See the good in everything, not because everything is only good, but because that is what you choose to focus on, and by focusing on it, you will attract more good.

要看到这一切的美好。这不是因为每件事都是好的，而是因为这是你选择关注的，通过关注生活中的美好，你会吸引到更多美好的东西。

This doesn’t mean to walk around with your head in the sand. It doesn’t mean to turn a blind eye to wrong doing. It means you don’t give your vital energy to the negative around, but instead choose to focus on, and look for the positive in every situation. It doesn’t take much common sense to understand life is much better this way.

这并不意味着你要逃避现实。这也不意味着对错误的行为视而不见。这意味着你不要把你的宝贵精力消耗在周围的消极事物上，而是在任何情况下都选择集中精力，看到积极的一面。毫无疑问，这样理解生活会更好一些。

Whatever you focus on, you will see more of . So focus on the good.

你专注于什么，你就会更多的发现什么。所以，专注于生活中的美好吧！

This is your life. Don’t let anyone make you feel guilty for living it your way. Don’t let anyone make you feel guilty for being you.

这是你的生活，不要因为坚持真我而羞愧，因为我行我素而内疚，不要让任何人给你制造这种感觉。

Don’t allow yourself to take in those feelings of guilt, when it might not be anyone else’s intention to make you feel guilty either. Often we do that as humans, we think and assume others expect something of us, or judge us, when in fact they don’t.

别人未必是想要让你感到内疚，所以不要让自己承担那些内疚的感觉。作为人类，我们经常这样做，我们认为并假设别人对我们有所期待，或者会评判我们，而事实上他们并没有这样做。

Whatever the case, the best version of you, can only come out, when you do what is best for you. The best you for others, is the you, that follows the path you want to follow. So, for the sake of everyone else, including you, do it your way.

不管是什么情况，只有当你做最有利于自己的事情时，你才会变成最好的自己。对别人来说，最好的你就是走你想走的路。所以，为了包括你在内的所有人，大胆按自己的方式生活吧！

1.**the good** 美好的事物；好人；

2.**focus on** 关注；集中于；

3.**head in the sand**  否认事实；逃避现实；鸵鸟政策；

4.**turn a blind eye to**  熟视无睹；对……视而不见；

5.**vital energy**  生命的能量；生命力；

6.**in every situation**  在任何情况下；

7.**common sense**  常识；

8.**this way**  这样；这种方式；

9.**feel guilty for**  对…感到内疚；

10.**expect something of us**  对我们有所期待；

11.**Whatever the case**  无论如何；

12.**best version of you**  最好的你；

13.**for the sake of**  为了；为了…的利益；

14.**do it your way**  按你自己的方式去做；