Courage is not formed in absence of fear, and strength is never formed in absence of challenges.

没有经历过恐惧，就不会获得勇气。没有经历过挑战，就不会获得力量。  
Strong people fall down. They don't stay down. Strong people break. They don't stay broken. They mend(修理，修补；改善；修改). They piece themselves back together and they come back stronger.

强大的人，他们也曾经摔倒，但他们会爬起来。强大的人，他们也会崩溃，但是他们会振奋起来，迅速补救。他们调整自己，重新再来，强势回归。  
Strong people aren't special. They're relentless(无情的；残酷的；不间断的). Strong people feel like quitting, but they don't. Strong people aren't free from challenges. They're strong BECAUSE of the challenges.

强大的人，他们没有什么特别之处，只是他们对自己特别狠。强大的人，他们也会想要放弃，但是他们不这样做。强大的人，他们也会遇到挑战，但是这些挑战使得他们更加强大。  
Hellen Keller once said, character can not be developed in ease and quiet. Only through the experience of trial(试验；审讯；努力；磨炼) and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.

海伦凯勒说过，只有经过历练和磨难，才能拥有坚强的灵魂，清晰的眼界，才能激活野心，获得成功。  
Whatever you've been through, TRUST it was sent for a purpose. LOOK BACK and think about how it made you stronger, wiser or better. USE the pain of your past to create a better future for yourself.

你要相信，无论你经历了什么，它都是有意义的。回顾一下，思考一下，你经历过的事情，是怎样让你变得更强大，更睿智，更优秀。利用过去的痛苦，为自己创造一个更好的未来。  
There's a saying, I've never met a strong person with an EASY past. Strong people are strong because their past was NOT EASY. But in that pain, in that struggle, came strength. Through the hell, came qualities from heaven. They went through the darkness and found the light.

有句话说得好，我从来没有见过，哪个强大的人，他的过去是安逸的。强大的人之所以强大，是因为，他们过去经历了困难。但是，就是在痛苦中，在挣扎中，他们获得了力量。经历过地狱般的磨练，他们获得的品质，如天堂般美好。他们经历了黑暗，才找到了光亮。  
When you're down, understand that this moment WILL PASS. It will. When things seem impossible, KNOW anything is possible if you keep going. When you feel like you have no strength inside, dig a little deeper in your soul and discover what is REALLY INSIDE.

沮丧的时候，你一定要明白，这终究会过去，它会过去的。看似一切无望的时候，你要知道，只要你坚持下去，一切皆有可能。感觉再也撑不下去的时候，就去探索自己的内心，看看到底它到底是什么样的。  
TRUST that whatever is happening in your life is for a reason and a purpose. TRUST there is good in every situation, and try to find that good. KNOW that through this struggle, you will get stronger. You will be wiser. You will be better.

你要相信，正在发生的事情，都是有意义的。你要相信，无论情况如何，都有好的一面，你要学会发现它。你要知道，通过挣扎，你才能变强，变睿智，变优秀。  
To be human means to have challenges. To be human means to experience highs and low, and it's in those low moments that character is formed. It is in those low moments, in refusing to quit, in soldiering on, that STRENGTH is formed.

生而为人，你就会面临挑战。生而为人，你就会经历起起落落，而最艰难的时刻会塑造你的人格。在最艰难的时候，你不放弃，你继续前进，你就会磨练出强大的力量。