Let me ask a question: Is your problem really your problem or is it your attitude toward your problem that's your problem?

让我问一个问题：事情到底是你的问题还是你看待它的态度出了问题？

If you do what you do well, and you do it with a good attitude, a spirit of excellence will begin to shine through you in a dark world, and you will stand up and you will stand out.

如果你做自己擅长的事情，而且你的态度很好，那么一种卓越的精神就将开始在你黑暗的世界中闪耀，你将会站起来，并脱颖而出。

I'm telling you today that if you can adjust your attitude on a daily basis, no matter what's going on in your life, you can still enjoy your life.

我今天告诉你，如果你能每天调整你的态度，那么不管你生活中发生了什么，你都仍然可以享受你的生活。

If I want to believe that life is lonely and that nobody loves you, then that is what I will find in my world. However, if I am willing to release that belief and to affirm for myself that love is everywhere, and I am loving and lovable, and to hold on to that new affirmation and to repeat it often, then it will become true for me.

如果我愿相信生活是孤独的，没有人爱你，那么我最终发现的世界就会如此。然而，如果我愿意释放这种执念，并坚信爱无处不在，我很可爱，而且也懂得表达爱，并且坚持这种新的主张，并经常重复用它暗示自己，那么它就会成为现实。

You can't put poison into you over and over and expect to live a positive faith-filled life.

如果你希望过一种充满信仰的积极生活，那就不要再一次又一次地喂自己精神毒药了。

1.**attitude toward**

 对...的态度；意见；

2.**a spirit of excellence**

 卓越的精神，积极的心态；

3.**stand out**

  显眼；脱颖而出；

4.**on a daily basis**

  每天；

5.**enjoy your life**

  享受生活；

6.**affirm** [ə'fɜːm]

  肯定；断言；

7.**loving and lovable**

  有爱心并讨人喜爱的；

8.**hold on to**

  坚持；紧握；

9.**put poison into you**

  给自己下毒；

10.**over and over**

  反复；再三；

11.**live a positive faith-filled life**

  过一种积极的充满信仰的生活；