Sometimes you outgrow(**蜕变生长快 出生**) people. Sometimes you outgrow yourself. Sometimes you outgrow your environment. Sometimes you outgrow who you wanted to be, and sometimes you outgrow who you became.

有时候，你超越了别人。有时候，你超越了自己。有时候，你超越了周围的环境。有时候，你超越了理想的自己。有时候，你超越了如今的你。

It might have all been positive. You may have come along way. But sometimes you have to move on. Sometimes you just outgrow people. You don't need to hate them. You don't need to cut them off. But you do need to distance yourself from them, if you want to live your best life. Maybe, that is what's the best for them, too.

也许一切都很顺利，你历尽艰辛才走到现在。但是，有时候，你需要继续往前走。有时候，你要超越别人。你不需要恨他们，你不需要和他们断绝联系，但是，如果你想过上最好的生活，你确实需要离他们远一点。也许这对于他们而言，也是最好的。

That person may have had only good intentions for you. They may have given you everything they could. But sometimes you have to move on. Not in a negative way. In a positive way. For your growth, and for theirs.

别人可能也是为了你好，他们已经把能给的都给你了。但有时候，你需要继续往前走，不是消极地往前走，而是积极地往前走，这是为了你自己的成长，也是为了他们的成长。

You should surround yourself with people who are good for your mental health. People who give you energy, not drain(排水沟；下水道；负担；消耗) it from you. People who light you up, not those who dim your light.  People who make you smile when you hear their name, or see their call coming in.

你应该多跟那些对你心理健康有帮助的人在一起，他们给予你能量，而不是索取你的能量，他们给你光芒，而不是削弱你的光芒。一听到他们的名字，或者看到他们的来电，你的脸上就会扬起笑容。

Those friends who you could go days, weeks, months without seeing, but when you do, the bond is still strong, because you care for each other.

你和这些朋友，可能几天不见，几个星期不见，几个月不见，都没关系，但是当你们见面的时候，你们的友谊仍然深厚，因为你们很在乎彼此。

Warren Buffett said, surround yourself with people who push you to do better. No drama(戏剧，戏剧艺术；剧本；戏剧性事件) or negativity. Just higher goals and higher motivation. Good times and positive energy. No jealousy(嫉妒；猜忌；戒备) or hate. Simply bringing out the absolute best in each other. One of the greatest realizations any human can have is the effect people around you have on your life.

Warren Buffett曾经说过，要跟那些敦促你变得优秀的人在一起，不要情绪化，不要消极，而仅仅是一起把目标定得高一点，动力更足一点。大家一起度过美好时光，从中获得正能量，不妒忌，不憎恨，而是让对方看到最好的自己。意识到你周围的人对你的影响，这对于任何人而言，都是最重要的觉醒。

They say you're the average of the 5 people you spend the most time with. That doesn't just count in financial terms. It also means ENERGY.

有人说，和你相处最多的五个人的表现，平均起来，就是你。这不仅仅是从金钱的角度去衡量，这还涉及到一个人的能量。

You're the average of the POSITIVITY (or NEGATIVITY) of the 5 people you spend the most time with. You're the average of the HAPPINESS (or lack of it) of the 5 people you spend the most time with. You're the average of the KINDNESS (or lack of it) of the 5 people you spend the most time with.

和你相处最多的那五个人，平均来看，他们有多积极，你就有多积极，他们有多快乐，你就有多快乐，他们有多善良，你就有多善良。

People can really bless you or mess you up with their energy. You have to be so careful who you allow in your energy space on a consistent basis.

人们可能让你活力满满，也可能让你筋疲力尽。你要多加小心，想清楚，你要让谁对你的能量产生持续影响。

So many people think they don't have a choice. YOU DO. Your energy is your choice. You decide WHO you let in to your space, and if you let negative people in, it's always your choice if you're going to let their negative energy in.

所以，很多人认为，自己别无选择，而事实并非如此。你的能量，由你决定。你来决定，让谁进入你的世界，如果你让消极的人进来了，那你也能决定，要不要让他们的消极能量进来。

You have to remember to take care of YOURSELF. Sometimes we get so caught up in worrying about other people that we forget to look after ourselves first.

你要记住，你必须好好照顾自己。有时候，我们为别人担忧太多，而忘记要先好好照顾自己。