What are you waiting for? If you're waiting, you're already in trouble. I'll tell you what you're waiting for. If you're waiting for something, you're waiting for nothing, because usually that's what you get if you wait.

你还在等待什么？如果你在等待，那么你的麻烦大了。让我来告诉你，你到底在等什么。如果你在等待，你什么也等不来。因为如果你一直等，那么你就什么都得不到。  
Very few good things in my life have come because I just been sitting, waiting around for them to happen. That's not the way life is. Life rewards the person who initiates（启动，开始）, the ability and the discipline. To initiate something that you want is the first step to bringing it to you.

在我的人生中，我等来的好东西很少，生活不是这样的。生活会回馈那些采取行动的人，他们有很强的执行力，他们足够自律。为了你想要的东西而行动，它就会开始向你走来。  
The resources, the people, the dreams, the things that you really want in your life, they don't start moving until you start moving. The moment that you move, then you begin to attract those people, resources, ideas to you. But they don't move, unless you move and what I've also learned is the moment you stop, they stop also.

资源，人脉，理想，你想要的东西，如果你不开始行动，它们也不会行动。一旦你开始行动，你就开始吸引这些人脉，资源，灵感。但是，如果你开始动，它们也会开始动。而且，根据我的经验，你停下来，它们也会停下来。  
I've watched people start the move when they start coming toward them, and then they just stop, and when they stop, then all of a sudden. what happened? All of a sudden, no more ideas, no more people, no more resource. Here's what I know. I call it motion attraction.

我曾经观察过那些采取行动的人，他们向自己想要的东西靠近，然后他们停下了脚步，就在这时，突然间，灵感没了，人脉没了，资源也没了。根据我个人的理解，这叫做行动吸引法则。  
When you move, you attract other things that move towards you. If you want something, get off（动身；免于受罚；从…下来；脱下） the bench（长凳；工作台；替补队员）, start walking. Everything worthwhile is uphill. You see every dream that you've ever had, it's all uphill. If you build a wonderful business, guess what? It was uphill. If you've made the right decisions, they're not easy, are they? It's uphill.

在你行动的时候，你会吸引其它的东西向你移动。如果你想得到一个东西，那么就站起来，开始行动吧。所有有价值的东西，都在高处。你的所有梦想，都在高处。如果你生意做得很好，你猜怎么着？这也是在高处。如果你做出了正确的选择，你要做的事情并不简单，对吧？它们都在高处。  
And the only way that you can go uphill is to be intentional（故意的；蓄意的；策划的）. Nobody ever accidentally went uphill. You've never talked to a successful person and said, how did you get to the top of the mountain? And then they look at you, say, I have no idea. If they're at the top of the mountain, they know how they got there, because they had to have effort. It took energy. It took time.

要想走到高处，唯一的办法，就是要心怀目标。走到高处的成功案例，没有一个是偶然。你从来没有跟一个成功人士交流过吧，你要是问他们，你是怎么爬到巅峰的？他们会说，我也不知道。如果他们已经登顶，他们肯定知道这是怎么做到的，因为他们要付出努力，精力，时间。  
Everything worthwhile, everything worthwhile, is uphill. There is a choice you have to make in everything you do, so keep in mind that in the end, the choice you make makes you. The choices I make, make me. The choices you make, make you.

所有有价值的东西，都在高处。你做的每件事，都是在做选择，所以，请你记住，到头来，你的选择造就了你。我的选择，造就了我。你的选择，造就了你。  
If you make a bad choice today, you repair tomorrow. If you make a good choice today, you prepare tomorrow for a better day. You don't want tomorrow to have a dark future for you, because you haven't done your best today. Your best today set you up for success tomorrow.

如果你今天做出了一个糟糕的选择，那么明天你就要去弥补。如果今天你做出了一个很棒的选择，那么明天你会过得更好。你可不想让明天很黑暗吧，因为你今天还没有尽力奋斗。把今天过出极致，明天你才会获得成功。  
Seize the day today, because you see the tendency for all of us is to（倾向，趋势；癖好）, kind of think that tomorrow has more promise（许诺，允诺；希望） than today. Today is the same day that somebody yesterday thought would be so great. So you have to understand you're living in the day that somebody was saying this will be a great day for me.

珍惜今天，因为，我们总是在想，好像明天比今天更有希望，然而昨天也有人是这样看待今天的。所以，你要明白，你的今天，就是另外一个人认为的很棒的明天。  
You see, the promise of tomorrow is very unfulfilling（不称心的，不能使人满足的）, because there's nothing guaranteed about it. The promise of today is very fulfilling, because you've got it right now. It is in your hands. You can do something about now, right now. In fact, think about it. Now is all you got.

明天貌似没有什么盼头，因为什么都还没确定。但是，今天却让人感到满足，因为你拥有今天，它就在你手中，现在你就可以做当下要做的事。其实，想一想，你拥有的，只有今天。  
You don't have anything else but now. Yesterday's gone. It's a canceled check. Tomorrow's a promissory（约定的；允诺的；约定支付的） note. The only thing that you can cash right now is now. So this is the day. It's all you've got. Now is all you've got. So take advantage of it.

除了今天，你一无所有。昨天已成往事，它就像一张已经支取的支票。明天，是一张充满希望的期票。现在，你唯一能收获的，就是现在本身。所以，今天很重要，你只拥有今天。你只拥有现在，所以过好当下吧。  
What have you been postponing and are thinking about doing tomorrow that you can do right now? The most rewarding thing in life is to carpe diem[抓住今天]. Seize the moment. If you don't, you lose the moment. You lose the blessing. Don't do it. Now is all you have right now. Take advantage of it.

有什么事情，是你一而再、再而三地推迟，是你认为明天做比今天做更好的？在人生中，最能让你有收获的，就是珍惜当下。把握好现在。如果你没有把握现在，那你就会失去现在，你就会失去好运。不要这样做。现在，你拥有的就只有现在。过好现在吧！