2017.10.16

@ I have loved you. I did my best.

我尽了最大的努力，爱过你。

@ If you never try you’ll never know.

不试试有怎么知道能不能做到呢？

2017.10.17

@ Courage is the magic that turns dreams into reality.

勇气有一种魔力，能将梦想变为现实。

2017.10.18

@ Always look on the bright side of life.

总是向往生活的光明面。

2017.10.19

@Never get so busy making aliving that you forget to make a life.

不要忙于“谋生”，而忘记“生活”。

@Happiness can be found even in the darkest of times, if one only remembers to turn on the light.

即使在黑暗的时候，我们也能找到幸福，只要记得打开心中那盏灯。

2017.10.20

@One day you life will falsh before you eyes make sure it’s worth watching.

总有一天你的一生会在眼前闪过，请保证它值得一看。

@ Happiness is the consequence of personal effort.

幸福来源于自己的努力。

2017.10.21

@Keep your face to the sunshine and you cannot see the shadow

面向阳光，你就不会看到阴暗。

2017.10.22

@Optimism is good for overcoming obstacles that are part of daily life,but

over-optimism can blid us to adversities tha need addressing.

乐观能帮我们跨过日常生活中的障碍，过分乐观则让我们对需要解决的困难视而不见。

2017.10.23

@The more we rush about,the less we do.

越是四处奔波，越容易一事无成。

2017.10．24

@The world is ugly, but you’re beautiful to me.

这世界很丑陋，但对我来说，你却是美丽的存在。

2017.10.25

@If we are bold,love strikes away the chains of fear from our souls.

如果我们足够勇敢，爱就能够让我们的灵魂挣脱恐惧的枷锁。

2017.10.26

@It would not be better if things happened to people just as they wish.

即便所有事情尽如人意，生活也不会比现在好到哪里去。

@You may be disappointed if you fail,but you are doomed if you don’t try.

永远记得去尝试。

2017.10.27

@Love is composed of a single soul inhabiting two bodies.

爱，是住在两个身体里的同一个灵魂，结合在一起。

2017.10.28

@If we resist our passions,it is more form their weakness than from our strength.

我们能抑制住内心的激情，与其说是我们坚强，不如说是那股激情太软弱。

@One runs ths risk of weeping a little, if one lets himself be tamed…

如果一个人被驯养了，就要承担流泪的风险。

2017.10.29

@Don’t criticize what you can’t understand.

不要去批评你不理解的东西

2017.10.30

@This is life.It’s a test.It’s a game.Did you pass?

这就是生活，是一场试炼，也是一局游戏，你过关了吗?

2017.10.31

@I’d trade all my tomorrows for one single yesterday.

我愿意用我所有的明天换回昨天。

2017.11.1

@Our love is like a song,but you won’t sing along.

我们的爱就像一首歌，但你不会再跟着和。

2017.11.2

@Nothing fixes a thing so intensely in the memory as the wish to forget it.

治愈记忆里的伤痛，最好的方法是选择遗忘。

2017.11.3

@It doesn’t take a lot of strength to hang on. It takes a lot of strength to let go.

放手比坚持需要更多的勇气。

2017.11.4

@Memory is a complicated thing. a relative to truth,but not its twin.

回忆是很错综复杂的，它接近真相，却并不完全一样。

2017.11.5

@Ever tried.Ever failed.No matter.Try Again.Fail again.Fail better.

屡战屡败，无妨。再战再败，却能有所精进。

2017.11.6

@Don’t bother just to be better than your contemporaries or predecessors.Try to be better than youself.

不必庸扰于超越同辈或先辈，请先努力超越自己。

2017.11.7

@The healthy man does not torture others-generally it is the tortured who turn into tortures.

健康的人不会去折磨他人，折磨他人的往往自己曾备受折磨。

2017.11.8

@The bitterest tears shed over graves are for words left unsaid and deeds left undone.

坟前流下的最苦涩的眼泪，往往是为那些未说的话和未竟的事。

2017.11.9

@In order for the light to shine so brightly,the darkness must be present.

若要光线耀眼明亮，则必将之照进黑暗。

2017.11.10

@In the end, it’s not years in your life that count.it’s the life in you years.

最终，重要的不是人生那些年岁，而是那些年你选择如果度过。

看到的好的句子： 因为不想哭，所以选择了笑。

2017.11.11

@We are so accustomed to disguise ourselves to others,that in the end, we become disguised to ourselves.

