And whenever a building is constructed, you usually have an Architect who draws a blueprint, and that blueprint serves as the pattern, as the guide, as the model for those who are to build the building, and the building is not well erected without a good, sound and solid blueprint.

要建造一个建筑物，你通常需要建筑师来画出蓝图。这张蓝图就像是一个样板，是那些建造者进行建造的向导和模型。如果一座建筑物没有合理可靠的蓝图，那它很难建造成功。

Now each of you is in the process of building the structure of your lives and the question is whether you have a proper, a solid and a sound blueprint. And I wanna suggest some of the things that should be in your life's blueprint:

现在，你们每一个人都在建造自己的人生大厦，问题是你有没有一个合适可靠并且坚实的蓝图。关于绘制生活蓝图，我想给大家几点建议：

Number 1 - in your life's blueprint should be, a deep belief in your own dignity, your own worth and your own somebodiness. Don't allow anybody to make you feel that you are nobody, always feel that you count, always feel that you have worth, and always feel that your life has ultimate significance.

在你的人生蓝图中，第一件事是对自己的尊严、价值和重要性应该要有深刻的信念。不能让任何人使你觉得自己一无是处。总是要觉得你是有用的，有价值，觉得你的人生具有终极意义。

Secondly - in your life's blueprint, you must have as a basic principle the determination to achieve excellence. In your various fields of endeavor, you're gonna to be deciding as the days and the years unfold, what you will do in life, what your life's work will be, once you discover what it will be, set out to do it and to do it well.

第二，在你的生活蓝图中，你必须把创造卓越的决心作为自己的基本原则。在你努力拼搏的领域，随着时间的推移，你要决定自己以后做什么，什么是你的终身职业。一旦做出决定了，就着手去做，并尽力做到卓越

1.**draw a blueprint**

绘制蓝图；

2.**serve as**

  担任…，充当…；起…的作用；

3.**sound**

  健全的；合理的；可靠的；

4.**wanna**

  想要（等于want to）；

5.**somebodiness**

  重要人物；

6.**you are nobody**

  你是小人物；（对应somebody：大人物）

7.**count**

  重要；

8.**achieve excellence**

  取得卓越成就；

9.**endeavor** [ɪn'devə]

  努力；尽力；

10.**as the days and the years unfold**

  随着岁月的流逝

11.**set out to do sth.**

  开始做…；着手做某事；

If you can’t fly, then run;

If you can’t run, then walk;

If you can’t walk, then crawl,

But whatever you do,

You have to keep moving forward. ---Martin Luther King Jr.

Crawl n爬行；养鱼池；匍匐而行; vt. 爬行；缓慢地行进; vi. 爬行；匍匐行进