Blaming, believing that it's always someone else's fault. Many people blame just about everyone and everything as the reason they aren't where they want to be in life. Everyone that is, except themselves. It's always someone else's fault they aren't where they want to be.抱怨，总是认为错的是别人。很多人抱怨他们生活中的每个人，每件事，他们认为是这些导致自己无法实现目标。别人都有错，只有自己是对的。他们无法达成目标，就总会认定是别人的错。  
It's the president's fault. It's my boss's fault. It's my partners fault. It's everyone else's fault they aren't where they want to be.

总认为这是总统的错，是老板的错，是伴侣的错，是所有人的错，是别人害他们无法实现目标。  
People do you wrong, I get it. But you know the difference between a successful, or happy mindset(心态；倾向；习惯；精神状态) and an unsuccessful or unhappy life? I'll tell you. It is, the power of letting go and moving on.

我明白，人们可能错怪了你。但是，你知不知道，一个成功、快乐的心态，和一个失败的、悲观的人生，这两者之间有什么差别？让我告诉你吧，差别就在于，能不能学会放下，并继续前行。  
Everyone shares the same president. Some focus on all the negative. Some just focus on their own path. They might not like the president, or their boss, or certain circumstances, but they don't allow any of it to invade(侵略；侵袭；侵扰；涌入) their energy.

对于所有人而言，总统都是那一个人。有人总盯着消极面看，有人却能专注于走自己的路。后者可能不喜欢总统，不喜欢老板，不喜欢某些事情，但是，他们不会让这些东西消耗自己的精力。  
If I want a result in my life, it's up to me. If I want to feel a certain way, the only person that controls if I do or do not feel that way, is me.

如果我想得到什么成果，一切都取决于我自己。如果我想获得某种感受，只有唯一一个人能决定我是否做得到这样，那个人就是我自己。  
If someone screws me over(欺负欺骗), I choose how I react, and what I learn from the situation. Ask yourself, what did I do to allow that to happen? How can I avoid that pattern recurring in the future? What GOOD could come of it?

如果有人害我，我自己能选择应对的方法以及从事情中学到什么东西。请你问问自己，我怎么会让这样的事情发生？我到底做了什么？我应该如何避免这样的事再次发生？我能从这件事情得到什么收获？  
If I am going to get out of this situation, it is NOT going to happen by holding on, or by blaming. If I want to be free, I have to let go, accept where I am, and take responsibility for what needs to be done to get where I want to be.

一直纠结不放手，一直埋怨，是不可能让我摆脱局面的。我必须学会放手，面对现实，承担相应的责任，做该做的事，这样才能走到自己的目的地，我才能获得自由。  
That's the only way things will get better. You will never get better by blaming others, regardless of who was right or wrong. YOU will never win in life that way. YOU can only win by letting go and focusing all your energy on where you want to be.

要想事情有好转，这是唯一的办法。无论谁对谁错，如果你终日埋怨别人，你永远不会有进步，你永远不会获胜。成为赢家的唯一办法，就是坦然放手，把所有的精力，都集中在自己的目标上。