

1. I've been having this whole introspective moment, I would say, that had such a whirlwind of events happening last year for moving to New York, family visiting, the holidays, I was just so much packed into the last six months.

短语/句式: introspective moment = 反思的时刻; whirlwind of events = 纷繁复杂的事件

中文: 我会说, 我一直在经历一个全面反思的时刻, 去年发生了很多事情, 包括搬到纽约、家人来访和节日庆祝, 过去六个月的生活非常紧凑。

应用: I've had an introspective moment after the trip. / The past week was a whirlwind of events for me.

补充说明: 句中“introspective moment”强调了自我反思的重要性; “whirlwind of events”形象地描述了生活中发生的许多事情, 常用于描述忙碌和混乱的经历。

2. I kind of wanted to slow down a little bit.

短语/句式: slow down = 放慢速度

中文: 我有点想放慢一下生活节奏。

应用: I need to slow down and enjoy the little things in life. / Sometimes you just have to slow down to appreciate what you have.

补充说明: 这句话表达了对生活节奏的反思, 适合用于讨论压力和生活平衡的话题。

3. January was just time for me to kind of reshape and reform my life, not in like a super dramatic or drastic way.

短语/句式: reshape and reform = 重塑和改革

中文: 一月份对我来说是重塑和改革生活的时刻, 并不是以一种极其戏剧化或激烈的方式。

应用: I decided to reshape my daily routine this month. / She wants to reform her study habits for better results.

补充说明: 这里的“reshape and reform”强调了生活变化的过程, 适合用于讨论个人成长与改变。

4. A lot of what I was neglecting was taking care of my health.

短语/句式: taking care of my health = 关注我的健康

中文: 我忽视的很多事情就是关注我的健康。

应用: I need to start taking care of my health more seriously. / Taking care of your health should always be a priority.

补充说明: “neglecting”在这里表示忽视, 强调了健康管理的重要性。

5. That's something that just wasn't a priority and you know, have her much either love or hate in years resolutions.

短语/句式: not a priority = 不是优先事项; love or hate = 爱与恨

中文: 这件事对我来说并不是优先事项, 你知道, 很多人对新年决心有爱也有恨。

应用: My sleep schedule was not a priority last year. / Some people love or hate making New Year's resolutions.

补充说明: 提到了新年决心的两面性, 适合用于讨论个人目标与决心的态度。

6. This year I really felt like I needed a big revamp of what my priorities are, of what I want to do.

短语/句式: big revamp = 大幅调整

中文: 今年我真的觉得我需要对我的优先事项和想做的事情进行大幅调整。

应用: I think it's time for a big revamp of my career goals. / She decided to have a big revamp of her lifestyle.

补充说明: “revamp”强调了对现状的重大改变, 适合用于个人发展和职业规划讨论。

7. I think I've become a little bit too much, too complacent.

短语/句式: too complacent = 过于自满

中文: 我觉得我变得有点过于自满了。

应用: Don't become too complacent with your achievements. / He realized he was too complacent in his job.

补充说明: 此句表达了个人反省的意识, 适合用于职业发展和自我提升的讨论。

8. If you have like physical goals or whether it is you want to be stronger, you want to be more athletic, maybe you want to, you know, change your body composition, whatever that might be.

短语/句式: physical goals = 身体目标; change your body composition = 改变身体成分

中文: 如果你有身体目标, 比如想变得更强壮、更有运动能力, 或者想改变身体成分, 无论如何都是可以的。

应用: Setting physical goals is important for your health. / I want to change my body composition through exercise.

补充说明: 强调了设定身体目标的重要性, 适合用于健身与自我提升的讨论。

9. It's okay to want to make a change within yourself that way.

短语/句式: make a change within yourself = 内心改变

中文: 想要在内心做出改变是完全可以的。

应用: It's okay to want to make a change within yourself for a better future. / She realized it's okay to make a change within herself.

补充说明: 此句传达了自我改善的积极性, 适合讨论个人成长与心理健康。

10. That and itself can be an act of self-care because truly you're taking care of yourself, you're pushing yourself, you're growing stronger, building muscles.

短语/句式: act of self-care = 自我关怀的行为

中文: 那本身就是一种自我关怀的行为, 因为你实际上是在照顾自己, 推动自己, 变得更强壮, 锻炼肌肉。

应用: Yoga is an act of self-care that benefits both the mind and body. / Taking a break can be an important act of self-care.

补充说明: 强调了自我关怀的多种形式, 适合用于健康和心理照顾的讨论。

11. How is that not self-love? It's just with tough love.

短语/句式: self-love = 自我爱; tough love = 严厉的爱

中文: 这怎么不是自我爱的表现呢? 这只是严厉的爱而已。

应用: Practicing self-love is essential for mental health. / Tough love can sometimes lead to positive changes.

补充说明: 此句提出了自我爱的概念, 适合讨论心理健康与人际关系。