



趣课多

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Qu Ke Duo

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300 条世界最精彩名言练习素材

**1.It's impossible to defeat a person who never gives up!**  
打败一个永不放弃的人是不可能的！

**2.We are what we repeatedly do.**  
我们重复什么，就会成为什么样的人。

**3.Excellence, then, is not an act, but a habit.**  
优秀，不是一种行为，而是一种习惯。

**4.You have to undergo countless hardships and tremendous sacrifice to achieve any success.**  
获得任何的成功，你都要经历无数的磨难，做出巨大的牺牲。

**5.Everybody has responsibility for the fall and rise of the nation.**  
天下兴亡，匹夫有责。

**6.Ask not what your country can do for you , ask what you can do for your country.**  
不要问你的祖国能为你做些什么，要问一问你能为你的祖国做些什么。

**7.Totally mastering English is the most effective way to love your country!**  
彻底征服英语就是最好的爱国！

**8.If you can dream it, you can achieve it!**  
敢于梦想，就能实现！

**9.Never let your country down!**  
不要让祖国失望！

**10.Undertake not what you cannot perform, but be careful to keep your promise.**  
不要承担你完成不了的事，但一定要信守诺言。

**11.Our obligations to our country never cease but with our lives.**  
我们对祖国的义务永远都不会终结，直至我们生命的尽头。

**12.Nothing can /stop the man / with the right mental attitude / from achieving his goal.**  
没有人能阻挡有正确态度的人获得成功。

**13.nothing on earth / can help the man / with the wrong mental attitude.**  
也没有人能帮助有错误人生态度的人。

**14.Take time / to deliberate; but when the time / for action / arrives, stop thinking/and go in.**  
考虑时不要匆忙，但是一旦行动的时刻到来，就要毫不犹豫的付诸行动！

**15.Always / bear in mind that / your own resolution / to succeed / is more important/ than any one thing.**

永远铭记：你要成功的决心比任何东西都更重要。

**16.When you play, play hard; when you work, don't play at all.**

玩耍的时候，尽情玩耍；工作的时候，不要儿戏。

**17.The only limit / to our realization /of tomorrow/ will be our doubts / of today. Let us move forward / with strong and active faith.**

今天的怀疑是对明日成就的唯一限制。让我们怀着坚定而主动的信念前进吧。

**18.Every new day begins / with possibilities. It's up to us/ to fill it / with the things / that move us / toward progress and peace.**

每一天的开始都带来各种新的可能。能否在每一天都做一些让我们走向进步与和平的事情，这都由我们决定。

**19.If you live long enough, you'll make mistakes.But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is / never quit, never quit, never quit.**

只要你活得够久，你就会犯错误。但是如果你能从中吸取教训，你就会变得更加优秀。关键在于你如何面对困境，而不是让困境影响你。最重要的事情就是永不放弃，永不放弃，永不放弃。

**20.Change will not come / if we wait / for some other person / or some other time. We are the ones / we've been waiting for. We are the change / that we seek .**

如果我们总是等着别人或者其他时机，改变永远不会到来。我们自己就是我们一直等待的人，我们自己就是我们所寻求的改变。

**21.Stop worrying, start living.**

停止忧虑，开始生活。

**22.Believing in yourself / changes everything.**

相信自己，就能改变世界。

**23.The more / you endure / the more strength / you develop.**

忍耐越多，力量越大。

**24.Never say / "there's no way", there is always / a way.**

永远不要说没办法，总有办法。

**25.Man possesses nothing / but spirit. The only true wealth / is spiritual wealth.**

人除了精神，一无所有！精神财富才是真正的财富！

**26.A genius / is simply the person / who repeats / the most times.**

天才就是重复次数最多的人。

**27.Education doesn't / do us much good / unless / it is mixed / with sweat.**  
只有浸透了汗水的教育才是真正的教育。

**28.The one thing / we can never / get enough of / is love. The one thing / we can never / give enough of / is love.**  
我们永远得不够的一样东西是爱。我们永远给不够的一样东西也是爱。

**29.All the so-called / "secrets of success" / will not work / unless you do .**  
如果不实践，一切所谓的“成功的秘诀”都无法奏效。

**30.Don't lose sight of / your dreams.**  
不要忘记自己的梦想！

**31.Let's improve the quality / of our life. Take time to work, it is the price / of success. Take time / to think, it is the source / of power. Take time to read, it is the foundation / of wisdom. Take time / to be friendly, it is the road / to happiness .**  
让我们一起改善生活质量。花时间工作，这是成功的代价。花时间思考，这是力量的来源。花时间阅读，这是智慧的源泉。花时间让自己变得友善，这是通往幸福的道路。

**32.Today / is the first day / of the rest / of your life, You are younger / today / than you ever will be, Make use of it / for the sake of / tomorrow**  
今天是你余生的第一天，你今天比以后任何时候都年轻。为了明天，充分利用今天吧！

**33.The first law / of success / is concentration / to bend all the energies / to one point, and to go directly / to that point, looking / neither to the right / nor to the left .**  
成功的首要法则是聚焦！把所有的能量集中在一个点上！直击要害，不左也不右！

**34.A successful person / is one / who can lay a firm foundation / with bricks / that others throw at him or her.**  
一个成功的人就是能用砸过来的砖头为自己打下坚实基础的人。

**35.No matter / how hard it is, just keep going / because you only fail / when you give up.**  
无论多么艰难，都要继续向前，因为只有你放弃的那一刻，你才输了。

**36.Always / look for ways / to improve yourself / and your country.**  
永不停息地寻找改进自我和国家的方法。

**37.There is / a giant asleep / within every man. When / the giant awakens, miracles happen .**  
每个人的心中都有一个沉睡的巨人。当巨人醒来时，奇迹就会发生。

**38.It's better / to strive for today / with sweat / than regret today / in tears.**  
与其今天在泪水中悔恨，不如今天在汗水中拼搏。

**39.Great works / are performed / not by strengths, but by perseverance**

完成伟大的事业不在于体力，而在于坚忍不拔的毅力。

**40.Whatever / you're going through, tell yourself / you can handle it. Compared to / what others have been through, you're fortunate.**

