

美丽人生的七大秘诀 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/263/2021_2022__E7_BE_8E_E4_B8_BD_E4_BA_BA_E7_c84_263556.htm Seven Secrets to a Great Life 美丽人生的七大秘诀 A great life doesn't happen by accident. 美丽人生不会从天而降. A great life is the result of allocating your time, energy, thoughts, and hard work towards what you want your life to be. 你要懂得分配好自己的时间、精力、心思,向着自己的生活目标努力迈进,才可以成就美丽的人生. Stop setting yourself up for stress and failure, and start setting up your life to support success and ease. 别让自己再活在忧虑和失败中,开始装备自己,迎接成功舒怀的生活. A great life is the result of using the seven secrets to make you get in a creative and thoughtful way, 实现美丽人生,你要周到而有创意地用好七个秘密, instead of just what comes next. 而不是做一天和尚敲一天钟. Customize these "secrets" to fit your own needs and style, and start creating your own great life today! 根据自己的需要和作风进一步调整下面的"秘诀",今天就开始为自己打造美丽的人生吧! 1. S-Simplify. A great life is the result of simplifying your life. 1. 化繁为简.美丽人生源于对生活弃繁从简. People often misinterpret what simplification means. It's not a way to remove work from your life. 人们往往误解了简化生活的意思,这不是要你放弃所有的工作. When you focus on simplifying your life, 生活从简, you free up energy and time for the work that you enjoy and the purpose for which you are here. 你就能把精力和时间释放出来,从事你喜欢的工作,为目标奋斗. In order to create a great life, you will have to

make room for it in yours first. 要创造美好的人生,你得首先为自己腾点时间空间出来.

2. E-Effort. A great life is the result of your best effort. 2. 尽心努力.美丽人生源于你苦心下功夫. Creating a great life requires that you make some adjustments. 创造美丽人生,你需要作出一些改变, It may mean re-evaluating how you spend your time, or choosing to spend your money in a different way. 这意味着重新分配时间,或者把钱花在不同的地方, It may mean looking for new ways to spend your energy that coincide with your particular definition of a great life. 也意味着你把精力重新投放到能引领美丽人生的地方去. Life will reward your best effort. 你的努力是不会白费的.

3. C-Create Priorities. A great life is the result of creating priorities. 3. 理清主次.美丽人生源于懂得优先考虑重要的问题. It ' s easy to spend your days just responding to the next thing that gets your attention, 见一步走一步确是易事. instead of intentionally using the time, energy and money you have in a way that ' s important to you. 不用心考虑最重要的事情,你就是在浪费时间、精力和金钱. Focus on removing the obstacles that get in the way of you making sure you are honoring your priorities. 确保自己理清头绪,定出轻重缓急,扫清障碍,完成最重要的目标.

4. R-Reserves. A great life is the result of having reserves-- reserves of things, time, space, energy, money. 4. 有备无患.美丽人生源于懂得为自己作些预留--预留物品,时间,空间,精力和金钱. With reserves, you acquire far more than you need--not 6 months living expenses, but 5 years worth. 有了储备,你可以得到更多--不是六个月的生活费,而是五年的. not 15 minutes of free time, but 1 day. 不是15分钟的闲暇,而是一整天的. Reserves are important

because they reduce the fear of consequences, 储备是很重要的,因为它能减少你对行动后果的顾虑, and that allows you to make decisions based on what you really want instead of what the fear decides for you. 让你遂心地作决定,不让担忧左右抉择. 5.

E-Eliminate distractions. A great life is the result of eliminating distractions. 5. 专心行事.美丽人生源于心无旁骛. Up to 75% of your mental energy can be tied up in things that are draining and distracting you. 耗力分心的事会浪费掉你75%的精力.

Eliminating distractions can be a difficult concept to many people, 对很多人来说,清除杂念是个难以接受的概念, since they haven't really considered that there is another way to live. 因为他们从来没有想过生活原来还可以有另外一种方式. Look around at someone's life you admire. What do they do that you would like to incorporate into your own life? 身边有没有谁的生活方式令你羡慕不已?他们的哪些做法是你想学习的? Ask them how they did it. Find ways to free up your mental energy for things that are more important to you. 请教他们是怎样做到的.想办法把心思转移到你认为重要的事情上. 6. T-Thoughts. 6. 坚持信念. A great life is the result of controlling your thoughts 美丽人生源于 so that you accept and allow for the possibility that it actually can happen to you! 坚信凡事皆有可能. Your belief in the outcome will directly dictate how successful you are. 这种信念会直接决定你的胜算.

Motivated people have specific goals and look for ways to achieve them. 有行动力的人目标明确,积极想办法达成目标. Believing there is a solution to the same old problems you encounter year after year is vitally important 有一点很关键,就是要相信自己年复一年

面对的老问题总有方法可以解决 to creating a life that you love.
如果要活得称心如意 7. S-Start. A great life is the result of starting.
7. 立刻行动!美丽人生源于坐言起行. There ' s the old saying
everyone ' s familiar with "a journey of a thousand miles begins with
a single step". "千里之行始于足下"这句古谚大家再熟悉不过了.
In order to even move from the couch to the refrigerator, you have
to start. 小事诸如从沙发走到冰箱前,还是得先动起来. There ' s
no better time to start than today. Don ' t wait for a raise, or until the
kids get older, or the weather is better. 要行动,就得从今天开始.别
说等加薪了,等孩子长大点了,又或者说等天气好一点再说.
Today, right now, is the right day to start to take a step in the
direction of your heart ' s desires. 今天,此刻就是起步迈向心头目
标的最好时机. It ' s what you do TODAY that will make a
difference in your life tomorrow. 今天你所做的会为你明日的生
活带来精彩的变化. 100Test 下载频道开通, 各类考试题目直
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