It's so sad to see so many young people give up on the life they want to live, just because they're scared of failure. Most people fear failure so much that they don't even try. Therefore, they fail, just by default. 有很多年轻人，因为害怕失败，就放弃了自己想要的生活。这种现象，令人感到难过。很多人非常害怕失败，结果就是他们连尝试都不敢。因此，他们失败，仅仅是因为他们一开始就放弃了。  
Achieving incredible grades will never be easy, but the only way you can guarantee to get poor grades is to not even try in the first place. Don't fear putting yourself out there. There's too much pressure to fit in. Fit in with friends. Fit in with society. Too afraid to dream about what you are capable of and going out there and grabbing life by the horns. 要想得到优秀的成绩，这并不容易。但是，如果你连尝试都不敢，那么你肯定会得到糟糕的成绩。不要害怕去面对一切。确实，压力有很多，你可能觉得难以适应。融入朋友的圈子，压力很大。融入社会，压力很大。你感到害怕，不敢想象自己能做到什么，不敢勇敢面对生活、把握生活。  
Believe in yourself. If you can dream it, then you can be it. If you believe it, then you can achieve it. And it might not happen straight away. It might take you longer than you expect. 相信自己。一件事，如果你想做，你就能做到。如果你相信它能成真，那么你就能让它成真。这不会马上发生，它需要时间，这时间可能比你想象的要长。  
An F grade student doesn't transition to an A grade student overnight, but if you're committed and maintain belief that in the end you will achieve the results you are chasing, then there's absolutely nothing getting in your way. It is within you. You just gotta find it. 差生，不能一夜之间变成优等生。但是，如果你执着地相信，你一定会得到你正在追求的东西，那么没有什么能阻挡你。你的力量，其实就在你自己身上，你需要找到它。  
So, when your alarm clock goes off, you have a decision to make. And it takes discipline to do this, to get up and to make every single minute of your day count. And you got to do this every day, no matter what it takes. If you really want it that bad, you better get used to being uncomfortable. 所以，在你的闹钟响起时，你就要做出决定。早起，让每一天的每一分钟都有意义，这需要自律。无论如何，你必须每天都这样做。如果你真的很想得到一个东西，那么你就要适应不舒服的感觉。  
What you concentrate on is what you get. You've got to concentrate. If you concentrate, you'll get the grades that you want. If you concentrate on improving your work ethic every day, an incredible work ethic is what you'll get. If you concentrate on success every day, success is what you'll get. 你专注于什么，你就会得到什么。你必须学会专注。如果你能够专注，那么你就会得到你想要的成绩。如果你每天都专注于提升自己的职业道德，那么你就会得到优秀的职业道德。如果你每天都专注于追求成功，那么你就会得到成功。  
It's not a difficult concept to understand. If you want to do something in your life, whatever it is, it's gonna take concentration. Don't stop. Obstacles. Challenges. Distractions. Keep moving forward.这个道理，并不难明白。在人生中，无论你想做什么，你都需要专注。不要停下脚步。障碍，挑战，让你分心的事，不要因为这些东西停下脚步。保持前进！