不管你在经历什么，告诉自己你一定能应付。相对别人所经历的而言，你是极其幸运的。

**41.Challenges are / what make life / interesting; overcoming them is / what makes life / meaningful.**

挑战让生命充满乐趣，而征服挑战使生命富有意义。

**42.Every single day, every single person, and every single experience / is a unique / and wonderful gift.**

每一天、每个人、每件事都是一份独特而精彩的礼物。

**43.I'm alive, / so / I'm lucky. / I'm healthy, / so / I'm blessed.**

我活着，所以我幸运。我健康，所以我幸福。

**44.Make each day / your masterpiece.**

让每一天都成为人生的杰作。

**45.Smooth seas / do not make / skillful sailore.**

风平浪静的大海锻造不出熟练的水手。

**46.The most powerful weapon / on earth / is the human soul / on fire.**

地球上最强大的武器就是燃烧的人类灵魂！

**47.The difference / between a successful person / and others / is not / a lack of strength, / not a lack of knowledge, / but rather / a lack of will.**

成功者和其他人的区别不是力量的匮乏，也不是知识的匮乏，而是意志力的匮乏。

**48.Everyone dies, / but not everyone really lives.**

每个人都会死，但不是每个人都真正活过。

**49.It's determination / and commitment / to an unrelenting pursuit / of your goal / that will enable you / to attain the success/you seek.**

对目标坚定追求的决心才能确保你的成功。

**50.The core quality / of character / is integrity.**

人类最核心的品质就是正直！

**51.In my mind, / every day / I'm trying / to figure out / how I can improve. / I think / that's very important. / You always have to / strive to be better, and to be more creative.**  
在我的脑海中，每一天我都在努力寻找改进自我的方法。我认为那很重要！你必须努力变得更好，更有创造力。

**52.Develop an attitude/of gratitude, / and give thanks / for everything / that happens / to you,/knowing that / every step forward / is a step toward / achieving something / bigger and better / than your current situation.**  
养成感恩的态度。感谢所发生的一切。人生的每一步都在向着更好、更高的境界前行。

**53.More miracles / happen to people / who have faith.**  
有信念的人可以创造更多的奇选。

**54.Truly believing / in yourself / is a skill.**  
真正相信自己是一项技能。

**55.Genius / only means / working hard / all one's life.**  
天才只意味着终身不懈的努力。

**56.Wise people / understand that / they will make mistakes.**  
睿智的人知道自己会犯错误。

**57.The more prepared / you are, the more confidence / you will have.**  
准备得越充分，你的自信心就越大！

**58.Be courageous / and move forward, even if / it feels / uncomfortable.Sacrifice is necessary / for success.**  
勇敢前行，即使你感到不舒服！牺牲对于成功是必要的。

**59.Don't bother / about genius. Don't worry / about being clever. Trust hard work, perseverance, and determination.**  
别琢磨如何成为天才。别处心积虑地想变得聪明起来受相信勤奋、毅力和决心。

**60.I push myself, and I push my employees / and partners / and everybody else. I think / it's important / to push. If you push, you get to / a new level of ability.**  
我逼迫我自己，我逼迫我的员工和伙伴，我逼迫所有人。我认为逼迫是重要的。当你逼迫自己的时候，你的能力就达到了一个新高度！

**61.You've gotta dance / like there's nobody / watching, love / like you'll never be hurt, sing / like there's nobody listening,/ and live / like it's heaven / on earth.**  
你要跳舞，就像没有人在看一样！你要去爱，就像从来没有受过伤一样！你要去唱，就像没有人听一样！你要去生活，就像生活在人间天堂一样！

**62.The best way / to develop courage / is to set a goal / and achieve it, make a promise / and keep it.**

培养勇气的最好办法就是设定目标并坚决完成，做出承诺并坚持兑现。

**63.The mistakes / of the past / are our torches / for the present.**

过去的错误就是点亮现在的火炬。

**64.God / gives every bird / its food, / but / he does not throw it / into its nest.**

上帝给每一只鸟食物，但他不会把食物扔进它的鸟巢。

**65.Wake up motivated / and thankful! / Thousands of people / around the world / die in their sleep / every night. /They don't get / to see today / like you and I. / Always be grateful / and appreciative.**

每天早晨起床，一定要充满动力和感恩！成千上万的人在睡梦中死去。他们无法像你这样有机会看到今天！永远心怀感恩和欣赏！

**66.Do your work / with your whole heart / and you will succeed. / There is / so little competition!**

全心全意做你的工作，你就会成功。就此而言，几乎没有竞争！

**67.Improve yourself / every day / in every way that you can.**

每天都要不断地从各个方面提高自己。

**68.You can have / unbelievable intelligence, / you can have / connections; / you can have / opportunities / fall out of the sky. / But / in the end, / hard work / is the true, / enduring characteristic / of successful people.**

你可以有非凡的才能；你可以有关系；你可以有天上掉下来的大把机会——但是最终，苦干是成功人士真正的、不朽的特点。

**69.I never did anything / worth doing / by accident; / nor did any / of my inventions / come by accident; / they came by work- / hard work.**

我从来都不是在无意间开展每一件值得去做的工作，我的任何发明都不是偶然的，他们是工作的结果——努力的工作。

**70.Continuous effort-/ not strength / or intelligence-/ is the key / to unlocking / our potential.**

持续不断的努力——而不是力气或智力——是开发我们潜能的关键。

**71.Don't be afraid / to work hard. / Enjoy / working hard./ Working hard / is a great mental / and physical exercise.**

不要害怕努力工作。享受努力工作。努力工作是非常好的精神和体能训练。

**72.Nobody's / a natural. / You work hard / to get good / and then work hard / to get better.**

谁也不是天才。人们通过努力工作变得优秀，然后再通过努力工作变得更加优秀。

**73.I don't know / anyone / who has got to the top / without hard work. / That is / the recipe. It will not always / get you / to the top, / but / it should get you / pretty near.**  
我没听说过有人曾经不经努力工作就能成功。这就是秘方。苦干并不能保证你成功，却能让你离成功越来越近。

**74.Life's not about / waiting for the storms / to pass. / It's about / learning to dance / in the rain.**  
生活不是等待风暴过去，而是学会在雨中翩翩起舞。

**75.For every obstacle / there is a solution / over, / under, / around, / and through.**  
每个障碍都有解决的办法，或者跨越，或者钻过，或者绕开，或者突破。

**76.Concentrate / all your thoughts / upon the work / at hand. / The sun's rays / do not burn / until brought / to a focus.**  
全力以赴做好手中的事情。太阳光不会燃烧，除非对准焦点。

