Number 1. Create a life that feels good on the inside, not just one that looks good on the outside. If you want to feel truly rich, look around you and count all of the things you have that money can't buy. If you can breathe, you can smile. So flood your mind with positive thoughts, because happiness is the most sought-after(受欢迎的，很吃香的) currency on earth.

第一，创造由内而外都美好的生活，而不是表面上很好的生活。如果你想感受到真正的富足，就看看你的身边，数一下，自己拥有多少钱买不到的东西。如果你还活着，你就可以笑。所以，让自己的想法积极起来，因为，快乐，是这个世界上最多人追求的财富。  
Number 2. There is nothing more important than this moment. Living in the past creates anxiety living. Living in the future creates fear of the unknown. Concentrate on living and enjoying the present moment, if you want to live life to its fullest potential.

第二，当下最重要。活在过去，只会让你焦虑。活在未来，会让你害怕未知。如果你想活出极致，那么就专注于现在，享受现在。  
Number 3. Follow your intuition. It will always lead you to the right destination. Put faith in your intuition, and the universe will lead the way.

第三，跟着自己的直觉走，它会带你往正确的方向走去。把信念植入你的直觉，整个世界都会为你带路。  
Number 4. Let your faith be bigger than your fears. Have faith success will be near. You can't see faith, or fear, but you can decide which one controls your life.

第四，让你的信念比你的恐惧更强大。你要相信，成功就在不远处。你看不见信念，也看不见恐惧，但是你可以选择让它们中的哪一个来掌控你的生活。  
Number 5. No dream is too big, when you understand abundance is your birth right. As Mark Twain said, the two most important days of your life are the day you are born and the day you find out why.

第五，当你明白富足是你生来就拥有的权利时，你就会知道，没有什么梦想是夸张的。马克吐温曾经说过，你生命中最重要的两天分别是，你出生那一天，以及你找到你的使命那一天。  
Number 6. Our future reality depends on what we do now, in this present moment. You are the architect of your own destiny, so make today count. 第六，我们的未来，取决于我们现在做的事，我们此时此刻做的事。你的命运，由你自己建造，所以要让自己每一天都过得有意义。  
Number 7. You can join me, when you are in alignment with me. Finding people that are in alignment with you is one of life's greatest treasures. If you haven't found them yet, keep looking.

第七，如果别人和你志同道合，那么你们就可以成为朋友。找到和你志同道合的人，这是你人生中最宝贵的财富之一。如果你还没找到他们，那么就保持寻找吧。  
Number 8. If your intention is powerful, your action will be powerful. If your action is powerful, your results will be powerful. Powerful intentions create powerful results. 第八，如果你的目标很强大，你的行动就会很强大。如果你的行动很强大，你的收获就会很强大。强大的目标，创造强大的收获。  
Number 9. Logic will get you from A to B. Imagination will take you everywhere. Albert Einstein. To create the life you want, you have to be able to see it first in your mind. No dream is too big. Believe in your heart, what you want will be yours. Act as if it is already in its own will be. 第九，逻辑会带你从A走向B，而想象力会带你走遍世界。这句话，是爱因斯坦说的。为了创造自己想要的生活，你必须先自己去构想它。没有什么梦想是夸张的。你要发自内心地相信，你想要的，终归会是你的，你要带着这样的信念去行动。  
Number 10. Affirmation(主张，肯定；断言). I deserve to be rich. I deserve to be happy. I deserve peace. I deserve freedom. Affirmations are phone calls to the universe. The more you call, the more likely your call will be answered. 第十，对自己说肯定的话语。我值得拥有财富，我值得拥有幸福，我值得拥有平静，我值得拥有自由。这些肯定的话语，是在向全世界呼吁。你呼吁得越多，你就越有可能得到回应。  
Number 11. If you ever feel above or below anyone, you are wrong. The only time you shall look down on someone is if you are helping them up. No matter how much you achieve, you are never above another. The higher you climb the more you can help others rise to your level.

