Your mindset can be controlled, your attitude can be controlled by you, nobody else. Nobody else can control your attitude and your mindset. If you let them, then you're allowing them to own something that belongs to you, that is your property.

你的心态由你自己决定，而非他人。没有人能控制你的心态。如果你被他们影响了，那你就是在让别人侵占你的东西，就像你把自己的财产拱手让给了别人。

When you get up in the morning, don't look at your phone, don't check your emails, don't think about yesterday's problems, yesterday struggles and what obstacles you got today.

早上醒来后，不要迫不及待地看手机或者翻邮件，先不要去想昨天的问题和困难，也别为今天会遇到的重重障碍而担忧。

Focus, focus on the things that you have, not the things that you want. Focus on the people that love you, not the people that hate you. Focus on what and who you want to be and become. Be blessed, be grateful and say thank you.

要学会聚焦，聚焦在你已拥有的事物，而非你想要的东西。关注那些爱你的人，而不是讨厌你的人。致力于成为你理想中的样子，幸福美满，感恩怀德，知恩图报。

When you wake up every single morning, I want you to wake up with a smile on your face, doesn't matter how bad yesterday was, doesn't matter what you're gonna go on today, and start telling yourself what you want to be.

每天早晨醒来后，不管昨天多么糟糕，也不管今天将有何种遭遇，我都希望你面带微笑，然后自己你今天想要成为什么样的人。

I am rich. I am healthy. I am great. I am amazing. I am a great father. I am a great mother. Whatever you wanna be, start your day off with I am, because what follows your I am is gonna shape your day, your year and your life.

我富有，我健康，我很棒，我优秀，我是尽责的好父亲，我是称职的好母亲。无论你想成为什么样的人，都请以对自己的肯定和赞美开始每一天的生活，那些美好的特质会慢慢融入你的生活。