How much time do you spend every day debating with yourself whether you should go and study or procrastinate a little longer? 每天，你会花多少时间来与自己心理斗争？到底是要去学习，还是再多拖延一会儿？  
Well, let me give you some advice. Sometimes you have to ignore what you're feeling, and just go through the motions. You might feel like watching TV. You might feel like doing something. You might not feel like doing something. And instead of not doing it, just go ahead and go through the motions. Get it done. Get out there and do what you're supposed to do. 让我给你点建议吧。有时候，你必须忽略自己的感受，直接行动。你可能想看电视，你可能想去做什么，你可能不想去做什么。不要把事情搁着不做，你要直接采取行动，把事情完成。行动起来，做自己该做的事。  
It's the problem most students have. They negotiate(谈判) with procrastination. And at first, it's difficult to overcome. But the more you do it, the more you make yourself study even when you don't feel like it, the easier it will become. Get up, and go and study. 很多学生都有类似的问题。他们会跟自己的拖延症较量。最初，他们很难克服拖延症。但是，他们越是行动，越是在不想学习的时候学习，克服拖延症就会越简单。站起来，行动起来，去学习吧！  
We all know the students that complain about their grades. They make excuses（接口） why they couldn't achieve higher. But because they're making excuses, they blame everyone else but themselves, so they don't do anything about it. They don't fix anything. They don't improve anything, so they continue getting the same grades. 我们都知道，学生会抱怨自己的成绩不够好。对于自己得不到更高的成绩，他们总会有借口。但是，因为他们找借口，他们实际上就是在埋怨别人，而不是从自己身上找原因，所以他们也不会想办法解决问题。他们不会去处理任何事情，他们不会去改善任何事情，所以他们的成绩一直不如意。  
If all you do is complain, nothing's going to happen in your life. Be obsessed(痴迷) over your future. Be consumed by the possibilities. The super-successful don't stop when they hit their targets. They simply reset and go again. That dream is not going to just sit there, and wait for you to come and get it. 如果你老是抱怨，你的人生就不会有变化。多关注你的未来，多为不同的可能性而努力。那些非常成功的人，就算他们达成了目标，也不会停下脚步。他们会重新调整，重新开始。你的梦想不会等着你去实现它。  
You've got to chase it. You've got to chase it like a man possessed. You've got to go, and get it. So, what are you doing about it? You've got to take action with your studying. Find a solution to your problem. Don't be the problem. 你必须去追寻梦想，你必须疯狂地追寻自己的梦想。你必须采取行动，实现梦想。那么，你正在为实现梦想付出什么样的努力呢？你必须采取行动，开始学习。找办法去解决问题，而不要让自己成为最大的问题。  
For every action there is an equal and opposite reaction. If you increase your studying by 50%, your grades are also likely to increase. And if they don't, then find out why.你的每个行动，都会得到公平的回馈。如果你多花50%的时间和精力去学习，那么你的成绩也有可能提升。如果你这样做了，成绩还没有进步，那么就去寻找原因