Never give your power away. If you let the opinions of other people stop you, from creating self-expression, from enjoying your human experience, from doing what you came down here to do, shame on you.

永远不要放弃自己的力量。如果你仅仅因为别人的观点，就放弃自我表达，就不再享受自己的人生，甚至丢掉你本该做的事情，那就太丢脸了。

This is your life experience, who cares what other people think about you, this is your human experience, you are down here to create whatever you desire, and if you ever desire to do something, and it doesn't hurt other people, that desire was given to you, you're supposed to do it.

这是你自己的生活，谁在乎别人怎么看待你呢？这是你自己的人生，你天生就是要成就你所期待的任何事情，如果你有所期待，并且这个愿望不会伤害到他人，那这个愿望就是属于你的，你理应全力以赴。

Les Brown once said, don't let other people's opinion of you create your reality, see, if you give your power away, other people begin to create your reality, you begin to live your life based on the opinions of others, they are creating your reality, are you serious? No one has that power, friend or family, no one has that power to create your reality, do not give your power away.

莱斯·布朗曾经说过，不要让别人对你的看法影响到你的现实。假如你丢掉了自己的力量，那别人就开始掌控你的现实，你开始活在别人的看法中，他们正在掌控你的生活，你是认真的吗？没有人能够掌控你的生活，包括你的朋友和家人。千万不要丧失自己的力量。

You must be brave, you must be bold(大胆的，英勇的), and say this is what I like, this is what I enjoy, break out of the mold, break out of the stereotype, no one gets to dictate（命令；口述；使听写）, how you live your life, how you choose to create your human experience.

你必须要勇敢、无畏，把你所喜爱的东西说出来。打破成规，破除旧习，谁都不要对你的生活和你选择的人生指手画脚。

So this is my advice to you, be bold, be brave, and continue to create the life that you desire, based on what you like, based on what you love, based on what you want to create, despite the opinions of others, even family and friends.

这就是我给你的建议：要勇敢无畏，基于你的喜好和挚爱，基于你的理想，继续开创你所期待的生活，不要理会别人怎么看待你，即便他们可能是你的家人和朋友。

1.**stop sb. from doing sth.**

 阻止某人做某事；

2.**self-expression**

  自我表现；

3.**human experience**

  人生阅历；人文体验；

4.**shame on you**

  你真是丢脸；

5.**be supposed to do**

  应该做某事；

6.**give your power away**

  丧失你的力量；

7.**bold** [bəʊld]

  大胆的；英勇的；

8.**break out of the mold**

  打破常规；

9.**stereotype** ['sterɪə(ʊ)taɪp]

  成见；陈规；陈词滥调；

10. mold

浇铸，塑造；用模子制作；对……影响重大；将……塑造成；使）紧贴于，吻合；轮廓相符；使发霉