Don't allow other people's opinions and judgments to control the direction of your life.

不要让别人的意见和判断来左右你的人生方向。  
The need to fit in and feel wanted can cause you to travel down paths you don't want to travel.

渴望融入群体，渴望被需要，会把你引入你并不想要的人生旅程。  
People-pleasing is a curse that should be avoided at all costs.

取悦他人是一个诅咒，我们无论如何都要避免。  
Before you do anything ask yourself, am I doing this because I want to do it? Or because of my fear of judgement from others if I don't.

在你做任何事情前，问问自己，我这样做是因为我想要去做吗？还是因为惧怕如果我不去做，别人会对我说三道四呢？  
You were born unique for a reason,  you were born to stand out to be appreciated and loved for who you are, don't dim your light so you fit into the dull background of other people's lives.

你生来就是独一无二的，你生来就要脱颖而出，从而让别人去欣赏和喜欢真实的你。 不要羞于展现自己，如果这样，你就只能活在别人生活的阴影里。  
Shine bright as you are. Those who really care for you will see that light and shine with you.展露你的锋芒吧！那些真正关心你的人会看到你的闪光点。