You got to go to war with yourself before you can get to that top, it is difficult to get up early every day when you're tired, it's raining outside and you have to go to college, when you don't want to go. It's a hard journey, you will have downfalls, you will have times when you're hurting, there will be people who talk about you, it's a journey that's going to make you very uncomfortable.

在你成为佼佼者之前，你不得不与自己开战。你需要克服重重困难，疲惫时也要坚持每天早起，下雨天也不得不去学校。这会是一段艰难的旅途，有时会遇到挫败，有时别人对你说三道四时，你内心会受伤，这就是一段充满不适的旅途。

But through the journey you will find peace with yourself, self-esteem, all of these things are going to be found only through discipline, getting uncomfortable and putting yourself in situations that you don't want to be in.

但是，通过这样的旅途，你会发现内心的平和、自尊，所有这些都是要经过自律、逃离舒适区之后，才会逐渐感受到的。

How badly do you want to change your life? What are you willing to give up to have that life you dream of? Are you willing to give up the procrastination and the Netflix and the hitting the snooze button five times before you eventually get up? Are you willing to give up all of this for the life you aspire to have, or do you just want to talk about it. And I mean give it up forever, because two or three or four weeks isn't good enough.

你有多想改变自己的生活呢？为了过上梦寐以求的生活，你愿意放弃哪些东西？你愿意改掉拖延症、放下奈飞公司的各种媒体产品，并且改掉早晨赖在床上频繁关闹铃的习惯吗？你愿不愿意为了自己想要的生活而放弃这一切？还是你只是随口说说而已呢？我这里指的是要永远地放弃这些，仅仅放弃短暂的几周时间并不太好。

1.**go to war with yourself**

 和自己开战；

2.**downfalls**

  垮台；衰落；

3.**have times when**

  有…的时候；

4.**find peace with yourself**

  寻求内心的平和；

5.**self-esteem**

  自尊；自负；

6.**put yourself in situations that…**

  把自己置于…的境地；

7.**badly**

  非常，很；

8.**procrastination**

  耽搁，拖延；拖延症；

9.**Netflix**

  网飞公司（类似国内的优酷）；

10.**hit the snooze button**

  按下闹铃的瞌睡按钮；

11.**aspire**[ə'spaɪə]

  渴望；立志；追求；