我们如此习惯于在别人面前伪装自己，以至于最终把自己都骗了。

2017.11.12

@Where we love is home.home that our feet may leave,but not our hearts.

家，是爱之所在。也许我们脚步渐远，但心却从未离开。

2017.11.13

@What lies behind us and what lies before us are but tiny matters compared to what lies within us.

与我们藏在心里的东西相比，我们的过去和将来都只是微不足道的小事。

2017.11.14

@In life,unlike chess,the game continues after checkmate.

生活和棋局不同，即便你被“将死”了，游戏还得继续。

2017.11.15

@The family is a haven in a heartless world.

家，是我们这个无情世界的避风港。

@Education breeds confidence.Confidence breeds hope.Hope breeds peace.

知者不惑，仁者不忧，勇者不惧

2017.11.16

@Our growth depends not on how many experiences we devour, but on how many we digest.

囫囵吞枣的人生不是成长，成长是对过往经历的细细品味领会。

2017.11.17

@Nothing is so strong as gentleness and nothing is so gentle as real strength.

没有什么比温柔更坚强，也没有什么比真正的坚强更温柔。

2017.11.18

@When we were children,we used to think that when we grew up we would no longer be vulnerable. But to grow up is to accept vulnerability ,to be alive is to be vulnerable.

年幼时，我们曾以为长大后就可以不再脆弱。

但是成长本身就是接受自己脆弱的过程，而活着，就是脆弱的。

2017.11.19

@We all wear masks,and the time comes when we cannot remove them without removing some of out own skin.

我们都以面具示人，久而久之，当我们想扯下面具时，却难免不撕破自己的皮肉。

2017.11.20

@The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.

当前生活最令人悲伤的一面在于，科学领域新知识的获取速度快于社会中智慧的凝结速度。

2017.11.21

@Men are not prisoners of fate,but only prisoners of their own minds.

人类并非受制于命运，而只是禁锢于自身的思维。

2017.11.22

@Loving someone is a loss of freedom,but one doesn’t think of it as loss because one gains so much else.

爱一个人即意味着失去自由，可我们并不认为这是一种失去，因为我们从中获得了更多的东西。

2017.11.23

@We came in as individuals.And we’ll walk out together.

我们独自前来，我们将携手而归。

@2017.11.24

@One of the keys to living a fulfilled life is realizing when enough is enough.

过上心满意足的生活，关键之一在于懂得知足。

2017.11.25

@We all have ideas about the way the world should be,and sometimes we forget how the world is.

我们都对这个世界应该是什么样子有诸多想法，有时却忘了真实的世界是怎样的。

2016.11.26

@I don’t know anyone who has been handed only roses. We all encounter hardships. Some we see coming;others take us by surprise.

我不认识什么人是只被命运赠与玫瑰的。我们都会遭遇很多困境。有的我们能预见到它的到来，其它的则常常让我们大吃一惊。

2016.11.27

@In the end,we are our choices. Build yourself a great story.

最终，我们的选择会塑造我们的人生。为自己书写一个伟大的故事吧。

@Yesterday is gone.Tomorrow has not yet come.We have only tody. Let us begin.

未来还未来，过去已过去，把握今朝。

2017.11.28

@Our destiny is frequently met in the very paths we take to avoid it.

我们常常在逃避命运的路上遭遇命运。

2017.11.29

@The world is divided into people who do things and people who get the credit. Try,if you can, to belong to the first class. There’s far less competition.

世界上分为两种人： 做事的人和领功的人。 如果可以的话，请努力做第一种人，毕竟竞争得小。

@哪怕深处绝境，也要心向光明。

@There is never a time or place for true love.It happers accidentally,in a heartbeat,in a single flashing,throbbing moment.

有没有一个时间或地点的真正的爱情。这情况一不小心，在心跳，在一个单一的闪烁，跳动的时刻。

2017.11.30

@A light here required a shadow there.

此处有灯光，则彼出必有阴影。

@peace begins with a smile.

和平始于微笑

2017.12.1

@Happiness is beneficial for the body but it is grief that develops the powers of the mind.

快乐有益身体健康，但是悲伤却能让思想更有力量。

2017.12.2

@When life pulls you under,you can kick against the bottom,break the surface,and breathe again.

当生活将你拖入水底，你可以用力蹬地，冲出水面，重新呼吸。

2017.12.3

@I am more vulnerable than I thought,but much stronger than I ever imagined.

