Stop apologizing. Stop apologizing for who you are, what you believe, and how you see the world. Stop apologizing for your failures. They lift you up. They push you to be more.

不要道歉。不要因为你做自己、你的信仰、你的世界观而感到抱歉。不要因为自己的失败而感到抱歉。你的失败，让你成长，让你变得更优秀。  
Stop apologizing for being different, unusual or unique. There's a saying that if you are lucky enough to be different, don't ever change. Embrace that. Hold it.

不要因为自己与众不同而感到抱歉。有一句话说得好，如果你足够幸运，能够与众不同，那就永远不要改变。要欣然接受，并努力保持你的独特之处。  
Stop apologizing for taking a path less traveled, for breaking away from the pack. It's not an insufficiency. It doesn't mean you couldn't go their way. It means you have the courage to be yourself in a world trying to make you someone else.

选择了少有人走的路，拒绝从众，这些都不该是你感到抱歉的理由。这不是什么缺点，这并不意味着你无法走别人的路。这意味着，在这样一个尝试改变你的世界里，你有足够的勇气做自己。  
Stop apologizing for words that don't align with someone else's ideology or world view. Your job isn't to appease or conform, is to grab hold of what lights a fire in you, and use it to brighten the world around you.

不要因为你说了别人不同意的话，或者表达了与别人不同的世界观而感到抱歉。你无需取悦他们，无需迎合他们的观点。你应该抓住内心的热情，让它照亮你周围的世界。  
Stop apologizing for your dreams. It's okay to not be content where you are. It's okay to want to grow, to become more.

不要因为自己有梦想而感到抱歉。不满足于现状，这是很正常的。想要成长，想要变得更优秀，这是很自然的事。  
The roots planting them to the ground, they are not yours. And why waste the opportunity beyond the horizon of your current existence?

梦想的根基，并不属于你。为何要浪费机会去追逐无法实现的事？  
See, having the courage of your convictions(信念) is like unlocking your mind. Realizing that, yeah, you have the key and you've had it all.

看吧，有坚定的信念，就是在解放自己的思想。意识到这一点，你就能够获得自己想要的一切。  
No one else gets to set your parameters. They don't get to tell you what's right or what to believe. The people around you are not moral arbiters. They're not protectors of truth.

没有人能定义你。事情的对错，信念的选择，他们都无法替你做决定。你周围的人，他们不是道德裁判官，也不是真理的守护者。  
Remember that. Remember that no one knows better than you what's best for you. That's why there's power in intuition in following your beliefs, your strengths, in doing what makes you happy relentlessly, pursuing what makes you feel alive.

请记住这一点。请记住，除了你自己，没有人知道对你而言什么是最好的。所以，要跟着直觉走，这将给你无限力量，让你追寻自己的信仰，发挥自己的优势，努力做让自己幸福的事情，追求让你感受到生命意义的东西。  
The thing about dreams, ideas, potential, they're always meaningless, until they're not. See, everything is crazy, until it exists.

梦想，理念，潜力，在得到实现之前，它们都是没有意义的。看吧，一个事物，在没有面世之前，人们都会认为这是疯狂的想法，所有事物都如此。  
So protect it. Don't bow down to pressures of now, simply because you have not yet built tomorrow. You will, if you want it, you will. Some messages they are incredibly simple, and this, my friends, is one of those.

所以，请保护好它。不要因为你还没构建好未来，就向当下的压力低头。有些道理，是非常简单的。朋友，我告诉你的，就是这样的道理。  
You have everything you need to become who you want to be right now. As you listen to this in real time, you don't need approval or permission or acceptance. You don't need to belong or be told it's normal.

你想成为理想中的自己，现在已经万事俱备了。当你听到这些道理时，你不需要认同，或者要去获得允许、接纳。你不需要让自己从属于某个群体，或者要让别人来告诉你，一切都很正常。  
You simply need to start, to know that you will pick yourself up when you fall and keep going.

你只需要行动起来，在自己跌倒的时候，能自己勇敢地站起来并继续向前。你要明白这个道理。  
Not apologize, but continue placing one foot in front of the other. Not look externally for a will to carry on that only exists within you. See, the second you begin rewriting the rules, changing the game, you put yourself in position to emerge victorious.

无需感到抱歉，你只需要不断前行。坚定的意志，存在于你心里，而不是在外部的世界，所以你也无需寻找。你看，只要你决定要自己改写规则，改变这场游戏，你就为自己做好了赢得胜利的准备。