



每日勵志引言小冊

Mottos for Success

成功座右銘

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ISBN:

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一月一日

要邁得更高，走得更遠，做得更多——因為你做得到！

Reach higher, go farther, achieve more—because you can!



一月二日

運動員比賽前要熱身，你也要為這一年提前熱身。開始先做些溫和小活動，然後逐漸增加強度。這會比馬上全力投入比賽，能讓你持續得更久、成效更高。

Warm up for the year ahead like an athlete would warm up for a competition. Start gently, and then increase the intensity as you go. You'll last longer and get farther that way than if you take off running at full speed.



一月三日

很多人都有夢想，但只有把夢想當為目標的人，才會使夢想成真。唯有這樣的人，才能真實地享受夢想。

Lots of people dream, but only those who make their dream their goal turn it into reality. Only they live their dreams.



一月四日

以人而不是以成功為重，成功就會以你為重。

Make people your priority rather than personal success, and then success will make you its priority.



一月五日

希望每天無論情形怎樣都變得美好嗎？秘訣在於：在每件事中尋找美善之處。

Want every day to turn out well no matter what the circumstances? Here is the secret: Look for the good in every situation.



一月六日

俗語說：將心比心，你才更有可能去了解和扶持他人。

Walk a mile in another's shoes, as the saying goes, and you will be much more inclined to be understanding and supportive.



一月七日

信心能在最漆黑的夜晚照亮我們的路，在最猛烈的風暴中指引我們，在我們軟弱或腳步不穩時扶持我們。

Faith lights the way through the darkest night, directs us through the fiercest storm, and sustains us when we falter or are weak.



一月八日

你看人的角度若是「這人必有可助我進步的優點」，你就不僅會學到一些功課，而且還更有可能建立更穩固、更有意義的人際關係。

If you can see people from the angle of “this person has something to offer that can help make me a better person,” you’ll not only learn something, but will also be more likely to build stronger and more meaningful relationships.



一月九日

成功始於心。如果你想在某方面成功，就要訓練自己無視障礙、失望、挫折，甚至失敗。成功的生活從成功的態度開始。

Success starts in the mind. If you want to be successful in any area, train your mind to look beyond obstacles, disappointments, setbacks, and even failures. A successful life starts with a successful attitude.



一月十日

依靠上帝的愛，上帝的愛就會支撐你；活在上帝的愛裡，上帝的愛就會扶助你。

Lean on God's love, and it will uphold you; abide in God's love, and it will sustain you.



一月十一日

建立良好人際關係的關鍵，不在於要求別人以某種特定方式來對待你，而在於客觀地看看他們一般怎樣待你，並從自己的發現中學習。

The secret to building sound relationships is not found in getting people to treat you a certain way, but in looking objectively at the way they tend to treat you and learning from your findings.



一月十二日

生活中真正有價值的，不是我們能看見和感覺到的事物，而是來自上帝的屬靈恩賜，如快樂、友誼和愛等。

The true values in life are those that go beyond the things we can see and feel—they are spiritual gifts from God, such as happiness, friendship, and love.



一月十三日

得勝的團隊由隊員組成。隊員尊重教練和隊友，知道整個隊伍誰都不可或缺。他們透過對其他隊員和整個隊伍表達出信心，而保持士氣高昂。

Winning teams are made up of team players. Team players respect their coach and teammates, and they realize that all are needed. They keep morale high by expressing confidence in other team members and their team as a whole.



一月十四日

當你看到別人身上的某個優點時，要讚揚他們，或稱讚他們把事情做得漂亮。重複這樣說，不要擔心別人會對讚賞感到厭倦，因為沒有人會厭倦。

When you notice something good about someone, compliment them or praise the good job they've done. Say it again. Don't worry that others will get tired of receiving appreciation—nobody does.



一月十五日

表情是樹立在生活高速公路邊的廣告牌。它是無聲交流的首要方式，是你最強而有力的「廣告」。

Your expression is your billboard by the highway of life. It is your first means of unspoken communication, and your most powerful "advertisement."



一月十六日

誰願做出必要的犧牲，盡量使婚姻變得美好，婚姻就會對誰給予美妙的回報。

Marriage holds wonderful rewards for those who are willing to make the sacrifices needed to make it all it can be.



一月十七日

獻給上帝一些時間，你就是在做一天中最重要的事。
挪出一些時間去幫助和服侍他人，你就是在做一天中第二件最好的事。

Give God some of your time and you will be doing the most important thing you can do today.

Give some of your time to help and serve others and you will be doing the next best thing.