我比自己以为的更脆弱，但同时也比自己想像中坚强得多。

2017.12.4

@If we have our own why in life.we shall get along with almost any how.

如果我们能找到自己活着的理由，就几乎能以任何方式活下去。

@An entire sea of water can't sink a ship unless it gets inside the ship. Similarly,the negativity of the world can't put you down unless you allow it to inside you.

除非船在船内，否则整个海水都不能使船下沉。同样的，世界的消极性不能让你失望，除非你允许它进入你的内心。

2017.12.5

@When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

当一扇幸福之门关上，会有另一扇门打开。但我们常常注视那扇关上的门太久，以至于看不见那扇已为我们开启的门。

@ if it is important to you ,you will find a way. if not,you'll find an excuse.

如果它对你很重要，你会找到方法的。如果没有，你会找到借口的。

2017.12.6

@In some way suffering ceases to be suffering at the moment it finds a meaning.

从某种意义上说，当遭受的苦难有了意义，它就不再是苦难了。

@ Two things define you : Your patience when you have nothing and your attitude when you have everything.

有两样东西可以定义你：当你什么都没有的时候，你的耐心和你的态度。

2017.12.7

@Walk on,walk on with hope in your heart, and you’ll never walk alone.

继续前行，在心中带着希望前行，你不会孤独，你不会独自前行。

@Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

永远不要放弃梦想，仅仅因为它需要时间去实现它。时间会过去的。

2017.12.8

@What made something precio? Losing it and finding it.

如何使一件东西变得珍贵？先失去它，再找到它。

@If you want to live a happy life,tie it to a goal,not to people or thing.

如果你想过幸福的生活，就把它拴在一个目标上，而不是人或物上。

2017.12.9

@Done is better than perfect.

完成比完美更重要。

@If you are depressed you are living in the past.If you are anxious you are living in the furture.If you are at peace you are living in the present.

如果你沮丧，你是生活在过去。如果你急你活在将来。如果你是和平，你活在当下。

沮丧的同义词：[悲痛](http://hanyu.baidu.com/zici/s?wd=%E6%82%B2%E7%97%9B&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "悲痛)、[消沉](http://hanyu.baidu.com/zici/s?wd=%E6%B6%88%E6%B2%89&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "消沉)、[懊恼](http://hanyu.baidu.com/zici/s?wd=%E6%87%8A%E6%81%BC&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "懊恼)、[消极](http://hanyu.baidu.com/zici/s?wd=%E6%B6%88%E6%9E%81&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "消极)、[悲哀](http://hanyu.baidu.com/zici/s?wd=%E6%82%B2%E5%93%80&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "悲哀)、[衰颓](http://hanyu.baidu.com/zici/s?wd=%E8%A1%B0%E9%A2%93&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "衰颓)、[悲伤](http://hanyu.baidu.com/zici/s?wd=%E6%82%B2%E4%BC%A4&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "悲伤)、[丧气](http://hanyu.baidu.com/zici/s?wd=%E4%B8%A7%E6%B0%94&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "丧气)、[颓废](http://hanyu.baidu.com/zici/s?wd=%E9%A2%93%E5%BA%9F&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "颓废)、[颓唐](http://hanyu.baidu.com/zici/s?wd=%E9%A2%93%E5%94%90&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "颓唐)、[失落](http://hanyu.baidu.com/zici/s?wd=%E5%A4%B1%E8%90%BD&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "失落)、[颓丧](http://hanyu.baidu.com/zici/s?wd=%E9%A2%93%E4%B8%A7&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "颓丧)、[懊丧](http://hanyu.baidu.com/zici/s?wd=%E6%87%8A%E4%B8%A7&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "懊丧)、[颓靡](http://hanyu.baidu.com/zici/s?wd=%E9%A2%93%E9%9D%A1&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "颓靡)、[黯然](http://hanyu.baidu.com/zici/s?wd=%E9%BB%AF%E7%84%B6&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "黯然)、[颓败](http://hanyu.baidu.com/zici/s?wd=%E9%A2%93%E8%B4%A5&query=%E6%B2%AE%E4%B8%A7%E7%9A%84%E5%90%8C%E4%B9%89%E8%AF%8D%E6%9C%89%E5%93%AA%E4%BA%9B&srcid=28236&from=kg0" \t "_blank" \o "颓败)

2017.12.10

@Be not afraid of life. Believe that life is worth living,and your belief will help create the fact.

