)

*Don't be disheartened if one of your ideas or concepts isn't chosen, and don't mark it as a failure. Find freedom from "failure" by thinking that every time you make something it goes into your creative bank. Some things might be made of gold, some of wood, and so on. The more you put into your bank, the more value you have to give.*



— Henriette, Building Instruction Experience Specialist

如果你的一个想法或概念没有被选中，不要感到气馁，也不要将其视为失败。通过思考，你可以认为每次创作都会积累在你的创意银行中。有些作品可能是金质的，有些可能是木质的等等。你存入的越多，你所能提供的价值就越大。

— 亨利埃特，建筑指导体验专家

### 重点词汇：

**disheartened:** adj. 沮丧的；丧失信心的

**chosen:** adj. 被选择的

**failure:** n. 失败；失败的事物

**freedom:** n. 自由

**creative bank:** 创意银行

**gold:** n. 黄金

**wood:** n. 木材

**value:** n. 价值

### 固定搭配：

**be disheartened:** 感到沮丧

Don't be disheartened by the setbacks. (不要因挫折而感到沮丧。)

**mark as:** 标记为

He marked it as a priority. (他将其标记为优先事项。)

**go into:** 进入；投入

Every penny you save goes into your savings account. (你省下的每一分钱都会存入你的储蓄账户。)

**be made of:** 由...制成

This table is made of wood. (这张桌子是木制的。)

**give value:** 提供价值



Her work gives value to the company. (她的工作为公司创造了价值。)

*I always say to myself that finding the solution to a problem is like walking in a dark room where there is a cardboard box that I can't see. It's only a matter of time before I hit the box while walking around. That thought motivates me to overcome a difficult period in my creative process.*

— Kim, Mechanical Engineer Manager

我总是告诉自己，找到问题的解决方案就像在黑暗的房间行走，房间里有一个我看不见的纸板箱。我走来走去时撞到盒子只是时间问题。这个思想激励着我克服创作过程中的困难时期。

— 金，机械工程经理

#### 重点词汇：

**solution:** n. 解决方案

**cardboard box:** 纸板盒

**motivate:** v. 激励；激发

**overcome:** v. 克服

**difficult:** adj. 困难的

**creative process:** 创意过程

#### 固定搭配：

**find the solution:** 找到解决方案

We need to find the solution to this problem. (我们需要找到解决这个问题的方法。)

**motivate to:** 激励去做某事

His success story motivates me to work harder. (他的成功故事激励我更加努力工作。)



## overcome a difficult period: 克服困难时期

She managed to overcome a difficult period in her life.

(她成功克服了人生中的困难时期。)

*For me, all children are a reminder of what we all know instinctively: that the best things in life are free, and that real joy comes from the appreciation of the simple things. Finding joy in a puddle, or the way a cat sleeps, or the sound of the wind when it blows through the leaves of a tree. Want to be more creative? Look to children.*

— Mark, Senior Design Manager - Specialist

对我来说，所有的孩子都提醒着我们本能地知道的事情：生活中最美好的事物是免费的，真正的快乐来自于欣赏简单事物。在水坑里、在一只猫的睡姿，或是风吹过树叶的声音中寻找快乐。想要更有创造力吗？向孩子们学习。

— 马克，高级设计经理 - 专家

### 重点词汇：

**reminder:** n. 提醒；提示

**instinctively:** adv. 本能地

**appreciation:** n. 感激；欣赏

**simple:** adj. 简单的

**puddle:** n. 水坑

**blow through:** 吹过

**leaves:** n. 树叶

**creative:** adj. 创造性的

### 固定搭配：

**instinctively know:** 本能知道

Children instinctively know when to laugh and play. (孩子们本能知道何时笑和玩。)



**appreciation of:** 对...的欣赏

Her appreciation of art is evident in her collection. (她对艺术的欣赏在她的收藏中表现得很明显。)

**look to:** 寻找；借鉴

Many writers look to nature for inspiration. (许多作家借鉴自然获得灵感。)

*Sometimes with all the craziness going on in the world, I forget I live on an amazing planet with natural processes and complicated ways of life besides our own human forms. That is why going outdoors always inspires me to ask myself questions. How does that tree manage to shed so many leaves? Why don't we use these leaves as a new organic material? I always find inspiration in nature and restart my capability of wonder.*