一月十八日

人感到孤獨，是因為他們築牆，而不是造橋。建造通向和連接他人的橋樑吧，這樣做能為你的生命帶來溫暖、友誼和愛。

People are lonely because they build walls instead of bridges. Build a bridge by reaching out to and connecting with another. It brings warmth, friendship, and love into your life.



一月十九日

先想像一個完美的世界。然後，再想像在創造這樣完美世界的過程中，你想扮演什麼角色。今天就採取行動，去推進這個目標吧。


Imagine a perfect world. Now imagine the part you would like to play in the creation of that perfect world. Do something today to further that goal.



一月二十日

我們不能把夢想失敗歸咎於時間不夠。我們應學習找時間去實現夢想。

We cannot blame our failure to live our dreams on a lack of time.
We must learn to make the time in our days to live those dreams.



一月二十一日

背後說人沒有什麼不對，只要你說的是好事。

There is nothing wrong with talking about people behind their backs—as long as you say only nice things.



一月二十二日

你給出的所有的愛，都會有回報。這也許不會馬上發生，但你最終會發現自己確實會重獲這份愛。

All the love you give comes back to you. It may not happen right away, but in the end you'll find it's true.



一月二十三日

生活就像武術：你可以盡情踢、打、騰、挪，但高超的武藝只能透過耐心、自制、協調和很多操練才能達到。

Life is like a martial art: You can kick and swing all you want, but excellence is only achieved through patience, discipline, balance, and much practice.



一月二十四日

寬恕的力量是一個人能獲得的最大力量。寬恕是上帝的天性與本質。透過寬恕，你就超越了凡人的鄙俗。

The power to forgive is one of the greatest powers given to man. It is part of the nature and essence of God. Forgive and you rise above the pettiness of mortals.



一月二十五日

你可曾觀察鳥群？當一隻鳥緊張煩亂時，這種態度會馬上傳播給其他鳥，牠們也會變得驚恐起來。一個家或工作場所也會有類似的回應。你對他人產生的是怎樣的影響呢？

Have you ever watched a flock of birds, and noticed one get jumpy or upset, and then that spirit quickly spreads panic to the others? A similar dynamic occurs in the home or workplace. How do you affect others?



一月二十六日

當你從事改革與進步時，找一位搭檔或一個團隊來一起合作，成功的機會就會大大增加。

When you set out to make a difference, find a partner or team to work with and you will multiply your chances of success.



一月二十七日

任何時候，你都可以為別人做些小事，其目的不是為了別的，就只因為你關心。你付出的可能很小，但收受者卻可能覺得非同尋常呢。

There are many little things that you can do for anyone, anytime, for no other reason than because you care—things that may cost you little or nothing but could mean the world to those on the receiving end.



一月二十八日

敬人者，人敬之。

Treat all people with respect, and you will earn theirs.



一月二十九日

最後期限、壓力和工作時刻都在。因此，要問問自己：「我今天做了什麼會持續久遠的事？」在生命中，你是在辦急事、還是在做重要的事呢？

There will always be deadlines, pressures, and work. So ask yourself, "What did I do today that will last?" Do you live your life doing what is urgent, or doing what is important?



一月三十日

鼓勵你的隊友去想想和商量怎樣可把事情做得更好。結果，你會有一個更快樂、更團結的團隊，並能有更多進步。

Encourage your team members to think about and discuss how things could be done better. This will pay off in a happier, more unified team that makes more progress.



一月三十一日

珍惜一天中的每一刻，因為每一刻都是上帝賦予的禮物。

Treasure every moment of every day, because every moment is a gift.



二月一日

決心極力改善不好的情形，你就會使自己的世界變得更快樂。你也會因此吸引更多朋友，因為人人喜歡積極的人。

Determine to make the best of bad situations, and you will make your world a happier place. You will also attract more friends, because people are attracted to positive people.



二月二日

如果心裡不安，就閉上眼睛，靜一會兒。然後，想想自己的祝福或其他充滿希望的想法，並為此感謝上帝。這樣，你的混亂和擔憂就會被上帝的平安取代。

If you feel unsettled, take a moment to close your eyes and get quiet. Then direct your mind to some blessing or hopeful thought, and thank God for it. Your confusion and worries will be replaced with His peace.



二月三日

「你願人怎樣對待你，你就怎樣對待人。」如果人們願意遵守耶穌的這個金科玉律，很多問題都會解決了。當你按照它去生活時，就會獲得自己希望得到的關懷顧慮和仁愛。

“Do to others as you would have them do to you.” Many problems would be solved if people would live by that Golden Rule. When you live by it, consideration and kindness come back to you.



