

题目: You don't need more than 2 years

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Two years is nothing, but at the same time a lot can be accomplished in two years. You can try a sport you've always wanted to start, and become great at it. You can start a morning routine and affect your mood and stress at a deep level. You can **meditate** for a few minutes per day, become more **self-aware** and change the way you react to problems. You can start a business and make it a big success.

两年的时间不算长,但与此同时,很多事情都能在两年内完成你可以尝试练习某个一直想要学会的运动,然后成为高手。你可以养成一种晨间习惯,在深层次上改善你的情绪和压力。你可以每天冥想几分钟,这样会更有自省力,也会改变你处理问题的方式。你可以开启一项事业,让它走向成功。

Two years is nothing and extremely easy to waste, but with small actions, **substantial commitment** and **consistency**, you can make it count a lot. Two years being passive is a blink of an eye. Two years moving towards goals every single day is **plenty of** time. It's just a matter of perspective. There is nothing that cannot be accomplished in two year's with enough effort.

两年时间真的不长,浪费起来非常容易。但是,只需小小的行动、切实的付出与坚持,你就可以让它变得意义非凡。如果你消极度日,两年就在眨眼之间飞逝;如果每一天都朝着目标前进,那么这两年就会很充实。这只是看待事情的角度问题。只要你足够努力,没有什么是在两年内无法完成的。

You're not too old for the things you were dreaming of doing when you were a kid. You can still do extreme sports if you wish to. You can start playing a musical instrument. You can become a **photographer**.

对于实现年少的梦想,你永远都不会太老。如果你想,你还是可以去做极限运动,还是可以去玩乐器,还是可以成为一名摄影师。

meditate

v.冥想; 思考

self-aware

有自我意识

substantialadj.大量的;
牢固的; 实质性的**commitment**

n.忠诚; 保证

consistency

n.一致性; 坚持

plenty of

大量; 很多

photographer

n.摄影师

In two years from now, you'll be great at it if you really want to. Don't let your past dictate who you are. You don't have to be the same person you have always been. Don't let fear control you. Don't let the social standards conform you. Age is just a number, we should all empower our uniqueness and fight against our own limitations.

从现在开始的时间，只要你真心诚意地追求，你就能变得超级厉害。不要让你的过去定义你是谁，你不用做那个一成不变的人。不要被恐惧支配，不要被社会标准束缚。年龄只是一个数字，我们都应该突出自己的独特之处，并与自我设限斗争。

By doing things you love on a daily basis, even for a few minutes, you'll learn to enjoy the journey. The days will become more than just a means to an end. You'll see yourself evolving. If you had the choice between feeling great, energetic and in a positive mood, versus feeling sleepy and moody, what would you choose?

每天去做你真正喜欢的事情，哪怕只有几分钟，你会爱上这个过程。光阴不再虚度，每天都能看到自己的进步。如果在感觉良好、精力充沛的积极心态，和昏昏欲睡、喜怒无常的消极心态里做选择，你会选哪一个？

It's just a choice, which combined with small, even tiny actions like reducing meat Or' alcohol consumption, or simply drinking more water, walking the stairs or biking to the office, can do wonders. It's not about the end goal. It's about daily actions towards it. It's also the reason why morning routines, Or ten minutes daily meditation sessions are bringing such great changes in terms of mood, productivity, stress management, etc. 这就是个简单的选择，再加上微小的行动，比如少吃肉、少喝酒、或者简单的多喝点水、爬楼梯或者骑自行车去上班等，你就能创造奇迹了。并不是说这样做就能达成终极目标，而是这样做的每一天都会离终点更近。这也可以解释为什么晨间习惯或者每天十分钟的冥想，能给人的情绪、生产力和抗压能力带来巨大的改变。

dictate

v.命令；规定

uniqueness

n.独特性

consumption

n.消费；消耗

meditation

n.冥想

Replace TV shows and movies by documentaries and books.
Monitor your days more, get in control of how you spend your time. Take back the control of your health, mood and time.
Practice gratefulness. See the results in two years.

把电视节目和电影替换成纪录片和书籍。监督自己的日常,掌控自己的时间分配。拿回你对健康、情绪和时间的掌控权,学会表达感激,你会在两年内看到成果。

Be kind with people. Start with your family, don't go mad one more time. Stop judging, see the good in them and remember that you love them more than anything.

善待他人,从你的家庭开始,不要再对家人发脾气,停止批判,看到他们好的那面,并记住你爱他们超过一切。

In your working life, being kind and nice can bring you more respect from people who surround you than being bossy and aggressive. Learn to say "No" often (for the right reasons), people will accept it more and value your "Yes" more, because your time's value will increase.

职场上,比起发号施令、争强好胜,与人为善会帮助你赢得周围人更多的尊重。在有正当理由的情况下,学会经常说“不”,人们会接受的,并且更看重你说“好”的时候,因为你的单位时间价值会增加。

You don't need to be scary to be respected. It's about building trust and healthy long term relationships. Try this and in two years from now your reality will be so different. Silence your ego, love and trust others enough for two years, harvest for ten years Or more.

不是只有变得“凶”才会被尊重,重点是怎样建立彼此信任、健康的长期关系。试试看这样做,从现在起的两年时间里,你的生活将会变得大不一样。用两年的时间去压制你的自负,去爱他人,给他们充分的信任,那么在十年甚至更长的时间里你都会因此受益。

documentary

n.纪录片

bossy

adj.专横的

Silence sb. ego

压制某人的自负

It has a lot to do with setting goals, but goals without actions are just wishes. The easiest way to reach goals is through daily and consistent small (even tiny) actions. It's all about consistency, commitment, and regularity.

这和设定的目标有很大的关系，但是没有行动的目标只是白日做梦。达成目标最简单的方法，就是通过每天坚持的微小行动。这一切在于建立一致性、坚持付出和养成习惯。

Success is not an event, it's a process and a **mindset**. Small actions are putting you in the position of succeeding. Small actions make huge differences. Look at yourself in the mirror in two years and you'll think "that was quick!".

成功并非偶然，它是长久的过程和心态。微小的行动可以让你踏上成功的正轨，微小的行动可以带来巨大的改变。两年后，在镜子里看到自己，你会感叹：“时间过得真快呀！”

EVERY DAY COUNTS.

每一天都很重要。

mindset

n. 心态；观念
模式