- Aida, Factory Designer

有时候，世界上发生了那么多疯狂的事情，我却忘记了自己生活在一个神奇的星球上，这个星球上除了我们人类之外，还有自然进程和复杂的生活方式。这就是为什么走到户外总能激发我提出问题的原因。那棵树怎么会掉这么多叶子？为什么我们不把这些叶子当做新的有机材料使用呢？我总能在大自然中找到灵感，重新激发我的好奇心。

— 艾达，工厂设计师

 **重点词汇：**

**craziness:** n. 疯狂；混乱

**amazing:** adj. 令人惊奇的

**planet:** n. 行星

**natural processes:** 自然过程

**complicated:** adj. 复杂的

**human forms:** 人类形式





**outdoors:** adv. 在户外

**inspire:** v. 激发; 启发

**shed:** v. 脱落; 掉落

**leaves:** n. 树叶

**organic material:** 有机材料

**wonder:** n. 奇迹; 惊奇

**capability:** n. 能力

 **固定搭配:**

**with all the craziness going on:** 随着一切疯狂的发生

With all the craziness going on, it's important to stay grounded. (随着一切疯狂的发生, 保持冷静很重要。)

**natural processes:** 自然过程

Understanding natural processes is essential for environmental science. (理解自然过程对环境科学至关重要。)

**complicated ways of life:** 复杂的生活方式

Humans have developed complicated ways of life over centuries. (几个世纪以来, 人类已经发展出了复杂的生活方式。)

**go outdoors:** 出门户外

I love to go outdoors and enjoy nature. (我喜欢出门户外, 享受大自然。)

*One time at art school, I was challenged to change a work of art I had done, over and over again. My art teacher called this "kill your darlings"-and wow, did I feel that pain! But by constantly being pushed to explore new areas like this, I learned how to broaden my creative thinking and perspective. I started to really understand that a creative process is very seldom linear or without struggles. In fact, we often need this push to create something original or*



*innovative.*

- Sara, User Experience Designer

有一次在艺校，我被要求反复修改一幅我已经完成的作品。我的艺术老师称之为“杀死你的亲爱的”，哇，我真的感受到了那种痛苦！但通过不断探索这样的新领域，我学会了如何拓宽自己的创造性思维和视角。我开始真正理解，创作过程很少是线性的或是没有挣扎的。事实上，我们通常需要这种推动力来创造出原创或创新的东西。

— 莎拉，用户体验设计师

### 重点词汇：

**challenge:** v. 挑战；质疑

**work of art:** 艺术作品

**kill your darlings:** 放弃自己钟爱的作品或想法

**pain:** n. 痛苦

**constantly:** adv. 不断地

**push:** v. 推动；促使

**explore:** v. 探索

**broaden:** v. 拓宽

**creative thinking:** 创造性思维

**perspective:** n. 视角；观点

**seldom:** adv. 很少；难得

**linear:** adj. 线性的

**struggle:** n. 挣扎；困难

**original:** adj. 原创的

**innovative:** adj. 创新的

### 固定搭配：

**work of art:** 艺术作品

This painting is a true work of art. (这幅画是一件真正的艺术品。)

**create something original:** 创造原创作品



She wanted to create something original that would stand out. (她希望创造一些独特的原创作品。)

*When faced with a challenge I can't find my way through ... I sleep! Getting enough sleep helps center me-and sometimes I even find the answers to creative problems in my dreams. I find joyful focus in that space between being awake and being asleep; the time when your mind is most free and not burdened by conscious thoughts or worries and free to make leaps. I often find my most creative ideas come to me there.*

- Lydia, Editorial Manager

当我遇到找不到突破口的挑战时...我就睡觉！充足的睡眠有助于我集中注意力，有时我甚至会在梦中找到创造性问题的答案。我在清醒和熟睡之间的那个时刻找到了快乐的焦点；这时候你的思维最自由，不受意识思维或担忧所困扰，并可以自由跳跃。我经常在那里找到我最有创意的想法。

— 莉迪亚，编辑经理

#### 重点词汇：

**challenge:** n. 挑战

**creative problems:** 创意问题

**joyful:** adj. 充满喜悦的

**focus:** n. 注意力；聚焦

**space:** n. 空间

**awake:** adj. 醒着的

**burdened:** adj. 负担沉重的

**conscious thoughts:** 意识到的思维

**make leaps:** 进行飞跃

**creative ideas:** 创意思路

#### 固定搭配：



**find my way through:** 度过；解决

I couldn't find my way through the complex problem.