二月四日

改變經常是進步的催化劑。

Change is a common catalyst behind progress.



二月五日

愛有驚人的力量。它能改變心靈、更新靈魂，為失望的帶來希望，讓疲憊的振作。它能使病人恢復健康，為不快樂的人帶來快樂。

There is tremendous power in love. It changes hearts, renews spirits, gives hope to the despairing, lifts the weary, restores health, and brings happiness where there was none.



二月六日

你會極力掩蓋自己的錯誤嗎？還是會鼓起勇氣，坦白承認呢？你若承認錯誤，大部分人都會因此而更尊敬你。

Do you try to hide your mistakes? Or do you take the courageous path of owning up to them? Most people will respect you more if you admit them.



二月七日

努力去和每個人友好相處，尤其是你必須與之共事或同處、卻又不怎麼喜歡的人。為了大家的好處，人人都需要建立積極的人際關係。

Try to get along with everyone, but especially those you have to work or live around but don't particularly like. For everyone's sake, building positive relationships is a must.



二月八日

領導人有兩個職責：確保事情完成了，和照顧工作者。後者做得好的領導人，更有可能做到前者。

A leader's job is twofold: to see that the job gets done, and to care for those carrying out the work. A leader who does the latter well is far more likely to achieve the former.



二月九日

做父母向來都不容易，但所有充滿愛心的父母從第一天開始，都會有一件美好的事情相伴隨：他們的孩子對他們的愛和敬仰，超過對世界上任何一個人的愛與敬仰。

Parenting has never been easy, but all loving parents have one great thing going for them from day one: their children love and look up to them more than anyone else in the world.



二月十日

困難塑造性格。今天怎樣面對挑戰，有助於決定你明天成為怎樣的人。

Difficulties shape character. How you deal with challenges today helps define who you will be tomorrow.



二月十一日

經驗和個人發現是最好的老師，讓別人親身學習和體驗吧。

Experience and personal discovery are the best teachers. Let others learn and experience for themselves.



二月十二日

無論到哪裡，都要帶著溫馨、快樂的心情。讓你快樂的天性照亮和鼓舞他人吧。

Carry a warm and sunny atmosphere wherever you go. Let your happy disposition shine on others and cheer them up.



二月十三日

上帝的愛是你可能想像的最大能量。它能創造生命、寬恕罪惡、改變生活，可滿足世上任何需求。

God's love is the greatest force imaginable. It can create life, forgive sins, and change lives. There is no need in this world that is beyond its reach.



二月十四日

愛證明奇蹟絕非是神話。

Love is proof that magic is more than a myth.



二月十五日

所有隊員都需要知道自己的貢獻沒有被人忽視，自己的勞工令事情有了改觀，他們在團隊中有寶貴價值。

All members of a team need to know that their contributions are noticed, that what they do makes a difference, and that they are a valued part of their team.



二月十六日

領導別人，在於幫助他們發揮所有潛能，而不是自己變為強人。當別人仰慕你時，你就有一個大好機會去幫助他們釋放其潛力了。

Leadership isn't about being the best; it's about bringing out the best in others. When people look up to you, you have a great opportunity to help unlock their potential.



二月十七日

糾正的目的是為了解決問題，使同類錯誤以後不致重犯，而不是厘清誰對誰錯。

The goal of correction should be to fix the problem, not the blame, and to help prevent the same mistake from being repeated.



二月十八日

地上的觀星者覺得夜空是恬美的，但這卻無法跟在太空中看到的壯麗、迷人而令人振奮的景象相比。實現你的夢想吧，它們會為你打開一些你從未知道存在的世界。

The night sky is lovely from the perspective of an earthbound stargazer, but can't compare to the magnificent, thrilling, enchanting view from space. Launch your dreams and they will open worlds to you that you never knew existed.



二月十九日

如果你是個充滿幹勁的人，請明白，你的速度和幹勁也會對別人產生負面的影響。請努力創造一個平靜的氣氛，追求平穩的進步，就會得到更好的成果。

If you are a high-powered person, realize that others can be negatively affected by your pace and push. For better results, try creating a calm atmosphere and achieving smooth and steady progress.



二月二十日

相信上帝的人永不會孤單。你身邊的人可能會辜負你，但上帝永遠不會。祂總是會和你在一起，向你的心靈低語，愛、護衛和引導你。

No believer is ever alone. Others around you may fail, but God never fails. He is always with you to whisper to your heart and to love, protect, guard, and guide you.



