The road to success is through commitment and through the strength to drive through that commitment when it gets hard. And it is gonna get hard and you're gonna want to quit sometimes, but it'll be colored by who you are and more who you want to be.

承诺以及当承诺变得困难时推动承诺的力量，是通往成功的道路。这个过程并不轻松，有时你会想放弃，但受你自己影响，更多是受你想成为的人的影响，你可能会坚持下来。

The only solution is micro action, that's it! I don't want to hear shit about your big goals. In fact, for everybody out there I want to hear shit about your dreams and your goals until you're actually taking the actions every day for a couple weeks straight.

对此，唯一的解决办法就是持续做出小行动，就是这样！我不想听你的大目标。事实上，对于在场的每个人，在你们连续几个星期每天都在做付出行动之后，我才会想听到你们关于梦想和目标的话语。

You don't get to talk about your dreams until you can prove that you wake up, and every single damn day you push yourself to take one small action forward, if you can do that consistently for a month, then you can start talking about the things, then you can start talking about how you make money out of it, then you can start talking about how you build steel around it.

直到你能证明自己能够醒来，你才可以谈论你的梦想，而每一个该死的日子，你都要督促自己向前迈出一小步，如果你能连续一个月做到这一点的话，你就可以开始谈论这些事情，然后你也可以开始谈论你如何从中赚钱，如何为它打造商业壁垒。

But until you can actually get your ass out of bed, and make the commitment to yourself to do the actions required, you're just all talk. 但是，这前提是你真的能从床上爬起来，并承诺去做你需要做的事情，否则你只是说说而已。

1.**commitment** 承诺，保证；

2.**drive through the commitment**履行承诺；

3.**be colored by**  受…影响；

4.**micro action**  微行动；

5.**hear shit about**  听关于…的废话；

6.**for a couple weeks straight**  连续几个星期；

7.**push yourself to do sth.**  强迫自己做某事；

8.**take one small action forward**  向前迈出一小步；

9.**consistently**  一贯地；一致地；坚实地；

10.**make money out of it**  从中赚钱；

11.**make the commitment to do sth.**  承诺做某事；

12.**you're just all talk**  你只是说说而已；