Rules of life

**生活的原则**

Imagine life as a game in which you are juggling five balls in the air. You name them: work, family, health, friends, and spirit, and you're keeping all of them in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls--family, health, friends, and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged, or even shattered. They will never be the same. You must understand that and strive for balance in your life.

想象下,人生就好比是你在玩游戏时当空飘起的的五个球儿.它们依次叫做:工作、家庭、健康、友谊、心灵，你把它们都放飞在空中。很快地，你就会发现“工作”是个弹力球儿。就算你松开手不去管它，它还会是会再次跳起来。但是其他的那四个球儿——家庭、健康、友谊、和心灵是玻璃般制成的。如果你丢下它们中的任何一个，它注定就会划伤了、有擦痕了、被弄坏了，甚至裂成碎片了。不可能再完好如初了。因此，你必须了解这点，并为掌握它们之间的分配与平衡努力。

How?

怎样做到这一点呢？

Don t undermine your worth by comparing yourself with others.Itis because we are different that each of us is special.

不要总拿自己与别人比从而贬低自身的价值。正因为我们彼此的差异不同，我们才会各有千秋。

Don t set your goals by what other people deem important. Onlyyouknow what is best for you.

别人认为重要，并不能作为你确定目标的根据。只有你自己知道，什么东西对你最好。

Don t take for granted the things closest to your heart. Clingtothem as you would cling to your life, for without them, lifeismeaningless.

与你内心最贴近的东西，切莫等闲视之。要像坚守生命一样坚守住它们，因为失去它们，生活就会毫无意义。

Don t let your life slip through your fingers by living inthepast or for the future. By living your life one day at a time,youlive ALL the days of your life.

不要耽于过去或未来，而让生命从指间悄悄溜走。一次只活一天，活在今日，你就充实地活过生命中的每一天。

Don t give up when you still have something to give. Nothingisreally over until the moment you stop trying.

如果你还可以付出，就不要轻言放弃。在你停止努力那一刻之前，什么都没有真正结束。

Don t be afraid to admit that you are less than perfect. Itisthis fragile thread that binds us each together.

别害怕承认自己不完美，正因为我们都不完美，我们才会彼此需要。.

Don t be afraid to encounter risks. It is by taking chancesthatwe learn how to be brave.

别害怕遇到风险，那是我们学会勇敢的机会。

Don t shut love out of your life by saying it s impossibletofind. The quickest way to receive love is to give; the fastestwayto lose love is to hold it too tightly; and the best way tokeeplove is to give it wings.

别说真爱难求，而将爱拒之门于生活之外。获得爱的捷径是给予爱，失去爱的捷径是扼住爱，而守住爱的捷径是给爱插上翅膀。

Don t run through life so fast that you forget not only whereyouve been, but also where you are going.

不要一生奔忙，匆匆而过，以至于忘了自己从何而来，往何而去。

Don't forget that a person's greatest emotional need is to feel appreciated. Don't use time or words carelessly. Neither can be retrieved. Life is not a race, but a journey to be savored each step of the way.

不要忘了每个人最强的感情需求就是别人的认同和支持.与人交谈或者安排时间时要多多用心.因为“一言既出，驷马难追”.人生不是一场竞赛,而是一次旅途,好好享受你路上的每一处风景吧.

Yesterday is a history, tomorrow is a mystery ,only today is a gift,that is why we call it present.

昨天属于历史。明天是未知的谜。而今天是赐予我们的礼物：所以我们把“今天”称之为present