二月二十一日

有時，最大的進步是在安靜中取得的。片刻安靜沉思所獲得的好主意，遠勝過數小時或數天茫無頭緒的狂亂工作。

Sometimes the greatest progress comes as the result of being still. A good idea developed in a few minutes of quiet reflection can go further than hours or days of frantic work without a clear objective.



二月二十二日

早晨與親人在一起的幾分鐘，是給予鼓勵的好時間。告訴她，她看多漂亮。對他說，你相信他今天在學校裡一定會表現良好。給個擁抱或親吻，去表明：「我熱切盼望再與你在一起！」

Use those few minutes in the morning to encourage your loved ones. Tell her how nice she looks, and how great he is going to do in school. Give a hug or kiss that conveys, "I can't wait to see you again!"



二月二十三日

在下判斷之前，要全面瞭解情況。瞭解得越多，就越有可能做出正確的判斷。

Before passing judgment, get all sides of the story. The better informed you are, the better chance you will have of judging correctly.



二月二十四日

許多人因錯誤和失敗而降低了目標，或停止努力。可是若有人對他們表現信心，告訴他們不應受制於以前的失敗，這可鼓勵他們再次去嘗試。

Many people become so discouraged by their mistakes that they quit trying altogether. But when someone shows faith in them and tells them not to be bound by yesterday's failures, it inspires them to try again.



二月二十五日

當你開始一天的生活時，問問自己：「我怎樣才能夠向上帝和他人表現愛呢？」獻出那份愛，你就會看到自己的問題減少了。

As you go about your day, ask yourself, "How can I show love to God and others?" Give that love, and watch your own problems shrink.



二月二十六日

你也許無法解決世界的問題，可是就算你只幫助了一個人，你就解決了一部分的問題。

You might not be able to solve the world's problems, but when you help even one person, you become a part of the solution.



二月二十七日

今天人們非常強調行為端正；但心靈端正則更進一步。心靈端正的人會行關懷、顧慮別人或犧牲自我的事，不是因為社會習俗要求他這麼做，而是因為愛激勵他這麼做。

There is much emphasis these days on political correctness; but spiritual correctness goes a step further. Spiritual correctness does the caring, considerate, or sacrificial thing not because social convention requires it, but because love inspires it.



二月二十八日

真正有智慧的人，會珍惜謙卑和他人的忠告。

A truly wise man will value humility and the counsel of others.



二月二十九日

要預料意外會發生，甚至更多。但就算遇到問題和挫折，總要面帶微笑，然後你就將會勝利地度過難關。

Expect the unexpected and then expect some more; but wear a smile even through the problems and setbacks, and you will come out on top no matter what.



三月一日

人人都有影響力。我們的態度和快樂程度會通過言行表現出來，這些都會影響別人。你通常對別人造成怎樣的影響呢？

Everyone has influence. Our attitude and level of happiness are reflected in the things we say and do, and those affect others. What kind of impact do you usually have?



三月二日

婚姻就像兩人共有的銀行帳戶。你們倆存入的愛越多，共有的資產就越多。

Marriage can be likened to a joint bank account. The more love each of you deposit, the greater your joint assets.



三月三日

達到目標是要靠做事--任何事--來使你更接近目標。一點點進步勝過沒有進步。

The way to reach a goal is to do something—anything—that will get you a little closer. Small steps are better than standing still.



三月四日

你若明白並真正相信，你在這世上不是為了出人頭地，而是為了愛上帝和愛別人，那麼，當別人似乎景況較好或更成功時，你就不會嫉妒或惱火了。

If you understood and truly believed that you were not put in the world to claw your way to the top but to love God and love your neighbor, you wouldn't become envious or frustrated when others seem to have it better or get ahead quicker.



三月五日

要除去「一切批評都不好、應該避免」的觀念，我們應該知道在哪方面需要改變。沒有批評，又怎麼會有進步呢？

Get rid of the mindset that all criticism is bad and to be avoided. It's *good* to know what needs to be changed. How else can you make progress?



三月六日

每天結束時，花時間反省一下。你心裡若含怒或有其他負面情緒，就摒除它吧。祈求上帝幫助你消除它，祂會這樣做的。

At the end of every day, pause and take stock. If anger or any other negative emotion is in your heart, let it go. Say a prayer asking God to take it away. He will.



三月七日

每個組織都要有個做最後決定的老闆；但好老闆不會獨斷專行，他會跟別人商量。他可能不會贊同別人的所有觀點，但至少會尊重考慮它們。

Every organization needs a boss to make the final decision, but a good boss is not a dictator; he consults with others, and respectfully considers their ideas even when he does not agree.



