Use your time wisely

科学地规划自己的时间

Time is a valuable resource and one should also approach in a conscious way. Just like spending money.

时间是一种宝贵的资源，我们应该有意识地加以利用，像对待每一分钱一样。

Mark Zuckerberg is positive that you can't succeed if you spend your energy on stupid and frivolous（无意义的；轻率的；） things. So he is trying to cleanse（净化；清洗；） his life from things that don't have any sense（毫无意义；）. Choosing clothes is one of those things according to him. No surprise we see him in the same great t-shirt every day.

扎克伯格认为，如果你把精力浪费在琐碎乏味的事情上，你就不会成功。所以他尽量清除生活中毫无意义的事情。对他来说，挑选衣服就是这类事情中的一件，所以我们看到他每天穿同样的T恤也就不足为奇了。

We all have more significant time consumers than choosing clothes. For example, the inability to say no, say no to gossip（谣言；闲话；）, social media, the wish to do several tasks simultaneously and then stop halfway（ 半途而废；中止；）. All these things consume your time that would be better invested in yourself, just like other resources.

我们都有比挑选衣服更加耗费时间的事情，比如，我们自制力不够，无力拒绝八卦新闻和各种社交媒体。我们寄希望于一心多用，同时做几件事情，但往往都半途而废。所有这些事情都在消耗你的时间，而你本该像利用其他资源一样，把握每一分每一秒来提高自己。