第十一，如果你觉得自己高高在上，或者觉得自己低人一等，你都是错的。你比别人站得高的原因只有一个，那就是你正在尝试帮助他们走上来。无论你有多大的成就，你都不会高人一等。你走得越高，你就越有能力帮助别人到达你的高度。  
Number 12. I believe miracles are on the way, today, tomorrow, every day. When you believe miracles are on the way, you will begin to manifest(表明，清楚显示（尤指情感、态度或品质）；证明；（病症）显现；（鬼魂或神灵）出现；在清单上记录) them. 第十二，今天，明天，每一天，我都相信，奇迹即将发生。当你相信奇迹将会到来，你的行动就会有奇迹的影子。  
Number 13. The primary cause of unhappiness is never the situation, but rather your thoughts about the situation. Eckhart Tolle. The mind is an amazing thing. Any situation, no matter how good, can be made unbearable by overwhelming negativity. Realize that the answer to finding happiness is always in the thoughts you're holding in the present moment. 第十三，不快乐的根源，不是某件事情，而是你对某件事情的看法。这是Eckhart Tolle说的。思维是一个很奇妙的东西。无论眼前的情况有多棒，都有人会消极看待，认为这简直难以接受。你要意识到，找到快乐的关键，就是你当下的想法。  
Number 14. In any given moment we have two options, to step forward into growth or to step back into safety. Abraham Maslow. Growth in life is a choice. Vitality(活力，生气；生命力，生动性), positivity, abundance, they are all choices. Which option will you choose? 第十四，无论何时，我们都有两种选择，要么前进，选择成长，要么后退，选择安逸。这是Abraham Maslow说的。在人生中，成长是一种选择。生命力，积极的心态，富足，这些都是可以选择的。你会选择什么呢？  
Number 15. Eliminate(消除；排除) everything that doesn't help you evolve(发展；进化；使逐步形成；推断出). If you want something different, you have to do something different. Make hard decisions now, so you can work towards the life you've always dreamed of. Choose only the people, habits, and beliefs that help you evolve and make those choices consistently.

第十五，抛弃那些不能帮助你成长的东西。如果你想得到与众不同的东西，那么你就要做与众不同的事情。现在，就要做出艰难的决定，这样，你才能努力走向自己梦想中的生活。选择那些能一直帮助你成长、帮助你做出正确决定的人，习惯，还有信念。  
Number 16. Take time to do what makes your soul happy. Take time for you. There is nothing of more importance in your life than to be consciously(自觉地；有意识地) aware of and make room for your happiness. Feel good first and the rest of your life will function at a higher level including all your relationships and your results.

第十六，花时间去让自己的灵魂感到快乐。为自己花点时间。要让自己感受到快乐，让自己有时间去享受快乐，没有什么比这更重要。要让自己快乐起来，这样，你的生活才会有更高的质量，你的社会关系，你的收获也如此。  
Number 17. Nothing ever goes away until it has taught us what we need to know. Pema Chodron. If you want to move on, realize what the universe is trying to tell you. No challenge was sent to break you. Most often they were sent to make you better, stronger, wiser. Learn the lesson, understand the blessing and move forward.

第十七，困难不会自行消退，除非它已经让你学到了教训。这是Pema Chodron说的。如果你想往前走，那你就要意识到，这个世界想要教给你很多道理。你遇到的挑战，它们的初衷都不是为了让你崩溃。它们大多数是想让你变得更优秀，更强大，更睿智。你要吸取教训，明白这一切都是世界对你的善意，然后继续前行。  
Number 18. The greatest illusion(幻觉，错觉；错误的观念或信仰) in the world is the illusion of separation. Realize deeply that everything in the universe is connected. Sadness and feelings of separation are symptoms of a negative mind. Positivity will always manifest a more positive experience of reality and a deeper feeling of connection.

第十八，在这个世界上，最大的幻象，就是貌似万事万物都是割裂的。你要真正意识到，世界上的所有事物，都是相关联的。如果你不快乐，你觉得万事万物都是孤立的，这就反映了，你的心态是消极的。如果你的心态是积极的，这就证明你对事物的感受是积极的，你觉得万事万物都是有关联的。  
Number 19. You are not in the universe. You are the universe. Eckhart Tolle. You are literally made of Stardust, a walking miracle. Would you be happy if you won the lottery(彩票；碰运气的事，难算计的事；抽彩给奖法)? The miracle of life, we so easily take for granted, is equal to winning the lottery every single day. Tell someone you won the lottery. See the reaction. That is the answer to the happiness you seek.

第十九，你不是活在这个世界上，你自己本身就是一个世界。这是Eckhart Tolle说的。你就是星尘，你就是行走的奇迹。如果你中了彩票，你会开心吗？活着，这本身就是一个奇迹，它和每天都中彩票是一样的，而我们总是把这当作理所当然。告诉某个人，说他赢了彩票，看看他是什么反应。你一直以来想寻找的快乐，就是这个模样。  
Number 20. When you realize there is no lacking, the whole world belongs to you. Lao Tzu. If you want to see how rich you truly are, you just have to look in the mirror. You are indeed a miracle and once you realize that, there is no lack.第二十，当你意识到，你什么都不缺，那么，整个世界都会属于你。这是老子说的。如果你想知道，自己到底有多富有，你就看看镜子吧。你自己，本身就是一个奇迹。一旦你明白了这个道理，你就知足了。