标题：每日成长必知：二十二条生活忠告

开头：每日成长必知：二十二条生活忠告

正文：1、找点时间，单独呆会儿

Find time for yourself

2、欣然接受改变，但不要摒弃你的个人理念

Life will change what you are but not who you are

3、记住：沉默是金

Remember that silence is golden

4、多看点书，少看点电视

Read more books and watch less television

5、过一种高尚而诚实的生活。当你年老时回想起过去，你就能再一次享受人生

Live a noble and honest life. Reviving past times in your old age will help you to enjoy your life again

6、相信上帝，但是别忘了锁门

Trust God, but don't forget to lock the door

7、家庭的融洽氛围是难能可贵的；

The harmonizing atmosphere of a family is valuable

8、尽你的能力让家平顺和谐；

Try your best to let family harmony flow smoothly

9、当你和你的亲近的少吵嘴时候，试着就事论事，不要扯出那些陈芝麻、烂谷子的事

When you quarrel with a close friend, talk about the main dish, don't quibble over the appetizers

10、不要摆脱不了昨天

You cannot hold onto yesterday

11、多注意言下之意

Figure out the meaning of someone's words

12、和别人分享你的知识，那才是永恒之道

Share your knowledge to continue a timeless tradition

13、善待我们的地球，不要愚弄自然母亲

Treat our earth in a friendly way,don't fool around with mother nature

14、做自己该做的事

Do the thing you should do

15、不要相信接吻时从不闭眼的伴侣

Don't trust a lover who kisses you without closing their eyes

16、每年至少去一个你从没去过的地方

Go to a place you've never been to every year

17、如果你赚了很多钱，在活着的时候多行善事，这是你能得到的最好回报

If you earn much money,the best way to spend it is on charitable deeds while you are alive

18、记住有时候，不是最好的收获也是一种好运

Remember, not all the best harvest is luck

19、深刻理解所有的规则，合理地更新他们

Understand rules completely and change them reasonably

20、记住，最好的爱存在于对别人的爱胜于对别人的索求这上

Remember,the best love is to love others unconditionally rather than make demands on them

21、回头看看你发誓取得的目标，然后评价你到底有多成功

Comment on the success you have attained by looking in the past at the target you wanted to achieve most

22、无论是烹饪不是爱情，都用百分之百的负责态度对待，但是不要乞求太多的回报

In love and cooking,you must give 100％ effort……but expect little appreciation

结尾：文字很美，早/晚安