三月八日

要學會表達感激，那是改善家庭的真正、已證實而保證有效的方法。

Learning to show appreciation is a genuine, tried-and-proven, guaranteed-to-work home improvement.



三月九日

從失敗中學習，失敗就成了進步。失敗乃成功之母，因它促使你去慎重考慮和尋找可行的計畫與方法。

Failure is a step forward when you learn from it. Failure prepares the way for future success by causing you to look hard at your plans and methods, and forcing you to find the one that works.



三月十日

想想別人為你做過、使你高興或成功的那些事，然後，也努力去為別人那樣做。

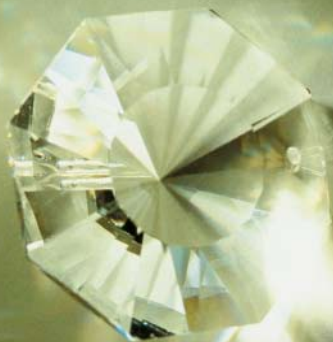
Think of the things people have done that made your day, and make a point of doing those same things for others.



三月十一日

即使你不同意別人的意見，或覺得你有更好的想法，但你仍要聆聽別人、讓他們說話完畢，然後再提出自己的建議。

Even if you don't agree with what someone is saying or think you have a better idea, nevertheless hear him or her out before offering your suggestion.



三月十二日

尋找別人的內在美，因那份美是上帝的表徵。

Look for the inner beauty in people, the touch of the divine.



三月十三日

人們很容易把大部分時間花在最無關緊要的事情上。把時間花在生命中最重要的事物上吧，那就是人。

It's easy to spend the most time on things that matter least. Make time for the most important things in life: people.



三月十四日

幫助別人時，你不需要完全了解他們的感受。有些人說「我了解」，來這樣煞費苦心地去親近別人，這樣做有時反讓人覺得不真誠。

You don't have to understand exactly how someone else feels in order to help them. Sometimes people try so hard to relate to others by saying "I understand" that it can come across as insincere.



三月十五日

熱忱和熱情都要有節制——知道何時說、何時聽、何時催促、何時順從，知道何時對問題或有缺點的人懷有耐心。

With zeal and passion must also come restraint—knowing when to speak and when to listen, when to push and when to yield, and when to have patience with situations or people that are imperfect.



三月十六日

孩子是來自天堂的禮物，但也是未完成的作品。你的職責就是幫助他們成長為有愛心、負責任的人。

While your children are a gift from Heaven, they are also a work in progress. It's your job to help them grow into loving, responsible adults.



三月十七日

使別人跟你合作的最快捷辦法，就是讓他們參與做決定。

One of the quickest and best ways to get people's cooperation is to involve them in the decision-making process.



三月十八日

每一天都是上帝所賜予的禮物。有時，你的一天假如像是個空盒子的話，那也許是因為上帝在讓你決定要放些什麼進去。

Each day is a gift from God. If some days it seems like you got an empty box, God may be giving you your choice as to how you will fill it.



三月十九日

如果你想成為一個更好的朋友、配偶、父母或交談者的話，試試傾聽吧。這樣做保證別人會更尊敬你。

If you want to be a better friend, spouse, parent, leader, or conversationalist, try listening. It's guaranteed to take you up a few notches in the way people perceive you.



三月二十日

要樂觀和懷有信心，才能無視別人的缺點，看到別人的潛力。這是一種天賦，要是人們向上帝祈求，便會有更多人得到這個才能。

It takes faith and optimism to be able to look past others' shortcomings and see what they can become. This is a gift, and it's one that a lot more people could have if they would ask God for it.



三月二十一日

你永遠都不會失去上帝無條件的愛；正因祂的愛永恆可靠，所以，你也永遠不會迷失。

You can never lose God's unconditional love; and because of His unfailing love, you will never be lost.



三月二十二日

隨時隨地奉獻自己吧，如給予令人安心的眼神、溫暖的微笑、聆聽的耳朵、援助的手、善事、關心的禱告、鼓勵的話。

Give of yourself wherever and whenever possible. Give a reassuring look and a warm smile. Provide a listening ear. Lend a helping hand. Do a kind deed. Pray a caring prayer. Speak an encouraging word.



三月二十三日

有效率的團隊會有寬容大家表達意見、卻不會發生衝突的精神。

The climate of an effective team allows for the breezes of free expression without the storms of confrontation.