**77.There is no / born talent / in the world; / talent / must go through hardships.**  
世界上没有天生的才气，才气必须经过磨练。

**78.Never regret. / If it's good, / it's wonderful. / If it's bad, / it's experience.**  
永不后悔。如果是好事，那太棒了！如果是坏事，那是经验！

**79.Our greatest weakness / lies in / giving up. / There is / but one secret / to success- / never / give up!**  
我们最大的弱点就在于放弃。而成功只有一个秘诀——永不放弃！

**80.The Two Rules / of Perseverance: / Rule 1: / Take / one more step; / Rule 2: / When you don't think / you can / take one more step, / refer to / Rule 1.**  
毅力的两条法则：法则一：再多走一步；法则二：觉得自己不能再多走一步的时候，请参照法则一。

**81.He / who endures / conquers.**  
具有忍耐力的人可以征服一切。

**82.It takes strength / to fight negativity. / It takes courage / to control your life. / And it takes persistence / to bring forth results.**  
战胜负面需要力量。掌握生活需要勇气。获得成功需要坚持。

**83.Life / is full of challenges. / There is / no limit to / how many / of them / will come your way! / Get ready, / be ready, / and stay ready.**

**84.生活充满挑战。挑战不计其数。请时刻做好准备。**

**85.Good fortune / favors the brave / and courageouss.**  
好运总是宠爱那些勇敢的人。



**86.Education / is the most important key / to success.**

教育是通向成功最重要的钥匙。

**87.Persistence / can produce / a miracle! / Unfortunately, / very few people / can persist / long enough / to see a miracle / happen.**

坚持可以创造奇迹！不幸的是，很少人能长时间地坚持下去，直至奇迹发生。

**88.Personal excellence / is perhaps / the most important assets / that you can acquire.**

卓越也许是你能获得的最重要的资产！

**89.You may encounter / many defeats, / but you must not / be defeated. / In fact, / it may be necessary / to encounter the defeats, / so you can know / who you are, / what you can rise from, / how you can still / come out of it.**

你也许会遇到很多失败，但你决不能被击败！实际上遭遇失败是必需的，这样你才能认清自己是谁，你才知道从哪里站起来，你才知道怎样从失败里走出来。

**90.Achievement / is not a thing / to be waited for, / it is a thing / to go after.**

成就不是等来的，是争取来的。

**91.I believe / the greatest job / is when you can't tell / the difference / between work / and recreation, / and the best leaders / are those / who absolutely love / what they're doing.**

我认为，当你无法分辨工作和娱乐的区别时，你就拥有了最伟大的工作。杰出的领导者就是那些完全热爱自己的工作的人。

**92.If you love / what you do, / you will never work / a day / in your life.**

如果你热爱你所做的事情，你将一天都不会觉得自己在工作。

**93.Why shouldn't life / be about / doing what you love? / If you don't enjoy / what you're doing, / how can you / be really / good at it?**

人活一世，为什么不去做自己热爱的事情呢？如果你不是乐在其中，又怎能真正做好呢？

**94.A positive attitude / will have / positive results, / because / attitudes are contagious.**

积极的态度会积极的结果，因为态度是具有感染力的。

**95.Inspiration / comes from working / as hard / as you can / every day.**

灵感来自每天尽可能努力地工作。

**96.Anything is easy / if you enjoy / doing it.**

如果你乐在其中，什么都是容易的。

**97.Don't go around / saying the world / owes you / a living. / The world / owes you nothing. / It was here / first.**

不要抱怨说这个世界欠你！这个世界什么都没有欠你！它是先到者！

**98.The grand essentials / of happiness are: / something to do, / something to love, / and something / to hope for.**

幸福的必要条件：有所为，有所爱，以及有所期待。

**99.Successful people / believe that / they are destined / for great things.**

成功的人相信自己注定要成就伟大的事业。

**100. Belief! / One / with belief / can brave any storm.**

信念！有信念的人经得起任何风暴。

**101.Even if / you are strong, / faith / will make you / stronger.**

即使你很强大，信念能让你更强大。

**102.Never underestimate / the power / of faith / and the influence / of the human spirit. / If you /believe in yourself / influence/ of the human spirit. / If you / believe in yourself / strongly enough, / you really can / make miracles.**

永远不要低估信念的力量和人类精神的影响力。如果你坚定不移地相信自己，你肯定能够创造奇迹。

**103.I've failed / over and over and over again / in my life / and that's why / I succeed.**

在我的生命中我一次又一次地失败，这就是我为什么成功的原因。

**104.The more failures, / the more chances / for success. / Success is usually / the last-minute visitor.**

失败的次数越多，成功的机会也越近。成功往往是最后一分钟到来的客人。

**105.Education / is the abiity / to listen to / almost anything / without losing your temper / or self-confidence.**

教育就是要使人具备一种能力，可以听到任何话都不动怒或丧失自信。

**106.I will smash / all obstacles / in my way.**

我将粉碎我面前的一切障碍！

**107.If you think / you can win, / you can win. / Faith / is necessary / for victory.**

如果你相信你能赢，你就能赢。信念是胜利所必需的。

**108.After / my spectacular failures, / I could not / be satisfied with / an ordinary success.**

经历了“壮观的”失败后，我不再满足于稀松平常的成功了。

**109.Gratitude / is not only the greatest / of virtues, / but the parent / of all the others.**

感恩不仅是最伟大的品德，同时也是其他所有品德之母。

**110.Grattude / is the fairest blossom / which springs / from the soul.**

感恩是灵魂开出的最美丽的花朵。

**111.Love is / a better teacher / than duty.**

比起责任，爱是更好的老师。

**112.Let the obstacle / become an opportunity, / the problem / a possibility. / The hurt / becomes a halo. / The scar / becomes a star!**

让障碍成为机会，问题成为可能。伤痛成为荣光，伤疤成为明星！

**113.No one / ever gets far / unless he accomplishes / the impossible / at least / once a day.**

每天至少完成一次“不可能”的事，否则就不会有大的作为。

**114.The secret of success / is having / a constant objective.**

成功的秘诀是怀有始终如一的目标。

**115.Where you find success, / you find sacrifice. / Where you find success, / you find suffering.**

有成功必有牺牲。有成功必有磨难。

**116.To be successful / requires that / we accept / a certain amount of risk. / We need / to seek out / tough / and talented competition. / This will test our courage, / improve our strengths / and reveal our weaknesses.**

