Those who lack discipline in any area have NOT made the end result important enough.

那些做什么事都缺乏纪律感的人，往往没有把最终结果看得足够重要。

Example: Mary struggled with her diet for years, she tried diet after diet… program after program… but was never able to maintain the discipline to make a lifelong change. That was, until she was told by her doctor that if she didn’t lose 50 pounds immediately she was at great risk of having a heart attack…

比如说：Mary多年来一直在努力节食减肥，她一次又一次地努力，尝试了各种节食方案，但始终没有坚持下来做出一生的改变。直到她的医生告诉她，如果她再不立即减轻50镑的体重，就会有心力衰竭的巨大风险。

Having 2 kids and family and friends who loved her dearly, suddenly Mary had a powerful reason to change. Suddenly she HAD TO make it a priority.

Mary想到深爱她的两个孩子、家庭和朋友们，她突然有了强大的动力做出改变。她不得不把节食减肥放在第一位。

She was overweight before and should have made the change… but without linking that powerful reason in her conscious mind, she had no leverage to make the change and maintain the discipline. She had to link death to the unhealthy food to stop the cycle.

她之前就体重超重，而且早就该做出改变，但是由于头脑中没有这样强大的减肥动机，她无力改变生活习惯并保持这种生活规律。她要停止这种恶性循环，就必须把自己的健康状况和不健康的事物联系到一起。

When it’s life and death, MOST PEOPLE will change… but when it’s ruining your life… most people won’t change…

当事关生命和死亡，绝大部分人都会做出改变。如果仅仅是对生活有害，那大多数人都会置之不理。

Don’t be most people. STOP and think about all the reasons YOU MUST CHANGE… and all the reasons you must maintain that discipline. You don’t have to wait for a life-threatening diagnosis in order to change. Decide to change now.

不要做这样的大多数。停下来想一想，想想你必须做出改变并坚持纪律的所有理由，你真的没必要等等有危及生命的诊断时再决定改变。现在就下决心改变吧！

1.**struggled with**

 与…斗争；

2.**lifelong**

 终身的；毕生的；

3.**at great risk of**

 有…的巨大危险；

4.**heart attack**

 心脏病发作；心力衰竭；

5.**make it a priority**

 优先考虑，把它作为重点；

6.**overweight**

 超重的；

7.**leverage**['liːv(ə)rɪdʒ; 'lev(ə)rɪdʒ]

 手段；力量；杠杆；

8.**maintain the discipline**

 严守纪律；

9.**life-threatening**

 危及生命的；

10.**diagnosis** [,daɪəg'nəʊsɪs]

 诊断；