不惧怕生活，相信生命值得好好活，信念有助于创造现实。

@It was here on this island that I realized that all unhappiness comes from a lack of thankfulness for what we have.

我们所有的抱怨和愤怒，都是因为对已经得到的东西缺乏感恩之心。

2017.12.11

@When you want something,all the universe conspires in helping you to achieve it.

当你想要什么东西时，全宇宙都会协力帮你实现。

@Motivation is what gets you started.Habit is what keeps you going.

动力使你开始，习惯使你前进。

2017.12.12

@Let your conscience be your guide.

让你的良知引领你。

@It's hard to beat a person who never gives up.

要打败一个永不放弃的人是很难的。

2017.12.13

@You must take life the way it comes at you and make the best of it.

接受生活本来的样子，而后尽力而为。

@The way to get started is to quit talking and start doing.

开始的方法是停止谈话，然后开始做。

2017.12．14

@As we grow older,we define happiness less in terms of excitement and more in terms of peacefulness.

随着自己的成长，我们对幸福的定义更加趋于“平静”，而不是“激动人心”。

@Hight expectations are the key to everything.

高度期望是一切的关键。

2017.12.15

@Thus,from cradle to grave,having control over one’s life mastters.

因此，人这一辈子，对自己的生活能有所掌控很重要的。

@When you find an idea that you just can't stop thinking about,that's probably a good one to puruse.

当你找到一个想法，你就不能停止思考，这就是一个很好的人去追求。

2017.12.16

@We can be blind to the obvious,and we are also blind to our blindness.

我们可能会看不到那些显而易见的事，同时也会对自己的无知视而不见。

2017.12.17

@Forture dose favor the bold and you’ll never know what you’re capable of if you don’t try.

命运的确垂青有勇气的人，如果不去尝试，你永远不知道自己能做到什么。

@When you want to succeed as bad as you want to breathe,then you'll be successsful.

当你想成功你想呼吸一样糟糕，那么你可以借鉴。

@我们无法避免失败，只能避免因为失败而选择沉沦。

@成功就是从失败到失败，也依然不改热情。

2017.12.18

@The universe buries strange jewels deep within us all,and then stands back to see if we can find them.

宇宙把一些奇珍异宝深埋于我们的内心，然后站在一旁看我们能不能找到它们。

@Whatever you're thinking,think bigger.

不管你在想什么，都要想得更大。

2017.12.19

@You can understand confict,but you don’t have to live in it.

你可以理解冲突，但不必让自己困于其中。

2017.12.20

@Our ultimate goal,after all , is not a good death but a good life to the very end.

毕竟，我们的终极目标不是“好死”，而是好好活到生命的最后。

2017.12.21

@We all have tendency to believe self-doubt and self-criticism,but listening to this voice never gets us closer to our goals.

我们都很容易陷入自我怀疑和自我批评中，但是听信这些声音并不能让我们接近自己的目标。

2017.12.22

@Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.

别被脑子里的恐惧支配。跟着心里的梦想前进。

@人生是一场难得的修行，不要轻易交白卷（胡歌）。

2017.12.23

@Don’t fight the darkness.Don’t even worry about the darkness.Turn on the light and the darkness gose.Turn up that light of pure consciousness.Negativity gose.

不要和黑暗对抗，甚至无需忧虑黑暗的存在。

打开灯，黑暗自会褪去。而调亮大脑里的灯，负面情绪也会自然褪去。

2017.12.24

@Christmas Eve was a night of song that wrapped itself about you like a shawl.But it warmed more than your body.It warmed your heart..,filled it ,foo,with melody that would last forever.

平安夜是被歌声萦绕的夜晚，这歌声就像被巾包裹在你周围。

它温暖的不仅是你的身体，还有你的心，它让你的内心也充满永恒的旋律。

2017.12.25

@My idea of Christmas,whether old-fashioned or modern,is very simple.loving others.Come to think of it,why do we have to wait for Christams to do that?