成功要求我们接受一定的风险，我们必须寻找艰难而考验智慧的挑战。这将检验我们的勇气，提升我们的实力，暴露我们的弱点。

**117.A problem / is a chance / for you / to do your best.**

困难是让你全力以赴的机会。

**118.Adversity / tests character.**

逆境考验品格。

**119.There is / a better way / for everything. / Find it.**

任何事情都能找到更好的解决方法。去找吧！

**120.Don't be afraid of / failing. / It doesn't matter / how many times / you fall down. / All / that matters / is how many times / you keep getting up.**

不要害怕失败。摔倒多少次不要紧，重要的是你能爬起来多少次。

**121.Of all human resources, / the most precious / is the desire / to improve.**

在人身上所有的力量中，最珍贵的是改善自我的渴望。

**122.Enthusiasm / moves / the world.**

热情撼动世界。

**123. When your feet / hit the floor / every morning, / say out / loud, / "Today / I'm going to do / the best job / I can possibly do." / Today / is a promise / you make / to yourself.**  
每天起床的时候，大声说：“今天我要尽我所能做到最好。”今天是对自己的一个承诺。

**124. There is / no other quality / as essential / to success / as perseverance.**  
对成功来说，没有什么品质比坚持更重要。

**125. When man is happy, / he is in harmony / with himself / and his environment.**  
当人快乐时，他自身是和谐的，与周围的环境也是和谐的。

**126. Winners / are simply people / who are willing / to work / more than losers.**  
成功者只是那些比失败者更愿意努力的人。

**127. In order to succeed, / your desire / for success / should be greater / than your fear / of failure.**  
为了获得成功，你对成功的欲望要超过你对失败的恐惧。

**128. At least once / in your life, / you should experience / total craziness.**  
人的一生至少要经历一次彻底的疯狂。

**129. Every day / is brand-new. / Every day / is beautiful.**  
每天都是全新的，每天都是美好的！

**130. When you develop / unshakable self-confidence, / your whole world / will change / for the better.**  
当你培养了非凡的自信，你的世界就会变得更好！

**131. We must / embrace pain / and burn it / as fuel / for our journey.**  
我们必须接受痛苦，并把痛苦当成我们人生旅途的燃料。

**132. To succeed / is to select / a goal, / determine / a course of action / that will bring you / to that goal, / and then / hold to that action / until the goal / is reached. / The key / is action.**  
成功就是选择一个目标，确定达成目标所需要的行动，然后持续行动，直到目标实现。关键就是行动。

**133. Never confuse / a single defeat / with a final defeat.**  
永远不要把一次失败和最终失败混为一谈。

**134. Suffering a failure / doesn't mean / you are a failure.**  
遭遇挫折并不意味着你就是一个失败者。

**135. Failure / is success / if we learn from it.**  
如果能从失败中汲取教训，失败亦是成功。

**136.Success / is going / from failure / to failure / without losing your enthusiasm.**  
成功就是经过一个又一个失败，但仍然热情万丈。

**137.Success / is getting up / one more time / than you fall down.**  
成功就是爬起来的次数比跌倒的次数多一次。

**138.It is not helps, / but obstacles, / not facilities / but difficulties, / that make men.**  
造就人的，不是帮助，而是磨难，不是方便，而是困难。

**139.Every challenge / in your life / helps you / to grow / and move forward. / Be thankful / for challenges.**  
生活中的每一个挑战都在帮助你成长和前进。感激所有的挑战。

**140.Every adversity, / every failure / and every heartache / carries with it / the seed / of an equivalent / or a greater benefit.**  
每个逆境、每次失败、每种烦恼，都带有等价或更大利益的种子。

**141.If / you sit still, / the value / of what you have / drops / to zero / pretty quickly.**  
你若坐着不动，你的价值马上一落千丈，很快便会分文不值。

**142.We can do anything / we want to do / if we stick to it / long enough.**  
只要坚持得足够长久，我们都可以心想事成。

**143.The only thing / that overcomes hard luck / is hard work**  
唯一能够征服厄运的就是苦干。

**144.The man / with bad luck / is the luckiest / of all. / The man / with the most luck / is the unluckiest of all.**  
不幸的人最幸运！幸运的人最不幸！

**145.All of us / have bad luck / and good luck. / The man / who persists through / the bad luck- / who keeps / right on going- / is the man / who is there / when the good luck / comes, / and is ready / to receive it.**  
所有人都有好运气和坏运气。谁能在坏运气中坚持到底，谁就能在好运来临的时候把它抓住。

**146.Each misfortune / you encounter / will carry in it / the seed of / tomorrow's good luck.**  
你所遭遇的一切不幸将种下明天的好运气。

**147.Find your passion, / and pursue it / crazily.**  
找到你的激情，坚持不懈地追求它。

**148. When things / look blackest, / happiness / is often just around the corner.**  
事情看来最绝望的时候，幸福往往已不远了。

**149. I am / a great believer / in luck, / and I find / the harder / I work / the more / I have of it.**  
我是运气的忠诚信徒，我发现我越努力工作，我就有越多的运气。

**150. The way / to have / a better tomorrow / is to start / working on it / today.**  
拥有美好明天的方法就是今天开始努力。

**151. You must / focus on / turning negatives / into positives. / If you want it / and you dream about it, / there's nothing / that's going to / stop you.**  
你必须集中精力将消极的东西变成积极的东西。如果你想而且全神贯注地梦想它，世界上就没有任何东西可以阻挡你。

**152. We all / face adversity / in our life. / However, / it's not the adversity, / but how we react to it / that will determine / the joy and happiness / in our lives.**  
我们每个人在生命中都会面对逆境。然而，决定我们人生快乐和幸福的不是逆境，而是我们对逆境所作的反应。

**153. It is defeat / that turns bone / to flint; / it is defeat / that turns gristle / to muscle; / it is defeat / that makes men / invincible.**  
是挫折使骨头坚如磐石；是挫折使软骨变成肌肉；是挫折使人战无不胜。

**154. Instead of / thinking about / doing something, / do something.**  
与其空想，不如马上行动。

**155. Thinking / is easy, / acting / is difficult, / and to put one's thoughts / into action / is the most difficult thing / in the world.**  
想很容易，行动却很难，而把想法付诸行动是世界上最难的事情。

