If you want to begin to move, you've got to clear your mind of all the unnecessary luggage and baggage. That's weighing us down.

如果你想行动起来，你就要放下不必要的思想包袱，因为它们正在把我们压垮。  
I couldn't move. I couldn't think about what I am going to do to get out of this situation, because I was so concerned about what happened, and what he did to me and how bad it was.

我寸步难行，我不知道如何摆脱目前的困境，因为我总在担忧已经发生的事，别人对我做的糟糕的事。  
I was so stuck in that. I couldn't even focus on what I should have done.

我深陷于此。我无法把注意力集中在我该做的事情上。  
Feeling sorry for myself and angry and none of that was taking me anywhere.

自我怜悯，愤懑不平，这无法改变什么。  
So pretty soon, I learned through effort, made a conscious(意识到的；故意的；神志清醒的) delivered determined effort. I had to let it go, I had to forgive it.

所以，不久之后，我边努力边学习，理智地、坚定地努力，才明白了一个道理，那就是，我必须把那些事情放下，原谅过去。  
Let it go and begin to focus on developing myself, and I'm saying to you, you're going to have people doing things to you, things are going to happen to you, and the most important thing to do, is to harnish your will and let it go.

随它去吧。我要开始专注于自我成长。我要告诉你，你会遇到陷害你的人，会遇到糟糕的事情。但是，你要做的最重要的事，就是磨炼你的意志，把该放下的都放下。  
And move, so you can grow, so you can get on with your life.

行动吧，这样你就能成长，你才能过好自己的生活。  
It doesn't matter about what happens to you. What matters is what are you going to do about it?

发生了什么，并不重要。重要的是我们如何应对这些事。  
All of us have experiences some tragedy(悲剧；灾难；惨案), and if we haven't, we will. And you can either let it destroy your life, or you can build upon it. You can permit it to let it hold you down, or you can decide, I'm not going to let that happen to me. I'm bigger than this.

我们都经历过一些惨痛的事情。如果我们还没有经历过，我们也终究会遇到这样的事。你可以让它破坏你的生活，你也可以在此之上大有作为。你可以让它使你一蹶不振，也可以做出决定，绝不让那样的事发生在自己身上，告诉自己，我比它更强大。  
I don't care how good you are. I don't care how talented you are. I don't care how much you work on yourself. There are some times when things are not going to go right.

不管你有多优秀，不管你有多少天赋，不管你付出了多少努力来提升自己，总有诸事不顺的时候。  
They just are not going to go right. There are times that with anything that can happen, will happen. Murphy's law will be knocking at your door.

事情就是不顺利。总有什么事都能发生、而且会发生的时候。墨菲定律会一直伴你左右。  
Sometimes your life will be in a slump(（价格、数量等的）猛然严重下降；经济不景气时期；低潮期). Just like sports. Some of the best shooters can't hit baskets different times in games. They get in a slump. Do they sit on the sideline and say, I just didn't hit a basket today?

有时候，你的生活会陷入困顿。就像体育赛事一样，一些最优秀的球员有时候偏偏就投球不中。他们遇到了低潮。但是，他们会不会落魄地坐在场边，然后说，我今天就是无法投中球？  
No. They continue to execute. I suggest to you that if you are facing a challenge, don't stop. Stay busy. Work your plan. Continue to do those things that you know that work for you, after you have evaluated yourself from the situation.

不会，他们会继续行动。我建议，如果你面临挑战，不要停下脚步，而是要让自己保持忙碌。打磨自己的计划。在分析形势之后，继续做你知道有用的事情。  
Whatever experience you are having right now, it has not come to stay. It has come to pass.

你现在经历的事情，不会长久停留，它终将过去。  
We have two primary choices in life. We can either accept conditions as they exist, or we can take the responsibility to change them.

在人生中，我们有两大选择。要么选择接受现有的条件，要么选择负起责任来改变它们。  
You can decide that you're going to stand up to life. You can decide that I'm going to live each day as if it were my last.

你可以选择勇敢地站起来，面对生活。你可以选择把每一天都当作生命中的最后一天来过。  
You have the power to make that decision. You can decide, I'm going to work on myself, and develop myself.

你有能力做这样的决定。你可以决定，我要提升自己，发展自己。  
But if you want to begin to move into your own personal greatness, if you want to begin to really enjoy a happy, successful, healthy life, you've got to be willing to go against the tide(趋势，潮流；潮汐). You've got to be willing to harnish your will. 但是，如果你想要向人生巅峰前进，如果你想真正享受快乐、成功、健康的生活，那么你必须有乘风破浪的志气。你必须心甘情愿地打磨你的意志力。  
It's not going to be easy. When you want to change, it's not easy. If it were in fact easy, everybody would do it. But if you're serious, you go all out.这会是一件很难的事。想做出改变，这从来都不简单。如果它真有那么简单，每个人都做得到。但是，如果你足够认真，你就会全力以赴。