不管老派还是现代，我认为圣诞节的意义都很简单：爱他人。

仔细一想，又何必圣诞节才这样做呢？

@身无饥寒，父母未曾亏我，人无长进，我以何对父母。

@我这辈子99%的担心和焦虑最终都没有发生。我第一次读到丘吉尔的这句话时，感触很多。我就对自己想：当我有一天像他一样躺在自己的床上马上就要死的时候，我是愿意把自己想做的要做的事都做了，然后可以很确信地说一句自己的那些担心都没有发生；还是愿意在自己快死的时候抱有遗憾，因为担心和焦虑让自己根本都没去尝试过，没有去做过，所以根本不知道这些焦虑担心的东西到底是不是真的？我一直在想，如果真地到了那天，就在我快死的那一刻，心里会是什么感受？是不是像浑身发痒，但就是挠不到痒的源头？

2017.12.26

@Happiness is not the absence of problems it’s the ability to deal with them.

幸福不是没有烦恼，而是拥有应对麻烦的能力。

@I have not failed. I’ve just found 10000 ways that won’t word.

谈一场恋爱至少要博弈一万次。

2017.12.27

@In prosperity our friends know us; in adversity we know our friends.

一贵一贱，交情乃见

@You don't learn to walk by following rules.You learn by doing and falling over.

你学走路不是按照规则行事，而是通过学习和摔倒来学习的。

2017.12.28

@How we seek to spend our time may depend on how much time we perceive ourselves to have.

我们如何生活也许取决于我们觉得自己还有多少时间。

2017.12.29

@The man who moves a mountain begins by carrying away small stones.

移大山始于运小山。

@A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

一个悲观的人错失每个机会； 一个乐观的人会抓住每个机会。

2017.12.30

@ It does not do to dwell on dreams and forget to live.

沉溺于梦境而忘了生活，是不行的。

@When I'm old and dying.I plan to look back on my life and say. Wow, that was on adventure, not Wow, I sure felt salf.

当我老了，快要死的时候，我计划回顾我的生活并说。哇，那是在冒险，没有哇，我自我感觉.

2017.12.31

@For last yesr’s words belong to last year’s language and next year’s words await another voice.

过往之事已成回响，未来之言静待佳音。

2018.1.1

@May the New Year bring you new strength,new hope and new dreams.

愿新年带给你新的力量，新的希望和梦想。

@Don't worry about failure;you only have to be right once.

不要担心失败，你只需要一次正确。

2018.1.2

@Darkness cannot drive out darkness; only light can do that. Hate cannot drive out here; only love can do that.

黑夜无法驱逐黑暗，只有光才能做到。

仇恨无法驱逐仇恨，只有爱才能做到。

2018.1.3

@Focus on what makes you happy,and do what gives meaning to your life.

把心思放在让你开心的事情上，做一些能赋予生命意义的事。

@High expectations are the key to everything.

高期望是一切的关键。

2018.1.4

@Love is a house with an unshakable foundation and an indestructible roof.

爱是一座房子，有着无法撼动的地基和摧毁不了的屋顶。

@Waiting for perfect is never as smart as making progress.

等待完美永远不如进步聪明。

2018.1.5

@You cannot find peace by avoiding life.

逃避生活 并不能帮你内心找到平静。

@When you want to succeed as bad as you want to breathe, then you'll be successful.

当你想成功地像你想要的那样糟糕时，你就会成功。

2018.1.6

@Matuity is when you stop complaining and making excuses, and start making changes.

成熟，是当你停止抱怨和找借口，并开始做出改变的时候。

2018.1.7

@You may not control life’s circumstance,but getting to be the author of your life means getting to control what you do with them.

你也许无法掌控生活的境遇，但作为命运的书写者意味你可以决定如何去应对一切。

2018.1.8

@With adequate planning, passion and perseverance, you can achieve the God-given goals.

有足够的计划、热情和毅力，你就会实现那些伟大的目标。

2018.1.9

@It is better to be hated for what you are than to be loved for what you are not.

宁愿做真实的自己惹人讨厌，也不要为了被人喜欢而成为另一个人。

2018.1.10

@It isn’t what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it.

是否快乐并不取决于你拥有什么 、你是谁、你在哪儿或者你在做什么，而是取决于你是如何看待这些问题的。

@You should set goals beyond your reach so you always have something to live for.

你应该设定你无法达到的目标，这样你就有了生活的意义。

2018.1.11

@That’s the thing about lessons,you always learn them when you don’t expect them or want them.

教训这回事，永远会在你最意想不到或者最不想要的时候到来。

@当你真的想做好一件事的时候，会遗忘很多，因为对于你来说它就是你的一切。

2018.1.12

@Some beautiful paths can’t be discovered without getting lost.

