Why is it so hard... to do the little things that would improve my life. The way that our minds are designed is our minds are designed to stop you, at all costs, from doing anything, that might hurt you...

为什么要做一些有助于提升自己的小事是如此之难呢？那是因为我们的大脑天生就是这样的，它会不惜一切代价去阻止你去做任何可能会伤害到你的事情。

There are so many people in the world and - and - and, you know, you may be watching this right now, and you have these incredible ideas and what you think is missing is motivation...and that's not true... Because the way that our minds are wired, and the fact about human beings is that we are not designed to do things that are uncomfortable...or scary, or difficult.

世上有这么多的人，而且你现在也在关注：你有这些新奇的想法，但你觉得你的动力正在消失。然而事实并非如此，因为我们的大脑是紧张不安的，我们生而为人，天生就要避免不舒适、恐惧和困难。

Our brains are designed to protect us from those things, because our brains are trying to keep us alive, and in order to change, in order to build a business, in order to be the best parent , the best spouse, to do all those things that you know you want to do with your life, with your world, with your dreams, you're gonna have to do things, that are difficult, uncertain or scary, which sets up this problem, for all of us...

我们的大脑是保护我们免受其他东西的伤害，因为它在尽力让我们存活下来。为了改变现状，为了建立业务，为了成为最好的父母或配偶，为了做那些你所知道的所有想要做的事情，为了做那些事关你的生活、世界和梦想的事情，你就必须要做一些困难的、充满不确定性或者可怕的事情，尽管这些事情会给我们每个人都制造难题。

The one thing we have in this world is, we can't control the events, but we can choose what to focus on, we can choose what things mean and we can choose what to do...those three choices, those three decisions, really control our life!

人生在世，我们要秉承这样一个信念：我们无法控制事态发展，但我们能选择我们关注的事情，我们能选择赋予这些事情的意义，并且选择我们要做的事情，上面这三个选择，就是三个决定，它们会决定我们的生活。

1.**at all costs**

 无论如何，不惜任何代价；

2.**right now**

  就是现在，马上；

3.**incredible ideas**

  新奇的想法；惊人的想法；

4.**motivation**[məʊtɪ'veɪʃ(ə)n]

  动机；积极性；推动；

5.**that's not true**

  事实并非如此；那是不对的；

6.**scary**['skeərɪ]

（事物）可怕的；恐怖的；

7.**protect sb. from …**

  保护某人免受…（的伤害）；

8.**spouse**

  配偶；

9.**gonna**

  将要（=going to）；