Why you're doing the things that you're doing? Why do you have the bad habits that you have like when you find yourself at the same point over and over, and saying oh, there's like Groundhog Day? Why is it that I just keep landing in the same spot over and over?

你为什么要做你正在做的事？当你发现自己一次又一次地在同一个地方犯错，并且说“哦，今天就像土拨鼠日一样周而复始”，你为什么会有这样的坏习惯呢？为什么我一次又一次地在同一地方呢？

Well, you have to look at it and say you know, what are the things leading up to that? What are the decisions I'm making? What are the habits that I'm doing? Why am I doing the things that I'm doing? And pretty soon you can start to recognize your own patterns. When you can recognize your own patterns that's when you can create change.

好吧，你必须关注它，想想导致这一切的原因是什么？我在做什么决定？我的习惯是什么？为什么我要做我正在做的事情？很快你就可以识别出你自己的行为模式，之后，那就是你可以做出改变的时候了。

You will feel resistance, You will struggle, you will start to feel like it needs to be perfect. You're going to come up with excuses. You're going to talk yourself out of it. Why? Well, because you're used to thinking and now you're asking yourself to do. Why am I explaining what you should expect?

你会抗拒，你会挣扎，你开始追求完美。之后你打算找一些借口，试图说服自己远离成功。为什么会这样？因为你习惯于这样想，并且现在你要求自己这样去做了。为什么我要对你的想法加以解释呢？

The reason why I'm explaining what you should expect is because it's normal to feel those things. It's normal to feel scared. It's normal to feel like you don't want to do it. It's normal to think about doing it perfect. Letting those things stop you is a choice.

我之所以对此加以解释，是因为你这样想是很正常的。感到恐惧、有时抗拒都是很正常的，想要追求完美也很正常。但是要不要让这些想法阻止你前进是你自己的选择。

1.**over and over**

 反复；再三；

2.**Groundhog Day**

土拨鼠节；原样重复的事情；

3.**lead up to**

  导致；

4.**pretty soon**

  不久；

5.**resistance** [rɪ'zɪst(ə)ns]

  抵抗；反抗；阻力；

6.**come up with**

  提出；想出；

7.**talk yourself out of sth.**

  说服自己放弃某事；