有些美丽的路，只有迷路了才能找到。

@A lot of times. people don't know what they want until you show it to them.

很多次。人们不知道他们想要什么，直到你给他们看。

2018.1.13

@When you’re following your inner vioce,doors tend to eventually open for you, even if they mostly slam at first.

听从内心的声音，命运之门终会为你敞开，哪怕他们他们大多都让你吃过闭门羹。

@Stay hungry,Stay foolish. 保持饥饿，保持愚蠢。

2018.1.14

@Things don’t always work out the way we hope.You just have to pick yourself up and find a new direction to go in.

事情并不总能尽如人意，跌倒后你只能自己爬起来，找到一个新方向继续前行。

2018.1.15

@Beause to suffer and do nothing is to be nothing, while to suffer and do something is to become someone.

人如果受苦却什么也不做，则一事无成；如果受苦能有所作为，则能成就伟大。

2018.1.16

@Becoming fearless isn’t the point. That’s impossible. It’s learning how to control your fear, and how to be free from it.

重要的不是变得无所畏惧，这是不可能的。重要的是学会如何去掌控自己的恐惧，以及如何从恐惧中解脱出来。

2018.1.17

@Never put off till tomorrow the fun you can have today.

今天能享受的快乐，永远不要留到明天。

@It is not where you start but how high you aim that matters for success.

重要的不是你从哪里着手，而是你追求成功的目标有多高。

2018.1.18

@Faith removes limitations.

信念可以消除局限。

2018.1.19

@In the face of pain there are no heroes.

在痛苦面前，没有谁是英雄。

2018.1.20

@We don’t realize that,somewhere within us all, there does exist a surpreme self who is eternally at peace.

我们并没有意识到，在我们内心深处的某个地方，住着一个永远和平的自己。

2018.1.21

@There is only one herosim in the world: to see the world as it is ,and to love it.

这世界上只有一种英雄主义： 那就是认清生活的真相后，依然热爱生活。

2018.1.22

@To suffer without complaint is the only lesson we have to learn in this life.

这一生中我们唯一需要学会的事情，就是承受苦难，而不是抱怨。

2018.1.23

@Life is not always perfect. Like a road,it has many bends,ups and downs, but that’s its beauty.

生活并不完美。它就像一条路，总有弯曲和起伏，但这也恰恰是它的美丽之处。

2018.1.24

@It’s OKAY to be scared. Being scared means you’re about to do something really. really brave.

觉得害怕其实没有关系，会害怕说明你即将做一件真正勇敢的事情

2018.1.25

@Just because things hadn’t gone the way I had planned didn’t necessarily mean they had gone wrong.

事情发展不如自己预期，并不一定就以为着不顺利。

2018.2.1

@Daring to set boundaries is about having the courage to love ourselves,even when we risk disappointing others.

敢于为自己设立底线就是：哪怕冒着让别人失望的风险，也要有勇气爱自己。

2018.2.2

@Be a good listener,don’t judge and don’t put boundaries on someone else’s grief.

做一个好的倾听者，不要妄下论断，也不要对别人的悲伤指手画脚。

2018.2.3

@I may not have gone where I intended to go,but I think I have ended up where I needed to be.

也许没走到最初的目的地，但最终我认为自己还是到达了应该到的地方。

2018.2.4

@Just like there’s always time for pain, there’s always time for healing.

就像痛苦不是一时的，伤愈也需要时间

2018.2.5

@Who controls the past controls the future. Who controls the present controls the past.

掌握过去的人，掌握着未来；掌握现在的人，掌握着过去。

2018.2.6

@Books are mirrors: you only see in them what you already have inside you.

书本就像镜子：你只能从中看到自己内心已有的东西。

2018.2.7

@Always try to keep a patch of sky above your life.

努力在自己的生活之上保留一片天空。

2018.2.8

@All grown-ups were once children...but only few of them remember it.

所有的大人都曾是孩子，只是很少有人记得这一点。

2018.2.9

@There is some good in this world,and it’s worth fighting for.

这世界还有一些美好的东西，值得我们为之奋斗。

2018.2.10

@The greater our knowledge increases,the greater our ignorance unfolds.

我们获得的知识越多，我们显露出的无知也越多。

2018.2.11

@The universe is not short on wake-up calls. We’re just quick to hit the snooze button.

