2019年5月7日：

很多人都像是戏台上的老将军，背上插满了flag，我也立上一个flag吧，每天坚持至少一个小时的阅读，摘录下有意思有趣的地方，并尽量翻译。《生活需要仪式感》，就当是开场。

May 7, 2019, At Logistics School of Wuhan University of Technology.

There are so many people just like the general in Chinese opera with flags on. Today, I make up my mind to read book at least one hour per day, and write down the interesting thing I get during the program. What’s more, I will try my best to translate my words. The first book I will read, *Life Needs a Sense of Ritual.*