You cannot shake hands with a clenched(紧握的) fist.

握紧拳头，你就无法与他人握手。（甘地）  
Let us sacrifice our today so that our children can have a better tomorrow.

让我们今天做出牺牲，这样我们的孩子就会有更美好的明天。（卡拉姆）  
Do not mind anything that anyone tells you about anyone else. Judge everyone and everything for yourself.

不要相信任何人对其他人的评论。每个人怎么样，每件事怎么样，都应该由你自己做判断。（亨利·詹姆斯）  
Learning never exhausts the mind.

保持学习，大脑是不会因此疲惫的。（达芬奇）  
Lord made me an instrument of thy peace. Where there is hatred(憎恨；怨恨；敌意), let me sow(播种；散布；使密布) love.

上帝把我塑造成和平使者。哪里有恨，我就去哪里播种爱。（圣方济各）  
Good judgment comes from experience, and a lot of that comes from bad judgment.

好的判断，来源于经验。而坏的判断，来源于太多经验。（威尔·罗杰斯）  
No act of kindness, no matter how small, is ever wasted.善举，就算再小，都不会被浪费。（伊索）  
It is far better to be alone than to be in bad company.

糟糕的相处，还不如独处。（乔治华·盛顿）  
If you cannot do great things, do small things in a great way.

如果你无法做伟大的事情，那就用伟大的方式去做好小的事情。（拿破仑·希尔）  
Permanence, perseverance and persistence in spite of all obstacles, discouragements and impossibilities, it is this that in all things distinguishes the strong soul from the weak.

 无论遇到多少障碍、挫折、无能为力的事，只要能保持恒心、韧劲、坚持，那就是强者，并以此把自己从弱者中区分出来。（托马斯·卡莱尔）  
Keep your face always toward the sunshine, and shadows will fall behind you.

永远面朝阳光，这样，阴影就会被你甩在身后。（沃尔特·惠特曼）  
Ever tried, ever failed. No matter, try again, fail again, fail better.

尝试了，失败了，没关系，再试一遍，再失败一遍，每次失败都有所成长。（Samuel Beckket）  
Spread love everywhere you go. Let no one ever come to you without leaving happier.

无论你去到哪里，都要传播爱。让所有遇到你的人，都能获得快乐。（特蕾莎修女）  
The pessimist complains about the wind. The optimist expects it to change. The realist adjusts the sails.

消极的人，抱怨有风。积极的人，期待风能改变方向。务实的人，调整风帆。（Will Arthur Ward）  
Being entirely honest with oneself is a good exercise. 对自己完全诚实，是一种有益的练习。（弗洛伊德）  
Life's most persistent and urgent question is what are you doing for others.

在生命中，最永恒的也最迫切的问题，就是，你正在为他人做些什么？（马丁路德金, Jr）  
What we achieve inwardly will change out a reality.

我们内在的修为，能够改变外在的事情。(Plutarch)  
Don't judge each day by the harvests you reap, but by the seeds that you plant.

以播种了多少，而不是收获了多少，来衡量每一天的价值。（Robert Louis Stevenson）  
When one door of happiness closes, another opens. But often, we look so long at the closed door that we do not see the one that has been opened for us.

当一扇幸福之门关上了，其它的幸福之门就会开启。但是，通常，我们总是盯着那扇关着的门，以至于我们看不见那些一直都为我们开着的门。（海伦凯勒）  
Honesty is the first chapter in the book of wisdom.

在智慧之书里，诚实，是第一个章节。（托马斯杰佛逊）  
How wonderful it is that nobody needs wait a single moment before starting to improve the world.

人们可以随时开始改变世界，一秒钟都不用等，这多美好啊！（Anne Frank）  
Go confidently in the direction of your dreams. Live the life you have imagined.

朝着你的梦想，自信地前进。去过你梦想中的生活。（亨利·大卫·梭罗）  
Always remember that you are absolutely unique, just like everyone else.

你要一直记着，你是绝对独特的，而且所有人都是独特的。（Margaret Mead）  
The only thing necessary for the triumph of evil is for good men to do nothing.

善良的人不做出行动，邪恶的力量就会胜利。（Edmund Burke）