

The One Thing Most Self-Made **Millionaires**(百萬富翁) Do When They First Wake Up

today's issue: What do you think about this morning ritual that most rich people have?

->It is unbelievable... no matter I am not a millionaire.

1. **uplifting** 令人振奮的

a. uplifting [ʌp`lɪftɪŋ] (adj.) 令人振奮的

*anything that makes you happier or gives you more hope can be describe as uplifting

-Jason Miraz's music is very uplifting. I especially like that song 'I won't give up' and I used to listen to it everyday on my way to work.

b. lift [lɪft] (v.) 舉起；抬起

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2. motivational 激發積極性的

a. motivational [mətə`veɪənəl] (adj.) 激發積極性的

*anything that can make sb. want to do sth.

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b. motivating [ˈmətəɪetɪŋ] (adj.) 激發積極性的

*motivate (v.)

-Catherine's video motivated me.

-Catherine's video is motivating.

3. inspirational 帶有靈感的

a. inspirational [ɪnspə'reʃən!] (adj.) 帶有靈感的

*anything that provides inspiration

***inspirational speaker** 專門進行鼓舞人心演講的人

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b. inspire [ɪn'spaɪr] (v.) 鼓舞；激勵

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c. inspired [ɪn'spaɪrd] (adj.) 有靈感的

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4. **mindset** 心態；態度

a. **mindset** [ˈmaɪndset] (n.) 心態；態度

*a set of attitude or fixed idea that sb. has

-Once you have the right mindset, this mindset will guide you to good habits and eventually you will make a big change in your learning.

b. **headspace** [ˈhedspes] (n.) 心態

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They're also trying to read uplifting, motivational, inspirational things to get them in the right **mindset**, and this is so important.

他們也會試著閱讀一些令人振奮、激勵人心、啟發性的東西，讓他們保有正確的心態，而這一點非常重要。