三月二十四日

愛比任何事物更強大有力。每次向人施以援手，你都是在展示它的力量。


Nothing is more powerful than love, and you demonstrate that power every time you reach out to help another.



三月二十五日

從容跑步無法得勝。勝者得勝，是靠擴展自己的極限，直到那極限成了常規。冠軍就是這樣造就的。

No one wins by strolling along. Winners win by pushing their limits until their limits become the norm. This is how champions are made.



三月二十六日

為今天設立一個目標：「我要盡力去做一件平常不做的事。」「我要完成一項我一直在拖延的工作。」「我要去拜訪一位老朋友，或結識一位新朋友。」這點額外的挑戰能創造奇蹟！

Set a goal today: "I'm going to try something different." "I'm going to tackle a job I've been putting off." "I'm going to look up an old friend or make a new one." That little extra challenge can do wonders!



三月二十七日

最有效率的公司總是著眼於「團隊」。每個成員都清楚自己的崗位，承擔責任，彼此扶持。有團隊精神的公司會培養相互信賴，共同取得成功。

The company that works most effectively thinks “team.” Each member knows his or her role, accepts responsibility, and supports the others. “Team” companies develop trust and achieve success together.



三月二十八日

眼睛可以傳達諒解或厭惡、同情或傲慢、贊成或不贊成、支持或懷疑，以及其他上千種情感。在他人身上尋找美善之處，你的眼睛肯定會把它表達出來。

Eyes can convey understanding or annoyance, empathy or arrogance, approval or disapproval, support or doubt, as well as a thousand other emotions. Look for the good in others, and your eyes will positively convey that.



三月二十九日

不要害怕變化。你可能會發現，那正是你一直在尋找的答案呢。

Don't be afraid of change. You just might find that it is the answer you have been looking for.



三月三十日

期望別人會自動了解你的觀點，是不切實際的想法，更別提要期望他們贊成你了。你若有此期望，就會常常失望，並可能會使自己跟別人疏遠。

It's not realistic to expect others to automatically understand your point of view, much less to agree with you. If you do, you will often be disappointed and run the risk of alienating yourself from others.



三月三十一日

你要是知道自己在世的時日不久了，你會怎樣利用這段時間呢？今天就朝這個方向做些事情吧。

If you knew that your time left on Earth was short, what would you do with it? Do something in that direction today.



四月一日

以愛為核心，生活中其他事情就自然會井然有序。愛能使你正確地看待一切。

Keep love as your focus, and everything else will fall into place.
Love will give you proper perspective.



四月二日

目標是夢想的起落架。

Goals are the landing gear of dreams.



四月三日

如果你已試盡一切辦法，卻仍未成功，為什麼不試試禱告呢？其實，為什麼不一開始就試試禱告呢？你可能會省下不少麻煩呢。

If you have tried everything else and things still aren't turning out, why not try prayer? In fact, why not try prayer first? You just might save yourself a lot of trouble.



四月四日

誰都能對友好的人友好，但對不友好的人友好，更蒙上帝祝福。

Anyone can be nice to those who are nice, but the person who can be nice to those who aren't will be more blessed by God.



四月五日

具有單純信心而天真無邪的孩子們，有時會是最有深度的老師。

Children, with their innocence and simple faith, can sometimes be the most profound teachers.



四月六日

人們訴說自己的問題時，常常不是在尋求建議，可能只是需要向一個同情和聆聽他們的人傾訴而已。

People often are not looking for advice when they tell others their problems. They may just need to express their feelings to someone they know who empathizes and simply hears them out.



四月七日

競爭很激烈。如果你們不能成為一個團隊，對手最後就會把你們擊敗。若是學會了彼此合作，你們就能一起得勝，共同分享勝利的果實。

There is a lot of competition out there. If you don't work as a team, the competition will win; but if you can learn to work together, you will win together and be able to enjoy the rewards of victory together.



四月八日

禱告就像跟朋友交談，而上帝是個威力無比的朋友，祂能為你做任何事情！

Prayer is like having a conversation with a friend—and God is a very powerful Friend who can do *anything* for you!



四月九日

要根據人們的能力來調整對他們的期望。當他們做得出色時，要稱讚他們。不要施加太大壓力，也不要期待短時間內會有許多成果。

Tailor your expectations to people's abilities, and then praise them when they do well. Don't push too hard or expect too much too soon.



四月十日

好主管會把職員聚集在一起，傾聽他們的想法。對於如何更好運作，職員可能比主管知道得更多。

A good executive assembles his or her staff and listens to them. The staff probably knows more about how the operation could be made to run more successfully than the executive does.