宇宙并非没有试图叫醒你，只是我们总太快按下“再睡一会”的按钮。

2018.2.12

@We cannot change what we are not aware of,and once we are aware, we cannot help but change.

我们无法改变自己没有意识到的东西，而一旦我们意识到了，就不得不做出改变。

2018.2.13

@People in their right minds never take pride in their talents.

头脑清醒的人，决不会恃才傲物。

2018.2.14

@How many loved your moments of glad grace,And loved your beauty with love false or true,But one man loved the pilgrim soul in you,And loved the sorrows of your changing face.

多少人爱过你曾经光彩照人的年华，爱过你的美，假意或真心。

只有一个人爱过你那朝圣者的灵魂，爱过你渐渐衰老的脸上流露的哀伤。

2018.2.15

@It’s important in life to conclude things properly.Only then can you let go.Otherwise you are left with words you should have said but never did, and your hearts is heavy with remorse.

对所有的是都应该好好告别，只有那样你才能放手。

否则，本应该说的话却没能说出口，你的心也会懊悔而沉重。

2018.2.16

@It’s the possibility of having a dream come true that makes life interesting.

正因为梦想有可能成真，才让生命其乐无穷。

2018.2.18

@It is not life that’s complicated,it’s the struggle to guide and control life.

生活本身并不复杂，复杂的是努力操作和控制生活。

2018.2.20

@Victorious warriors win first and then go to war,while defeated warriors go to war first and then seek wo win.

是故胜兵先胜而后求战，兵败先战而后求胜。

2018.2.22

@It is an occupational hazard that anyone who has spent her life learning how to lie eventually becomes bad at telling the truth.

花了一辈子学习怎么撒谎的人，终将变得不会讲真话。

2018.2.23

@Love is that condition in which the happiness of another person is essential to your own.

爱情的感觉就是另一个人的幸福关系到你自己的幸福。

2018.2.24

@If my life is going to mean anything, I have to live it myself.

如果我的生命是有意义的，那我必须自己去实现。

2018.2.25

@I like the night.Without the dark, we’d never see the stars.

我喜欢夜晚。如果没有黑暗，我们就永远看不到星星。

2018.2.26

@Books are often far more than just books.

书，远远不止是书。

2018.2.27

@You can measure your worth by your dedication to your path,not by your successes or failures.

衡量自己的价值，要看自己在这条路上付出了多少，而不是看成功或失败了几次。

2018.2.28

@Life is filled with secrets.You can’t learn them all at once.

生命里充满了秘密，而你无法立即将它们全部解开。

2018.3.1

@Fear cuts deeper than swords.

恐惧比刀剑伤人更深。

2018.3.2

@There is one irrefutable law of the universe: We are each responsible for our own life.

宇宙有一条颠扑不破的定律：我们每个人都要为自己的人生负责。

2018.3.3

@The mind is what the mind is fed.

你的大脑灌输什么，大脑就变成什么。

2018.3.4

@Remember,to know and not to do is really not to know.

记住，知而不行，则为不知。

2018.3.5

@Self-awareness is the process of getting to know yourself from the inside out and the outside in.

自我意识是一个从内到外再从外到内了解自己的过程。

2018.3.6

@I have no more to say except this: We must live with our own conscience.

我只有一点要说：我们必须带着自己的良心活着。

2018.3.7

@The most painful thing is losing yourself in the process of loving someone too much ,and forgetting that you are special too.

最痛苦的事莫过于，你在太爱一个人的时候失去了自我，忘记了自己也是特别的。

2018.3.8

@The more women help one another the more we help ourselves.

女性越多帮助彼此，就越能帮到自己。

2018.3.9

@You have to let go of who you were to become who you will be.

必须放下过去的自己，才能变成未来的自己。

2018.3.10

@You just work through it. You just hang in there.

你要做的就是：解决问题，坚持下去。

2018.3.11

@Sometimes it’s the little things that sting the most.

有时候往往是小事最能刺痛人。

2018.3.12

@The key to happiness was achievable dreams.

幸福的秘诀是拥有可以触及的梦想。

2018.3.13

@When people say they do not care what others think of them,for the most part they deceive themselves.

如果有人说他们不在意别人的想法，他们多半是在骗自己。

2018.3.14

@Few things are sadder than encountering a person who knows exactly what he should do, yet cannot muster enough energy to do it.

明知道自己应该干什么，却无法积累力量去做，没有比这更悲哀了。