When you try to be different, you disconnect from what you want. Authenticity(真实性) is about staying true to what you believe, not about your image. To be brave to express your genuine feelings and opinions.

如果你尝试去让自己与众不同，那么，你就跑偏了，这不是你内心的需求。真实，它意味着认同你自己的信念，而不是迎合你的外在个人形象。要勇敢表达自己的真实感受和观点。  
Who are you, really? Authenticity, in a psychological sense（在心理学意义上） of the word, is connected with your identity（身份）. Oscar Wilde said, man is at least himself when he talks in his own person. Give him a mask and he will tell you the truth.

你，到底是谁？真实，这个词，从心理学上看，是跟你身份有关的。奥斯卡王尔德曾经说过，人，在跟自己对话的时候，才是最真实的。让一个人戴上面罩，他就会告诉你真相。  
When you're not authentic, the only person you fool is yourself. Stop caring about other people's expectations will set you free. You'll no longer feel afraid of who you want to be. Comparing yourself to another is an insult（侮辱，无礼） to who you are. Walk your path. Walk your own path.

如果你不能保持真实，那么，你就是在自欺欺人而已。不要去在乎别人对你的期待，这会让你感到自由。如果你做到了，你就不会因为自己的梦想而感到害怕。把自己跟别人作对比，这是对自己的不尊重。走你自己的路，走你自己的路！  
Firstly, walking your own path means that you might be rejected by others. You will feel overwhelmed. You will take on responsibility. You will be challenged. You will feel embarrassed. You will be uncomfortable. And you will be immensely（极其地，非常地） grateful you chose this path.

首先，走自己的路，这意味着，你可能会遭到反对，你会感到巨大的压力，你会担起责任，你会面临挑战，你会感到尴尬，你会感到不舒服。与此同时，你也会感到很感激，因为你选择了这条路。  
Sometimes those people who reject you are those closest to you. How often they tell you that you should do this with your life or you should do that with your life? I know what's happened to me a lot over the years, and I imagine it's happened to you.

有时候，那些反对你的人，是最亲近你的人。他们是不是经常告诉你，你应该这样活，你应该那样做？他们可能会说，我这些年经历了很多，所以我认为你也会经历这些。  
Generally, the people giving the advice are well-meaning（善意的）, and their motives vary. Sometimes they tell you that, that's where the money is. Sometimes they tell you that, it's the path to happiness, or it's the way to be successful, or it's the path to true spirituality（灵性，精神性） and the inner peace.

总的来说，那些给你提建议的人，他们是心怀好意的，他们的出发点各不相同。有时候，他们会告诉你，那样才能挣钱。有时候，他们会告诉你，这样做，你就会幸福，会成功，会获得精神上的力量，会获得内心的平静。  
And that's great. The path that's working for them is wonderful for them. But it doesn't matter where they think the path leads if it's not your path. You may want success. You may want happiness. You may want wealth. You may want greater spirituality and inner peace. You may want a combination of all these. Or you may want something completely different.

这挺好的，他们走的路，这对他们而言当然是很棒的。但是，如果这根本就不是你的路，那么，无论他们认为你将会收获多少东西，都没有意义。你可能想要成功，幸福，财富，更多的精神力量，内心的平静，或者这些东西全部加起来。或者，你也可能想要完全不同的东西。  
But whatever you want, even if it's exactly what someone else is telling you their path leads to, your path still might be different, because you are different, unique, with your own skills and talents and dreams and desires. You are you. Your path is your path. No one else can walk it. No one else can tell you what it is.

但是，无论你想要什么，你想要的，和他们跟你说你那样做将会得到的，就算这两者完全一样，你的道路也可能是跟他们不同的。因为，你与他们不同，你很独特，你有自己的长处，天赋，梦想，愿望。你，就是你。你的路，是你的路。没有人能走你的路，没有人能告诉你这条路意味着什么。  
Sure, others may guide you, but you have to discover your own path. Once you're on your true path, you'll find guides, mentors and way posts to keep you heading the right direction. And you must ignore those telling you your path isn't right. Besides, how could they possibly know whether your path is right?

没错，他人可能会指引你，但是，你必须自己探索出你的道路。一旦你走上了真正属于自己的路，你就会找到指引，人生导师，路标，这些会带你去往正确的方向。有人会跟你说，你走这条路是错的，你必须忽视这些人。他们怎么可能知道你的路是否正确？  
It's your path, not theirs. It is your mission in life to consciously（有意识地） discover and trek（艰苦跋涉） your own path in life. This path may be made up of many different tracks（轨道） and routes, but it is ultimately（最终，最后） one path, your path. Remember who you are and why you're here. Don't compare yourself to anyone else.

这是你的路，不是他们的路。发现自己的人生道路，并坚定地走下去，这是你的人生使命。这条路，由不同的道路和路线组成，但，它终究是一条路，那就是你的路。记住你的身份，记住你的目标。不要把自己跟别人作对比。  
There has never been and will never again be anyone exactly like you. Each of us has unique gifts that we're meant to bring into the world. So, stop living small, doubting yourself and playing it safe. The world needs you, now more than ever, to wake up and be your unapologetically（正大光明地） authentic and powerful self in every moment.

你是最独特的，前无古人，后无来者。我们每个人，都有独特的天赋，这是命中注定的，我们要把这天赋带到这个世界上。所以，不要再碌碌无为地生活，不要再怀疑自己，不要再追求安稳。这个世界，它需要你，尤其是现在，特别需要你，它需要你觉醒起来，问心无愧地，做最真实的自己，最强大的自己，每分每秒都如此。  
Are you ready to walk your path?

走自己的路，你，准备好了吗？