**156. Men are all alike / in their promises. / It is only / in their deeds / that they differ.**  
人们的承诺不相上下，只有行动才能显出差异。

**157. The best way / you can predict / your future / is to create it.**  
你能预测自己未来的最佳方法就是去创造它。

**158. True grit / is making a decision / and standing by it, / doing / what must be done.**  
真正的勇气是：做出决定，坚决捍卫，全力以赴！

**159. Better / to do something / imperfectly / than / to do nothing / flawlessly.**  
做事不完美要比一事无成强。

**160.Yesterday is gone; / forget it! / Tomorrow never comes; / don't wait for it! / Today is here; / use it!**

昨日已逝，忘记它吧！明天不来，不要等待！今天在此，善用它吧！

**161.The only difference / between successful people / and unsuccessful people / is extraordinary determination.**

成功的人和不成功的人唯一的区别就是非凡的决心！

**162.All / are of no value / unless / they are followed / by action.**

不付诸行动，一切都毫无意义。

**163.All people / need examples / and role models / more than criticism.**

所有的人都需要榜样和楷模，而非批评。

**Learn / and benefit / from the knowledge / and talent / of others.**

从他人的知识和才干中学习并受益。

**164.People / never improve / unless / they look to / some standard / or example / higher or better / than themselves.**

只有在比自己更高、更强大的标准和榜样的影响下，人们才能够进步。

**165.People seldom improve / when they have / no other model / but themselves / to copy after.**

当人们学习的榜样只有自己没有旁人时，他们的能力很少能够获得提升。

**166.When / you are not practicing, / remember / someone somewhere / is practicing, / and when / you meet him / he will win.**

当你不在练习的时候，记住总有人在某处练习。当你遇见他的时候，获胜的将是他。

**167.It is impossible / for a person / without great will / to become / brave and capable.**

没有伟大的意志力，就不可能有雄才大略。

**168.A hero / is an ordinary individual / who finds the strength / to persevere / and endure / in spite of / overwhelming obstacles.**

一个英雄就是在巨大的困难和障碍面前不屈不挠的普通人！

**169.Keep your eyes / on the stars, / and your feet / on the ground.**

胸怀远志，脚踏实地。

**170.To achieve / all your goals / and become everything / you are capable of becoming, / you must / get your time / under control.**

如果你想实现你的所有目标，成就你，你就必须善用时间！

**171.If you want to be / a successful person, / the first thing / you must do / is change / some of your habits.**

如果你想成为一个成功的人，你必须做的第一件事就是改变你的一些习惯。

**172.You are never / too old / to set another goal / or to dream / a new dream.**  
无论年纪有多大，你都可以有新目标或新梦想。

**173.All successful people / have a goal. / No one / can get anywhere / unless /he knows / where he wants / to go / and what he wants / to be / or do.**  
所有成功的人都有目标。如果一个人不知道要往哪里去，要成为怎样的人，要做什么，那他就将一事无成。

**174.Think great thoughts / and you will be great!**  
心怀伟大的理想，你就会变得伟大

**175.Think / little goals / and expect / little achievements. / Think / big goals / and win / big success!**  
目标定得小，成绩就小。有大志才会有大成就！

**176.It's the little things / that make the big things / possible. / Only close attention / to the fine details / of any operation / makes the operation / first class.**  
小事情让大事情成为可能！只有注重细节才能把事情办好！

**177.Reach / beyond your grasp. / Your goals / should be grand enough / to get the best of you.**  
要志存高远。你的目标应足够远大，能充分发挥你的潜力。

**178.Let all your pains / and troubles / become stepping stones / to better things / in life, / and learn / to use them / to make you / stronger and wise.**  
让所有的痛苦和困难成为你通向更美好生活的垫脚石。并学会利用它们让自己更坚强、更聪明。

**179.Don't aspire / to be like me. / Be better. / Shoot higher.**  
不要立志成为我。应该超过我。瞄准更高目标。

**180.To get rich, / never risk / your health, / for it is true / that health / is the wealth of wealth.**  
永远不要为了追求财富而牺牲你的健康，健康才是千真万确的财富中的财富。

**181.He / who has health, / has hope. / And he / who has hope, / has everything.**  
拥有健康，就拥有希望。拥有希望，就拥有一切。

**182.Health / is the thing / that makes you / feel that / now / is the best time / of the year.**  
健康是这样的东西，它使你感到现在是一年中最好的时光。



**183.To ensure / good health:/ eat lightly, / breathe deeply / live moderately, / cultivate cheerfulness / and maintain interest / in life.**

确保健康，你需要：清淡饮食，深呼吸，生活节制，培养快乐的性格，并保持对生活的兴趣。

**184.In order to succeed / you must fail, / so that / you know / what not to do / the next time.**

为了成功，你必须失败，这样你就知道下次哪些事不要去做。

**185.Being optimistic / is the only secret / of keeping fit.**

乐观是养生的唯一秘诀。

**186.Satisfaction / lies in the effort, / not in the attainment. / Full effort / is full victory.**  
成就感来自于付出和努力，而不在于达成。全力以赴就是最全面、最伟大的胜利！

**187.The path / to success / is to take / massive, / determined action.**

通向成功的道路就是采取坚定而有力的行动。

**188.Do your best / this moment / and you will be / at the best place / for your next moment / and opportunity.**

此时此刻全力以赴，你就会永远处于人生的最佳同刻！

**189.Good habits / determine, / direct / and rule our lives. / All our success / can be attributed / to good habits. / All our failures / can be attributed to bad habits. / We must put / all our energy / into developing / excellent habits.**

好习惯主宰人生！好习惯轻松成功！坏习惯终生痛苦！我们必须尽全力培养好习惯！

**190.Good habits / are the most valuable asset / in life.**

好习惯是人生最有价值的财产。

**191.The only difference / between those / who have failed / and those / who have succeeded / lies in / the difference / of their habits. / Good habits / are the key / to all success. / Bad habits / are the unlocked door / to failure.**