(我无法解决这个复杂的问题。)

**center me:** 使我集中注意力

Meditation helps center me and reduce stress. (冥想帮助我集中注意力并减轻压力。)

**find answers to:** 找到答案

I need to find answers to these questions. (我需要找到这些问题的答案。)

**in my dreams:** 在梦中

I often have strange adventures in my dreams. (我经常在梦中经历奇怪的冒险。)

*It's important to have a plan. Then you have something to deviate and adjust from, because nothing ever goes according to plan. In the online and digital world, don't underestimate the value of going analog, into hardware mode, from time to time.*

- Anders, Project Leader

制定计划非常重要。然后你就可以偏离和调整一些东西，因为事情很少按计划进行。在网络和数字世界中，不要低估时不时地模拟、进入硬件模式的价值。

— 安德斯，项目领导者

 **重点词汇：**

**plan:** n. 计划；方案

**deviate:** v. 偏离；背离

**adjust:** v. 调整；适应

**online:** adj. 在线的



**digital:** adj. 数字的

**underestimate:** v. 低估

**value:** n. 价值

**analog:** adj. 模拟的

 **固定搭配:**

**go according to plan:** 按计划进行

The event didn't go according to plan due to bad weather. (由于天气不好, 活动没有按计划进行。)

**from time to time:** 时不时; 偶尔

I like to visit the countryside from time to time. (我喜欢时不时去乡下参观。)

**digital world:** 数字世界

We live in a digital world where technology is everywhere. (我们生活在一个数字世界, 技术无处不在。)

*Inspiration doesn't always need to come from outside. Think, remember, reflect. Flip through your own memories and experiences-you might find something there you didn't expect.*

- Aron, Model Designer

灵感并不总是来自外界。思考、回忆、反思。翻阅你自己的记忆和经历, 你可能会在那里找到一些意想不到的东西。

— 阿伦, 模型设计师

 **重点词汇:**

**inspiration:** n. 灵感

**outside:** adv. 外部; 外面

**reflect:** v. 反思

**flip through:** 翻阅

**memory:** n. 回忆



**experience:** n. 经历

**expect:** v. 期待

 **固定搭配:**

**come from outside:** 来自外部

The inspiration for the painting came from outside the artist's window. (这幅画的灵感来自艺术家窗外的景象。)

**flip through:** 翻阅

I like to flip through old photo albums to relive memories. (我喜欢翻阅旧照片集，重温回忆。)

**find something there:** 在那里找到一些东西

I searched through the attic and found something there. (我搜遍了阁楼，找到了一些东西。)

*When I have some sort of creative block, I try to slice my workload down to infinitely small portions. Is a book too hard to write? Why not a page? A page too long? Then try to complete a paragraph. If even that's too much, then one sentence is the goal. If you keep making progress, even by inches, eventually you'll find the spark that overcomes the block.*

- Matthew, LEGO Brand Retail Supervisor

当我遇到创作障碍时，我会尝试将工作量切成无限小的部分。写一本书太难了吗？为什么不试试一页呢？一页太长了吗？那就试着完成一个段落。如果这也太多，那就以一句话为目标。如果你不断进步，哪怕是微不足道，最终你会找到能克服障碍的火花。

— 马修，乐高品牌零售主管

 **重点词汇:**



**creative block:** 创作障碍

**slice:** v. 切成薄片；分割

**workload:** n. 工作量

**infinitely:** adv. 无限地

**portion:** n. 部分；份额

**paragraph:** n. 段落

**goal:** n. 目标

**progress:** n. 进步

**spark:** n. 火花

**overcome:** v. 克服

 **固定搭配:**

**creative block:** 创作障碍

Writer's block is a common type of creative block. (写作障碍是一种常见的创作障碍。)

**slice down:** 切割；分割

Let's slice the cake down into equal pieces. (让我们把蛋糕切成相等的部分。)

**too much:** 太多

There's too much work to do in one day. (一天内要做的工作太多了。)

**make progress:** 取得进步

She has been making great progress in her studies. (她在学习上取得了很大的进步。)

**overcome a block:** 克服障碍

He had to overcome a mental block to finish the project. (他必须克服心理障碍来完成这个项目。)