四月十一日

生命缺乏困難，只造就出軟弱和未經考驗的人。從未面對或戰勝過真正的挑戰，那些人將不懂得成功的價值。

A life without difficulties would produce weak and untested people. Having never faced or overcome any real challenges, they would be incapable of appreciating success.



四月十二日

你的時間和資源有限，聰明地運用這些吧。

Your time and resources are limited. Invest them wisely.



四月十三日

「對不起」能結束幾乎所有的爭執。也許你仍覺得自己有理，可是你若至少因導致你們之間的嫌隙而說「對不起」，你就是在和解。

"I'm sorry" can put an end to almost any argument. You may still feel somewhat justified in your position, but if you can at least say you are sorry for having let something come between you, you will be on the path to reconciliation.



四月十四日

對於你覺得很難與之合作的人，即使你只專注於發掘他的一個美好品質，你就是在發現他的真正潛力。

If you can focus on even one good quality in a person that is hard for you to work with, you are on the road to discovering their true potential.



四月十五日

參加生命中的「大球隊」吧，其球員不屑於貶低別人和說閒話等卑劣行為。

Play in the “big league” of life by joining the ranks of those who are too big to stoop to petty putdowns and gossip.



四月十六日

把話說開，幾乎總會使人變得親近些。這樣做可能解決不了目前的問題，可是它能夠促進彼此尊重、加深了解，而這些會為將來帶來解決辦法和成功。


Getting things out in the open will nearly always bring people together. It may not solve the immediate problem, but it will foster mutual respect and better understanding that will lead to future solutions and successes.



四月十七日

上帝的愛能做人做不到的事，看見人看不見的東西，聽見人聽不見的聲音，醫治人醫治不了的病，愛人無法愛的人。

God's love works the impossible, sees the invisible, hears the inaudible, heals the incurable, and loves the unlovable.



四月十八日

當你在小事上表現愛和關心時，你就能給予更多的愛，享受更多的愛。

As you show love and concern in the little things, you will have more love to give and more love to enjoy.



四月十九日

先聽而後言，乃是智者的表現。

The wise show their wisdom by listening before speaking.



四月二十日

救救環境吧，用純淨的愛作為你生命的燃料。

Save the environment. Fuel your life with the pure, clean power of love.



四月二十一日

衝突產生時，要願意聆聽對方的看法，不管你多麼不同意。如果對方看到你願意聆聽，通情達理，必要時會道歉，他們也很可能會這樣做。

When you have a conflict with someone, hear them out, no matter how much you disagree. When you're willing to listen, be reasonable, and apologize if necessary, they will notice and do the same.



四月二十二日

謙卑的人最後可能不會「飛黃騰達」，但他很可能會過著真正成功的生活，因為他很可能會在生命裡最重要的事情上成功。

The humble person may not end up on the top of the “ladder,” but he is more likely to have a truly successful life because he is more likely to succeed in the things that matter most.



四月二十三日

關注、贊成和感激，這三者是愛的表現。每天都給出一些吧。

These three things convey love: attention, approval, and appreciation. Give some of each every day.



四月二十四日

你是否有過偉大的夢想，或令人振奮的主意，可是後來又埋首於每天的日常生活，把它遺忘了呢？下次靈感再次出現時，善用它吧。

Have you ever dreamed a great dream or had an inspiring idea, but then went back to your daily routine and lost sight of it? The next time inspiration knocks, invite it in.



四月二十五日

遵循老辦法，常常要比改變容易。改變需要付出時間和努力；但從長遠來看，好改變是值得的。

It is often easier to keep doing things the old way than it is to change. Change takes time and effort, but good changes are worth it in the long run.



四月二十六日

不要害怕去花時間瞭解他人、向他人學習，你不會因這樣做而後悔的。

Don't be afraid to invest time in getting to know people and learning from them; you won't regret the results.



四月二十七日

生命中成功的關鍵，以及人際關係的成功，在於學會跟上帝保持聯繫，而且時刻洞悉祂的心意。要做到這一點，就要每天跟上帝交談。

The secret to success in life, including successful relations with others, is learning to stay in touch and in tune with God; and the way to do that is by talking with Him daily.



四月二十八日

兩個人說的可能是同一個主意，但卻可能用完全不同的方式說明。一個可能用積極的語氣，而另一個卻可能正好相反。通常積極、體諒的方式會成功。

Two people may be trying to get across the same idea, but in different ways. One presentation may have positive overtones, the other opposite. Usually the one who presents things in a positive, considerate way will succeed.



