There's always going to be a reason to procrastinate, there's always going to be a busy schedule, there's always going to be something unexpected that happens. It's always going to be that way, you have to work through it, but a lot of students don't want it enough.

我们总能找到拖延的借口，我们的日程总是满满的，生活中总会发生一些意料之外的事情。生活向来如此，你必须要克服掉它，但很多学生并不想克服。

People who succeed, stick to the plan regardless. When you tell yourself you're going to study, you need to do it, you have to commit to getting better grades, you have to commit to being a person of action, you have to commit to being someone who doesn't just talk but who gets the results, too.

那些成功的人能够不顾一切地坚持自己的计划，无论当你告诉自己要学习的时候，你就要开始学习，你必须要致力于取得好成绩，你必须要努力做一个行动者，你必须要努力做一个以结果为导向的人，而不要只会夸夸其谈。

No more excuses. No more complaining. No more victim mentality. Take responsibility. Disappointed with your exam results? Take responsibility. It's not the teachers fault. It's not the examiners fault. It's not your parents fault. It's your fault. When you see something that you want, go after it, and attack it. And don't stop until you achieve your goals. Don't let anything or anyone stop you from achieving it.

别再找借口，也不要抱怨，摆脱受害者的心态。承担起责任，成绩不理想并不是老师的过错，也不是主考官或者你父母的错，责任全在你自己身上。当你看到自己想要的东西时，努力去追求它，获取它，不达目的誓不罢休，不要让任何人或事阻止你达成目标。

1.**get distracted**

 分心；分散注意力；

2.**put off**

  延后；搁置；

3.**procrastinate**

  耽搁，延迟；

4.**a busy schedule**

  紧张的日程安排；

5.**something unexpected**

  意想不到的事情；

6.**be that way**

  这样；以这种方式；

7.**work through**

  完成；解决；

8.**want it enough**

  真正想要；足够想；

9.**stick to the plan**

  坚持计划；

10.**regardless**

  不管怎样，无论如何；

11.**commit to**

  致力于…；

12.**get better grades**

  取得更好成绩；

13.**be a person of action**

  做行动派；

14.**victim mentality**

  受害者思维；

15.**be disappointed with**

  对…感到失望；

16.**go after**

  追求；追逐；