What do you do when the thing you didn't ask for happens in your life in the shifting seasons?

如果生活中发生了你没有预料到的事情，你会怎么办？  
You can find yourself stressed out. You can find yourself depressed. Mentally fragile because of the experiences, the turbulence(骚乱，动荡；[流] 湍流；狂暴) that you have gone through.

你可能会感到巨大的压力，你可能会感到抑郁。因为这些经历，因为这些起起伏伏，你的精神变得脆弱。  
Setbacks will happen and when they do, it's okay to get depressed, it's okay to cry, it's okay to go home, but eventually you have to get over it and move on.

总会有挫折发生。当挫折来临时，你感到焦虑，这是很正常的。你会哭泣，你想回家，这些都很正常。但是，你终究要想办法克服困难，继续前进。  
The greatest people that have ever walked this planet constantly get setbacks in life and failures. Constantly.

世界上那些最伟大的人，都经历了持续不断的挫折和失败。没错，持续不断的挫折和失败。  
And most people stop at failure. We've all failed at things. It's the most powerful tool you can use. But it all depends on how you use it.

大多数人会在遭遇失败后停下脚步。我们都曾经失败过，失败是你能用上的最强大的工具。但是，这一切取决于你如何发挥它的作用。  
There is a blessing in everything. Behind every moment of adversity in your life, there is a blessing and a lesson. Every moment of adversity(逆境；不幸；灾难；灾祸) has those 2 things. Pain always leaves a gift. Always.

每一件事，都蕴含着福气。每一次逆境的背后，都有一份礼物和一次教训。每一次逆境的背后，都藏着这两个东西。痛苦，总是会给我们留下一份礼物，它总是如此。  
The depth of your struggle will determine the height of your success.

你的挣扎有多用力，你的成功就有多精彩。  
You're supposed to react, you're supposed to respond, you're supposed to be down for a quick minute, but you get back up. You don't stop.

你应该有所反应，你应该做出回应，你会消沉一会儿，但是最终你会站起来，你不会停下脚步。  
You keep standing. No matter how rough the sea, you keep standing. No matter what, you don't give up.

你，站得笔直。无论大海的波涛如何汹涌，你都站得笔直。无论如何，你都不放弃。  
It takes a lot of guts to pick yourself up when you experience setbacks and people don't see the vision. And you might lose your job, it takes a lot of guts. You don't have nothing but linen(亚麻布，亚麻线；亚麻制品) in the corner of your pockets, you're out here talking about living your dream.

你遇到失败，人们认为你没有前途。在这种时候，你若想重振旗鼓，需要极大的勇气。你可能失去了工作，这需要极大的勇气去面对。你口袋里一分钱都没有，你要向世人展现自己的梦想。  
And people laughing at you and they're doubting you. People are gonna think you're crazy. And sometimes you're gonna think you're crazy. You're gonna question yourself. It takes guts, ladies and gentlemen. No guts(勇气), no glory.

人们嘲笑你，人们怀疑你。人们会认为你疯了，有时候甚至你自己也认为你疯了。你会质疑自己。女士们，先生们，这些都需要勇气。没有勇气，就没有辉煌。  
Most people, when they hear a no or they're rejected, it takes their power away. And they become discouraged, they lose their spirit, they lose their energy. They stop.

大多数人在被否认、被拒绝的时候，就失去了所有的力量。他们被狠狠地打击，他们失去了奋斗的精神，他们失去了他们的能量，他们停下了脚步。  
No, no. When you're facing those rejections day in and day out, don't say I had a bad day today, say I had a character building day.

不，不要这样。当你每天都要面对否认时，请别说，我今天过得很糟糕，而是要说，今天的经历锻炼了我的品格。  
What did you learn? What did you get out of that day? When you get knocked down, and you're gonna get knocked down, when you run into some roadblocks, and you're gonna run into them, when you have some setbacks, you can always be able to bring yourself back in knowing if someone has done it, it's possible that I can do it.

你学到了什么？你在这一天中有什么收获？当你被打倒，你会遇到被打倒的时候，当你面临阻碍，你会遇到面临阻碍的时候，当你遇到挫折，你总是能让自己明白，如果有人做到了，可能我也会做到。  
You've got to be willing to face rejection and no again and again and again, defeat again and again and again, and every time life knocks you down, you jump up and say it's not over until I win.

你必须心甘情愿地面对拒绝和否认，一遍，一遍，又一遍。你必须心甘情愿地面对失败，一遍，一遍，又一遍。每次生活将你打倒时，你都要站起来，并说，只要我还没有赢，我就要坚持到底。