

Time flies and life is a blur.

时光飞逝，生活是个谜。

As I sit back and reflect, all I can say is this past year has been so crazy.

当我坐在这里回想时，我只能说过去一年实在是太过于疯狂。

The NBA and China's relationship soured

NBA 与中国的关系变的很差

My friend Godfrey suddenly died filming on set

我的朋友高以翔在拍摄综艺现场时身亡

Last year's Beijing Ducks captain G-Man was diagnosed with a terminal
disease midseason and passed away,

去年 CBA 北京烤鸭队的队长吉喆在赛季中被确诊为绝症，并离开了我们。

The coronavirus became a global health emergency

武汉肺炎成为了全球性的难题

And Kobe/Gianna/7 others passed away in a tragic accident.

科比与女儿和另外七名乘客丧生于一场悲剧的事故。

The CBA season's been postponed indefinitely and I'm on standby,
training and staying ready if the season resumes.

CBA 赛季无限停摆，我只能做好准备，以期待赛季的恢复。

Since last summer I haven't had much to say on social media, but I felt
very strongly about this post.

从去年夏天以来我觉得我没有什麼在社交媒体上想说的，不过在这
条里我想多说一些。

Today isn't guaranteed.

今天的阳光从来不是理所应当的。

Tomorrow isn't guaranteed.

明天的朝阳也未必会到来。

Nothing in life is guaranteed.

在生活中什么都不是确定的。

Live life to the fullest, pursue the best version of yourself.

将生命活到一种饱满的状态，努力实现你自己最好的那个可能。

If you aren't content along the journey, you won't be content at your
destination.

如果你对这段旅程不满意，你就不会在终点满意。

I learned this lesson the hard way.

我历经重重磨难，才悟到这个道理。

Find joy, find purpose, find truth.

去寻找快乐吧，寻找目标，寻求真理。

Love radically, serve generously.

疯狂的去爱吧，慷慨的去奉献吧。

Life is too short and too precious for time to be wasted.

生命真的好短好短，浪费真的太可惜了。

This world needs more compassion and empathy. We are all imperfect
humans - we all need grace.

这个世界需要更多的同理心，我们都是不完美的人，我们都需要被
宽恕，被仁慈对待。

You have one life to live, focus on what really matters in life.

你只有一次可活，专注于你生命中重要的事情吧。

And pray that God blesses us with the chance to see tmrw.

祈祷上帝我们都有机会看见明天的太阳吧。