Discipline

自律

It’s one of the key elements of success in every area of life. Without discipline there is no sustained achievement. With a lack of discipline, there is a lack of success.

自律是生活中在各个领域取得成功的关键要素之一。没有自律就没有持久的成就，也不会获得成功。

GOALS can not be achieved without DISCIPLINE. DREAMS will not become reality without DISCIPLINE. Without discipline there is no greatness. This is not my opinion… this is fact. This is fact that has been proven by several scientific tests. One of those tests was by a man named Walter Mischel…a professor at Stanford University who developed the now famous marshmallow(棉花糖) experiment.

不会自律，我们很难达成目标，梦想也会变得遥不可及，更别提什么伟大成就了。这不是我的主观观点，这是事实，是被一些科学试验验证过的事实。其中的有个实验是斯坦福大学的沃尔特·米歇尔开展的，就是他进行了现在很有名的棉花糖实验。

The marshmallow experiment was a series of studies conducted with children to test their discipline and delayed gratification（ 满意；喜悦；使人满意之事；）. The children were offered one marshmallow… but with a catch（ 隐患；隐藏的困难；陷阱；）… They were allowed to eat the marshmallow… but they were told that if they waited approximately 15 minutes, they would get a second marshmallow.

棉花糖实验是针对孩子进行的一系列研究，以测试他们的自律能力和延迟的满足感。孩子们得到了一个棉花糖…但是这里有个小“圈套”，他们确实可以吃这个棉花糖，但是同时他们会被告知，如果能等待大约15分钟再吃，他们就会得到第二个棉花糖。

In follow-up studies, the researchers determined the children who showed discipline, and were able to wait for the delayed but bigger and better reward, went on to have better life outcomes, better education, better health, better finances.

在接下来的研究中，研究人员发现，那些表现出纪律感、能够耐心等待被延后的更大更好的回报的孩子们，往往能生活得更好，能够接受更好的教育，更加健康，经济状况也更加充裕。

Now, it’s easy to dismiss（ 不予理会；不予考虑；） this test by saying they’re only kids, but think about your life … or many adults you might know… maybe even yourself. How many times do most human beings choose the easy or fast option that is available now… rather than waiting for the bigger reward?

如今，人们对于这项测试的结果往往置若罔闻，他们认为这仅仅是对于孩子的测试，但是想一下你自己的生活，想想你知道的其他成年人，甚至是你自己。对于大多数人，他们会有多少次选择当下简单或快速的可行选择，而不是等待更大的回报？

I’ll tell you… it’s most people.

我告诉你，是绝大多数人。

Most people will choose the easy option now… never understanding the easy option now almost always leads to a hard life later. Successful people do whatever it takes[ 全力以赴；竭尽所能；] now to ensure an easier life later. Sacrifice now… enjoy later. Discipline now… better life later.

绝大部分人都会选择当下简单的选择，殊不知当下的简单选择几乎总是会导致日后生活的艰难。成功人士会为了确保未来更加安逸的生活，会在当下全力以赴。牺牲现在，锁定以后的快乐，约束当下的自己，确保未来过更好的生活。

conduct a series of studies

进行一系列的研究；