成功与失败的唯一区别，在于不同的习惯。好习惯是开启成功的钥匙，坏习惯是一扇向失败敞开的门。

**192.Good habits, / once established, / are just as hard / to break / as bad habits.**

好习惯一旦建立，就会像坏习惯一样难以打破。

**193.Bad habits / are like / a comfortable bed, / easy / to get into, / but hard / to get out of.**

坏习惯就像舒适的床，躺进去容易，爬出来却很难。

**194. Something / must die / in order to grow- / your old habits, / your old self image, / your old thinking, / your old life... / must be weeded out / for the seeds of success / to grow.**

为了成长，某些东西必须消逝——为了让成功的种子成长，你的旧习惯、你的旧形象、你的旧思想、你的旧生活.....都必须摒弃。

**195. It is easier / to prevent bad habits / than / to break them.**

防止坏习惯比改掉坏习惯要容易。

**196. Choose / to be happy / today. / Don't worry / about tomorrow. / Prepare for it, / but don't obsess. / Just get through / today's challenges.**

今天就快乐！不要为明天烦恼！为明天做好准备，但不要过分！全力以赴征服今天的挑战！

**197. If you can't form / good habits, / you can't / conquer English ! / English takes / a real commitment / to master.**

如果你不能养成好习惯，你就不能攻克英语！攻克英语需要全心投入。

**198. Imagine / what you would be like / without your bad habits.**

想象一下，当你改掉所有的坏习惯时，你会变成怎样的奇迹。

**199. The most important single ingredient / in the formula of success / is knowing / how to get along with / people.**

成功公式中最重要的因素就是知道如何与人相处。

**200. Success / has a simple formula: / do your best, / and people / may like it.**

成功有一个很简单的公式：全力以赴，就会有人喜欢。

**201. The secret of success is / to do the common things / uncommonly well.**

成功的秘诀就是把平凡的事做得不平凡。

**202. No matter / how difficult / it is, / no matter / what pain / hits you, / choose / to move forward / and move on / and take baby steps / into the future.**

不管多困难、多痛苦都要向前，一步一步地迈向未来。

**203. Ability / is what you're capable / of doing. / Motivation / determines / what you do. / Attitude / determines / how well / you do it.**

能力是你可以做什么。动力决定你做的事情。态度决定你把事情做好。

**204. The future / belongs to those / who believe in / the beauty / of their dreams.**

未来属于那些相信自己梦想的人。

**205. All the wonders / you seek / in life / are deep inside / yourself.**

你找寻的人生奇迹，其实一直深藏在你的内心深处。

**206. When life gives you / a hundred reasons / to cry, / show life that / you have a thousand reasons / to smile.**

当生活给你一百个理由哭泣时，你就拿出一千个理由笑给它看。

**207. People often say that / motivation / doesn't last. / Well, / neither does bathing- / that's why we recommend it daily.**

人们常说：激励不能持久！是的！洗澡也不能持久，所以，我们建议大家每天励志！就像每天洗澡一样！

**208. It is necessary / to try / to surpass oneself always; / this occupation / ought to last / as long as life.**

尝试超越自己总是必要的，这是一辈子都应该做的事情。

**209. Ordinary people / think merely of / spending time. / Great people / think of / using it.**  
平庸的人只会想怎么消磨时间，伟大的人却想着怎么利用时间。

**210. There are / no such things / as limits / to growth, / because / there are / no limits / to the human capacity / for intelligence, / imagination, / and wonder.**

成长没有极限，因为人类的智慧、想象和创造奇迹的能力也是没有极限的

**211. Do you want / to spend the rest / of your life / selling sugared water / or do you want / a chance / to change the world?**

你想用卖糖水来度过余生，还是想要一个机会来改变世界？

**212. Death is very likely / the single best invention / of Life. / It is Life's change agent. / It clears out / the old / to make way / for the new.**

死亡很可能是唯一的、最好的生命创造。它是生命的促变者。它送走老一代，给新一代让路。

**213. If you / do something / and it turns out / pretty good, / then / you should go / do something else / wonderful, / not dwell on it / for too long. / Just figure out / what's next.**

你如果出色地完成了某件事，那你应该再做一些其他的精彩事情。不要在前一件事上徘徊太久，想想接下来该做什么。

**214. There's / a phrase / in Buddhism, / "Beginner's mind." / It's wonderful / to have / a beginner's mind.**

佛教中有一句话：初学者的心态；拥有初学者的心态是件了不起的事情。

**215. Being the richest man / in the cemetery / doesn't matter / to me. / Going to bed / at night / saying we've done something / wonderful- / that's / what matters / to me.**

是否能成为墓地里最富有的人，对我而言无足轻重。重要的是，当我晚上睡觉时，我可以这样说：我们今天完成了一些美妙的事。

**216.Remembering that / you are going / to die / is the best way / I know / to avoid the trap / of thinking / you have something / to lose.**

谨记自己总会死去，是我所知道的让自己避免陷入“人生有所失”思考的最佳方法。

**217.Your time is limited, / so / don't waste it / in living / someone else's life. / Don't / let the noise / of others' opinions / drown out / your own inner voice.**

你的时间有限，不要浪费于重复别人的生活。不要让别人的观点淹没了你内心的声音。

**218.Have the courage / to follow your heart / and intuition. / They somehow / already know / what you truly want / to become. / Everything else / is secondary.**

要有勇气追随心声，听从直觉——它们知道你将成为什么样子。其他事情都是其次的。

**219.Life is brief, / and then / you die, / you know?**

人生短暂，终将一死，明白么？

**220.You can't just ask customers / what they want / and then / try to give that / to them. / By the time / you get it built, / they'll want / something new.**

你不能只问顾客要什么然后再想法子给他们做什么。等你做出来，他们已经另有所需了。

**221.At every step / along the way / your soul / will be tested. / Every test / you pass / will make you stronger.**

一路上，每踏一步，你的灵魂都将经受考验。而每次通过考验，都将令你更加强大。

**222.Because / we are human, / we are obligated / to push ourselves / to our fullest potential!**

既生为人，就应该最大程度发挥自己的潜力！

**No person / has the right / to rain / on your dreams.**

没有人有权利给你的梦想泼冷水。

**223.Life shrinks / or expands / in proportion to / one's courage.**

生活随着勇气潮起潮落。

**224.Courage / is the foremost / of all the virtues, / for upon it / all others depend.**

勇气是第一品格，其它一切都要依赖于它。

**225.If my mind / can conceive it, / and my heart / can believe it, / I know / I can achieve it.**

如果我的大脑能够构想出来，而且我的心能够相信它，那我就知道我能够实现它！

**226.If you do not / do the thing / you fear, / the fear / will control / your life.**

如果你不敢做令你害怕的事情，恐惧就会占据你的生命。

**227.People / who have no fear / are stupid, / people / who have fear / but learn / to master it / are courageous.**

没有恐惧的人是愚蠢的人，有恐惧但学会战胜恐惧的人是勇敢的。

**228.The universe / never punishes you. / You punish yourself / by your feare / and beliefs.**

宇宙从来不惩罚你，是你用恐惧和执念来惩罚自己。

**229.You gain strength, / courage, / and confidence / by every experience / in which / you really stop / to look fear / in the face. / You must / do the thing / you think / you cannot do.**

