Take care of yourself

照顾好你自己

Eat well. Read positive and transformative books. Study yourself. Develop Yourself. Go deeper. Transform further.

好好吃饭。阅读积极的和具有变革性的书籍。好好学习，发展自己。让自己深造，做出进一步转变。

You are your greatest investment, so invest your greatest amount of time in YOU. Invest your greatest effort in you, so you are rewarded with the greatest payoff. A payoff that will not just benefit your life and happiness but all those you love as well. Strong mind. Strong body. Strong spirit. Strong life.

你是你最大的投资，所以把你最多的时间、最大的努力放在自己身上，这样你就会得到最大的回报。这不仅有利于你的生活和幸福，也有利于你所爱的人。你会拥有强大的头脑、强壮的身体、强烈的精神和坚强的生活。

Decide what you want. Believe you will get it with every fibre of your being. Live as if you already have it. Feel it to be yours and it soon will be.

决定你想要什么。相信你会全心全意地得到它。你要像你已经拥有了它一样生活，感觉它就是你的，那么它很快就会变成你的。

When you live in complete non attachment, not needing it to be, but feeling as if you already have it, while living in complete gratitude for everything you do have, things are just attracted to you like a magnet.

当你完全不依附于其他而生活时——你也无需依靠，而是要感觉自己已经拥有了它，同时你要对你真正所拥有的一切充满感激之情，这样它们就会被你吸引过来，就像你有了磁力一样。

1.**transformative**

 变化的，变形的；有改革能力的；

2.**go deeper**

 深入探索；更深入些；

3.**investment**

  投资；投入；

4.**invest your time in**

  在…花时间；把时间投入到…；

5.**be rewarded with**

  得到...的奖赏；

6.**payoff** ['peɪɔːf]

  报酬；结果；

7.**with** **every fibre of your being**

  全心全意地；

8.**live in complete non attachment**

  完全不依附于其他而生活；

9.**live in complete gratitude**

  活在感恩之中；

10.**magnet**[ˈmæɡnət]

  磁铁；磁石；