There is no fear. There is no fear of failure, because even if you've walked out of something and you feel like you've failed at it, your preparation is so strong that you're gonna take that failure and turn it into the outcome you desire.

不用害怕失败，算你觉得自己做某事失败了，也没关系，因为你做的准备很充分，你能够把失败变成你想要的结果。  
And most people stop at failure. We've all failed at things. I'm gonna continue to fail at stuff. It's the most powerful tool you can use, but it all depends on how you use it. A scalpel(手术刀), in the hands of an individual, it can do unbelievable damage. In the hands of a professional of a doctor, it saves lives.

大多数人，失败了，就放弃了。我们都失败过，我会继续经历失败。失败，是最有力的工具，但这取决于你如何利用它。手术刀，在普通人手里，它可能会造成巨大伤害，但是在专业医生手里，它能拯救生命。  
So it's the same thing with failure. It's how you use it. It's that drive inside of you. It's what we talked about the dark side. The dark side is filled with failure. But it's the fuel（燃料） that burns you like something that's never burned inside you before.

所以，失败也是同一个道理，这取决于你如何利用它。它是你内心的动力，它是所谓的黑暗面。黑暗面总是充斥着失败，但是它也能为你提供动力，让你获得前所未有的热情。  
I love this one. Fail early. Fail often. Fail forward. You know, it's always a little bit frustrating(令人沮丧的) to me when people have a negative relationship with failure. Failure is a massive(大量的；巨大的，厚重的；魁伟的) part of being able to be successful. You have to get comfortable with failure. You have to actually seek failure.

我喜欢这句话。早点经历失败，多些经历失败，就算失败了也要有进步。看到人们不懂应对失败，我总是觉得很沮丧。要想能够成功，失败就是非常重要的一部分。你必须适应失败，其实你甚至要自找失败。  
Failure is where all of the lessons are. You know, when you go to the gym and you work out, you're actually seeking failure. You want to take your muscles to the point where you get to failure, because that's where the adaptation is. That's where growth is.

失败让人学到教训。你去健身房锻炼的时候，其实你是在自找失败。你想让自己的肌肉达到极限，经历失败，因为这时候你会学会适应，你会慢慢成长。  
Successful people fail a lot. They fail a whole lot more than they succeed. But they extract the lessons from the failure, and they use that the energy, and they use the wisdom, to come around to the next phase(月相；时期，阶段) of success.

成功的人，他们失败了很多次。他们失败的次数比成功的次数多很多。但是，他们从失败中吸取教训，利用其中的力量，利用其中的智慧，去渡过难关，到达下一个成功阶段。  
You gotta take a shot. You have to live at the edge of your capabilities. You gotta live where you're almost certain you're gonna fail. That's the reason for our practice. Practice is controlled failure.

你必须勇敢尝试，就算能力到了极限也不要放弃，就算明知你会失败但还要顽强坚持。所以，我们需要多练习，因为它带来的结果是可控的。  
You're getting to your limit, getting to your limit, getting to your limit. You can't lift that. You can't do that. Until you get to the point that all of a sudden, your body makes the adjustment and then you can do it.

你正在突破自己，突破自己，突破自己。现在，你抬不起来，你做不到。但是，会有那么一瞬间，突然你的身体就适应了，这时你就能成功。  
Failure actually helps you to recognize the areas where you need to evolve. So fail early. Fail often. Fail forward.

事实上，失败能帮你认清自己哪里还需要提高。所以，早些失败，经常失败，就算失败了也要往前走。