每当你停下来直面恐惧的时候，你就从中收获了力量、勇气和自信。你必须做你自认为做不到的事情。

**230.Courage / is not / the lack of fear, / absence of fear; / it is / the control of fear, / mastery of fear.**

勇气不是缺乏恐惧、没有恐惧，勇气是控制恐惧、战胜恐惧。

**231.If you absolutely / believe that / you are destined / to be a great success / in life, / you will think / and behave accordingly, / and you will make it / come true.**

如果你百分之百地坚信自己生来就是一个伟大的成功者，你就会相应地思考和行动，你会让梦想成真！

**232.Heroes / are important / and necessary symbols / of our hopes / and dreams. / But / they aren't gods. / They're flesh and blood / like the rest of us. / But when / the test comes, / heroes react / in extraordinary ways. / Rising above / the ordinary, / surpassing / what would be expected, / they never fail / to inspire us / to dream bigger, / reach higher / and endure longer.**

英雄是我们的希望和梦想必不可少的重要标志，但英雄不是神。他们和我们一样是血肉之躯。然而，一旦考验来临，英雄就能做出非凡的举动。他们超越平凡，超越所有的期望。英雄总能激发我们拥有更远大的梦想，达到更高远的目标，忍受更长久的磨难。

**233.A believer / is never disturbed / because / other people / do not yet / see the facts / which he sees.**

信念坚定的人绝不会被困扰，因为他看到了别人看不到事实。

**234.The thing / always happens / that you really believe in; / and the belief / in a thing / makes it happen.**

你坚信不疑的事情总是会发生；从某个方面来说，正是信念使它成为现实。

**235.Passion / produces actions, / and actions / make history.**

热情产生行动，行动造就历史！

**236.Succese / is addictive. / Once / you feel / the thrill / of victory, / you want / to repeat it / as often as possible. / To be successful, / you can't be afraid / to take risks. /**

**Risk-taking / means / using your abilities / to overcome / life's hurdles / and sprint / to the finish line!**

成功是会上瘾的。一旦你感受到了胜利的快感，你就会尽可能地经常去重复胜利。要想成功，你不能害怕冒险。冒险意味着你利用你的能力去克服生活中的障碍，快速冲向终点。

**237.To be successful / and happy, / you must think / and talk / only about the things / you want.**

为了获得成功和快乐，你必须只思考和谈论自己想要的东西！

**238.I'm very determined, / persistent / and sometimes / even stubborn. / There's a desire / in me / that makes me / want to do / more and more / and to do it right. / Each of us / has a fire / in our heart / for something. / It's our goal / in life / to find it / and to keep it lit.**

我很坚定，毅力顽强，有时甚至固执己见。我内心有一种渴望，它促使我去做更多的事，并把这些事做对。我们每个人的内心都有一把火，我们生活的目标就是找到这把火并使它不停地燃烧。

**239.Every great achievement / is the result of / a heart / on fire.**

每一个伟大的成就都是内心熊熊燃烧的结果。

**240.If success / is a habit, / it is a very hard one / to acquire.**

如果成功是一种习惯，那这种习惯并不容易养成。

**241.I'm / the master / of my own fate.**

我是我自己命运的主人。

**242.Love your work, / then you wil / find pleasure / in mastering it.**

热爱你的工作，你就会乐在其中。

**243.By helping others, / you wil / feel good about yourself.**

帮助他人，其乐无穷。

**244.To accomplish / great things, / we must dream / as well as act.**

要完成伟业，我们必须既有梦想，又有行动。

**245.Believe in / the beauty / of your dreams.**

相信你梦想的美丽。

**246.If you truly / desire happiness, / seek / and learn / how to serve others.**

如果你真的渴望幸福，就去寻找并学会如何服务他人吧。

**247.See your goal. / Understand the obstacles. / Clear / your mind of doubt. / Create / a positive mental picture. / Embrace the challenge. / Stay on track. / Show the world / you can do it.**

看清目标。理解困难。清除疑虑。创造积极的心理状态。拥抱挑战。坚持目标。向世界表明你能行！

**248. Every day / in every way / I am getting / better / and better.**

每一天，在每个方面，我都变得越来越好。

**249. My body / is strong / and healthy. / Every day, / new life, / strength, / and vitality / are flowing / to every atom, / cell, / and organ / of my body.**

我身体健康。每一天，新的生命、新的力量和活力却在源源不断地注入我身体里的每个原子、细胞和器官。

**250. Victory / won't come to me / unless / I go to it.**

胜利是不会向我走来的，我必须自己走向胜利。

**251. A man / is not finished / when he / is defeated. / He / is finished / when he quits.**

一个人如果失败了并不会完蛋，只有放弃了才会完蛋。

**252. Improve yourself / today.**

今天就要改变自己。

**253. I choose / to be happy. / I choose / not to let other people / affect my mood.**

我选择快乐。我选择不让别人影响我的心情。

**254. I choose / to walk the road / less traveled. / Successful people / do all the things / that unsuccessful people / do not want / to do.**

我选择较少人走的路。成功的人就是做那些不成功的人不愿意做的事。

**255. I treat / each new problem / I encounter / as a new door / to be opened, / and an opportunity / to be creative.**

我所遇到的每一个困难都是一扇等着我开启的门，都是激发我创造力的机会。

**256. Courage / is the first / of human qualities / because / it is the quality / which guarantees / all others.**

勇气是人类品质之首，因为它是所有品质之源。

**257. Courage / is grace / under pressure.**

勇气就是在压力之下不失优雅。

**258. What would life be / if we had / no courage / to attempt anything?**

如果我们没有勇气去尝试任何事情，那生命又有何意义？

**259. Courage / is being afraid, / but / being willing / to do the thing / you fear / anyway.**

勇气是既害怕却又愿意去做你恐惧的事情。

**260.All our dreams / can come true / if we have the courage / to pursue them.**  
只要我们有勇气去追求，所有的梦想都能成真。

**261.Courage / and resolution / are the spirit / and soul / of virtue**  
勇气和决心是美德的精神和灵魂。

**262.Hard things / are put / in our way, / not to stop us, / but / to call out / our courage / and strength.**  
摆在我们面前的困难并不是要阻挡我们，而是要激起我们的勇气和力量。

