What do you do? What do you do when the mountain seems too large, when the weight of the world feels too heavy, when the burden is too much to carry, when the hole seems too deep to climb out?

你会怎么办？当你觉得眼前的山太高，觉得这个世界给你的压力太重，觉得负担太重，觉得眼前的深渊太深，爬不出去，你会怎么办？

What do you do when it all seems impossible? You might be going through something right now. It might be frustrating. You might be working hard to change and not seeing any results.

当一切都好像不可能实现，你会怎么做？可能你现在正在经历难关，它可能很令人沮丧。可能你很努力地做出改变，但是没有得到任何成果。

You may have tried ALMOST everything and NOTHING has worked. You can be frustrated, but you can NOT QUIT. Because quitting is the ONLY WAY TO GUARANTEE FAILURE. QUITTING IS THE ONLY WAY TO GUARANTEE THE SUFFERING STAYS.

你可能把什么方法都试过了，但是什么用都没有。你可能会觉得很沮丧，但是你不可以放弃。因为，放弃必然会导致失败，放弃必然会导致持续的痛苦。

No matter how you feel, KEEP GOING. When it seems unlikely, when it seems impossible, when it seems like there is NO WAY OUT, I tell myself this:

无论你的感受是什么，都要继续往前走。当事情看起来不太可能实现，看起来没有解决办法，我就会告诉自己：

DAY BY DAY… ONE DAY AT A TIME… I WILL BE CLOSER.

一天又一天，每天努力一点点，我会离成功更近。

STEP BY STEP… ONE STEP AT A TIME…I WILL BE CLOSER.

一步又一步，每天走一小步，我会离成功更近。

CHOICE BY CHOICE… ONE CHOICE AT A TIME… I WILL BE BETTER.

一个选择又一个选择，每次做出一个选择，我会变得更优秀。

If I look at the enormous mountains ahead, I might never take that first step, but if I take that first step, and my focus is always on the next step, and I continue to take those strong steps FORWARD, soon I will have gained so much strength and so much PROGRESS, that I will have no choice but to finish my journey.

如果我看着眼前的山，觉得它太高，我可能永远不会走出第一步，但是如果我走出了第一步，我就会一直盯着下一步，我继续一步步地大步往前走，很快我就会得到很强的力量，取得很多进步，结果就是我必须要让自己完成这段旅途。

If I tackle(.应付，处理（难题或局面）；与某人交涉；（足球、曲棍球等）抢球；（橄榄球或美式足球）擒抱摔倒；抓获；对付，打（尤指罪犯）) my challenges DAY BY DAY, and my focus is on IMPROVING EVERY DAY, NOT by conquering EVERYTHING immediately, just improving every day, I WILL IMPROVE EVERY DAY!

如果我不追求立刻把所有事都完成，而是每天都应对挑战，专注于每天都有提高，每天都精进自己，我就会每天都有进步！

With progress comes momentum(势头；[物] 动量；动力；冲力), and the two together, with CONSISTENCY, makes CHANGE.

有进步，就会有动力，有这两者，再加上坚持，我就能有所改变。

If my GOAL is to be closer to my destination EVERY DAY, to be STRONGER EVERY DAY, it won't be long until I see PROGRESS, and that progress will create confidence and STRENGTH to move FORWARD again.

如果我的目标是每天都离目标近一点，每天都变得更强大，很快我就能获得进步，这样的进步会带来自信和能量，让我重新继续往前走。

I WILL BE STRONGER EVERY DAY! I WILL BE CLOSER EVERY DAY!

每天我都会变得更强大！每天我都会离目标更近！

Do not give up!

不要放弃！

GIVE YOURSELF ONE DAY!

给自己一天的时间！

ONE DAY OF COMMITMENT!

付出努力的一天！

ONE DAY OF INTENTION!

目标明确的一天！

ONE DAY OF FOCUS!

意志专注的一天！

ONE DAY WHERE YOU LOVE YOURSELF ENOUGH TO MAKE POWERFUL CHOICES THAT WILL BENEFIT YOUR LIFE!

你足够热爱自己、做出充满力量的选择、使自己的人生受益的一天！

ONE DAY WHERE YOU CARE ENOUGH ABOUT YOUR LIFE TO STAND UP FOR WHAT REALLY MATTERS TO YOU!

你足够在乎自己的人生、为自己在乎的事情而努力的一天！

ONE DAY WHERE YOU'RE STRONG ENOUGH TO SAY NO TO EVERYTHING THAT MAKES YOU FEEL LESS THAN THE POWERFUL FORCE YOU ARE!

你足够强大、能够去拒绝所有让你觉得自己不够强大的事情的一天！