**263.The key / to long-term success / is for you / to dedicate yourself / to continuous improvement.**  
长期成功的秘诀就是致力于不间断的改善！

**264.Success is simple. / Do / what's right, / in the right way, / at the right time.**  
成功很简单：在合适的时间，用恰当的方式，做正确的事。

**265.Honesty / is the first chapter / in the book / of wisdom.**  
诚实是智慧宝典的第一章。

**266.The only person / you should try / to be better than / is the person / you were / yesterday.**  
你唯一应该超越的人就是昨天的自己！

**267.It's a lot of work / to try / to get better, / but you just / can't quit.**  
改进需要耗费大量的心血，但你不能放弃！

**268.I am / deeply grateful / for all of my problems. / After each one / was overcome, / I became stronger / and more able / to meet those / that were still / to come.**  
我深深感谢我的问题！每战胜一个问题，我就变得更强大，更有能力迎接下一个挑战。

**269.Success / is not final, / failure / is not fatal: / it is / the courage / to continue / that counts.**  
成功不是终点，失败也不代表终结。继续向前的勇气才是最重要的。

**270.The hardest part / about growing up / is letting go of / what you were used to, / and moving on / with something / you're not.**  
成长过程中最大的挑战在于抛弃那些你曾经熟悉的事物，在陌生的环境中不断前行。

**271.It is actually / a great time / in your life / to get a little crazy, / follow your curiosity, / and be ambitious / about it. / Don't give up / on your dreams. / The world / needs you all!**  
这是你们人生中的伟大时刻，你们可以疯狂一些，追随你们的好奇心，积极进取。不要放弃你们的梦想。世界需要你们！



**272.Everything is learnable / through practice / and repetition.**

通过练习和重复，你可以学会任何技能！

**273.Example / is not the main thing / in influencing others. / It is / the only thing.**

榜样不是影响别人的主要方式，而是唯一方式。

**274.No man ever fails / until he fails / on the inside.**

直到内心的屈服，才是真正的失败。

**275.Even if / you are born / into a rich family, / or with a smart mind / or a strong body, / you stil have to / work hard / to truly succeed / and reach your potential.**

即使你出生在一个富有的家庭，头脑聪明身体健壮，但要想获得真正的成功、充分发挥潜能，你必须努力工作。

**276.You are / the master of / your own destiny!**

你就是你自己命运的主宰！

**277.Ability / may get you / to the top, / but / it takes character / to keep you there.**

能力或许能让你达到巅峰，但品德才能让你屹立不倒。

**278.The past can't be changed, / erased, / edited / or recalled, / it will have to / be accepted only. / Let your past / make you better / not bitter.**

过去无法改变，无法抹去，无法重写，无法被召回，我们唯有接受过去。让过去使你更完美，而非痛苦。

**279.If / you want / to stand out / among people, / there is / no shortcut / or alternative / for you but hard work.**

要想出人头地，除了努力工作之外，没有任何捷径，更没有其他选择。

**280.Action / is the antidote / to despair.**

行动是绝望的解毒剂。

**281.Every really new idea / looks crazy / at first.**

每一个新想法一开始似乎都很疯狂。

**282.If you are / a little bit better / than others, / they wil / envy you. / If you / make a huge difference, / they can only / admire you.**

如果你只是比别人好一点，那别人会嫉妒你；如果你把别人远远地甩在身后，别人只会敬佩你。

**283.An outstanding scientist / must be / a kind of maniac / to a certain extent.**

杰出的科学家必然在一定程度上是个痴迷的人。

**284.Today's investment / on our next generation / would ensure / the bright future / of our nation.**

今天我们对于下一代的投资是我们国家拥有光明未来的保证。

**285.In all human affairs / there are efforts, / and there are results, / and the strength / of the effort / is the measure / of the result.**

在所有的人类事物中，有努力，就有结果，而努力的强度就是结果的尺度。

**286.Everyone / can count / the seeds / in an apple, / but no one / can count / the apples / in a seed.**

每个人都可以算出一个苹果里有多少种子，但没有人能算出一粒种子能长出多少苹果！

**287.In order to act / you must be / somewhat insane. / A reasonably sensible man / is satisfied with thinking.**

为了行动，必须略带疯狂。普通平常的人只满足于思考。

**288.It is our duty / as men and women / to proceed / as though / the limits / do not exist.**

我们要奋勇向前，就好像前路没有极限一样，这是我们为人的责任！

**289.To teach / our children well / is to lay / the strong est foundation / for the future / of our country.**

教育好我们的孩子，就是为我们国家的未来打下最坚实的基础！

**290.It is strange / that all great men / should have / some little grain / of madness / mingled with / whatever genius / they possess.**

很奇怪，但凡伟人在他们所拥有的天才中都混杂着一些疯狂的成分。

**291.It is / the constant / and determined effort / that breaks down / all resistance, / sweeps away / all obstacles.**

只有不断的努力和坚定的意志才能破除一切阻力，扫清一切障碍。

**292.Every great man / has become great, every successful man / has succeeded,/in proportion as /he has confined / his powers / to one particular channel**

伟人之所以伟大、成功者之所以成功，在一定程度上是因为他把全部力量集中于一点。

**293.Do / but set the example / yourself, /and I will / follow you. /Example / is the best precept.**

你只要以身作则，我就会效法你。榜样是最好的告诫。

**294.No one / who achieves success / does so / with the out acknowledging / the help / of others. / The wise and confident / acknowledge this help / with gratitude.**

没有人获得成功的时候不承认他人的帮助。客智而自信的成功者对别人的帮助心怀感恩

295. Our belief / at the beginning / of a doubtful undertaking / is the one thing / that insures / the successful outcome / of our venture.

当一件成败未定的使命开始时，我们的信念是确保我们事业成功的法宝。

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