四月二十九日

不跟別人分享，成功又有什麼用？

What good is success if you don't share it with someone?



四月三十日

願你以仁慈知名。


Let your legacy be kindness.



五月一日

一個團隊就像一套工具。沒有一件工具可以單獨完成所有工作，但在一起，它們就能完成。

A team is like a tool set. No one tool can do all the jobs alone, but together they can.



五月二日

如果你想摘取星星，就挑選一顆，小心瞄準。否則，你最後會在太空中失去了目標。

If you are going to shoot for the stars, pick out *one* and take careful aim at it. Otherwise you will probably end up lost in space.



五月三日

愛、單純和謙卑--保持這三種品性，你就錯不了。

Love, simplicity, and humility—if you embrace these three qualities, you can't go wrong.



五月四日

如果有人不像平時那樣成效甚高，想想或問問可能是什麼原因造成的。盡力除掉那些問題根源，或表示同情，來幫助那人恢復其效率。

If someone is not being as productive as usual, think about what might be causing them to act that way—or ask. Do what you can to correct the problem or sympathize, to assist in that person's effectiveness.



五月五日

投資在生命中真正重要的事情上吧。請記得，所有珍貴的東西都是有代價的。

Invest in the truly important things in life. Remember, everything that is worth something costs something.



五月六日

上帝的愛永遠不會離開你，你永遠不會失去它，它也永遠不會減少。在祂的愛中安歇吧。

God's love will never leave you; you will never lose it, and it will never diminish. Rest in His love.



五月七日

當你必須說些負面的話時，說些積極的話去平衡一下。

When you must say something negative, try to balance it with something positive.



五月八日

學會善待自己的錯誤，把它們當作顧問，從它們的建議中得益。

Learn to get friendly with your mistakes. Treat them as counselors, and benefit from their advice.



五月九日

當我們發現自己會馬上拒絕別人的觀點時，那是一個徵兆：我們把自己看得太高了。

If we find ourselves dismissing other people's opinions right off the bat, that's a sign we are thinking more highly of ourselves than we should.



五月十日

求上帝幫助你培養鼓勵的技能，祂是會幫助你的。那時你就擁有了一樣人人都需要的東西。

Ask God to help you develop the gift of encouragement, and He will. Then you will have something everybody needs.



五月十一日

避免當眾指出別人的缺點。私下再跟他們談，或寫個紙條給他們。

Avoid pointing out others' shortcomings in public. Wait until you are able to talk to them privately or write them a note.



五月十二日

常被攪動的鍋，會煮得透而均勻。同樣，常被攪動的生命也更有可能是和諧與成功。

A pot of food that is stirred often will cook evenly and well. In the same manner, a life that is stirred frequently is more likely to be balanced and successful.



五月十三日

該說的說了，該做的做了以後，你將不會為任何一個充滿愛心、無私或自我犧牲的行為後悔。

When all is said and done, you will not regret a single loving, unselfish, or sacrificial deed.



五月十四日

不可能的事，只是人們尚未嘗試做的可能事而已。

Impossibilities are possibilities that have not yet been attempted.



五月十五日

在交談時不打斷別人，會使你贏得幾乎每一個人的尊敬與欣賞。你也將更有可能會學到一些功課，和避免誤會。

You will win the respect and appreciation of just about everyone you talk with if you don't interrupt. You will also be more likely to learn something and avoid misunderstandings.



五月十六日

幫助別人建造信心，有各種不同的材料——賞識、鼓勵、欣賞、接受、欽佩、信賴、禱告，最重要的是愛。手頭上要備有很多這些材料，並且要隨時使用它們。

The blocks for building others' confidence come in various forms—recognition, encouragement, appreciation, acceptance, admiration, trust, prayer, and above all, love. Keep plenty of these building blocks on hand and use them at every opportunity.



五月十七日

花時間去跟上帝聯繫就像喝咖啡一樣，這會增加你的精力，並使你期盼下一次。

Taking time connecting with God is like drinking a good cup of coffee: it energizes you and leaves you looking forward to the next time.



五月十八日

聰明的領導人不僅樂於接受別人的建議和幫助，而且還積極地尋求它們。

A wise leader is not only open to counsel and help from others, but actively seeks it out.



五月十九日

跟任何一群人友好合作的關鍵，都在於溝通。

The key to working well with any group of people is communication.



五月二十日

有時你要是覺得世界遺棄了你，振作起來吧。只要你請求，上帝會幫助你，祂是最好的朋友和幫助。

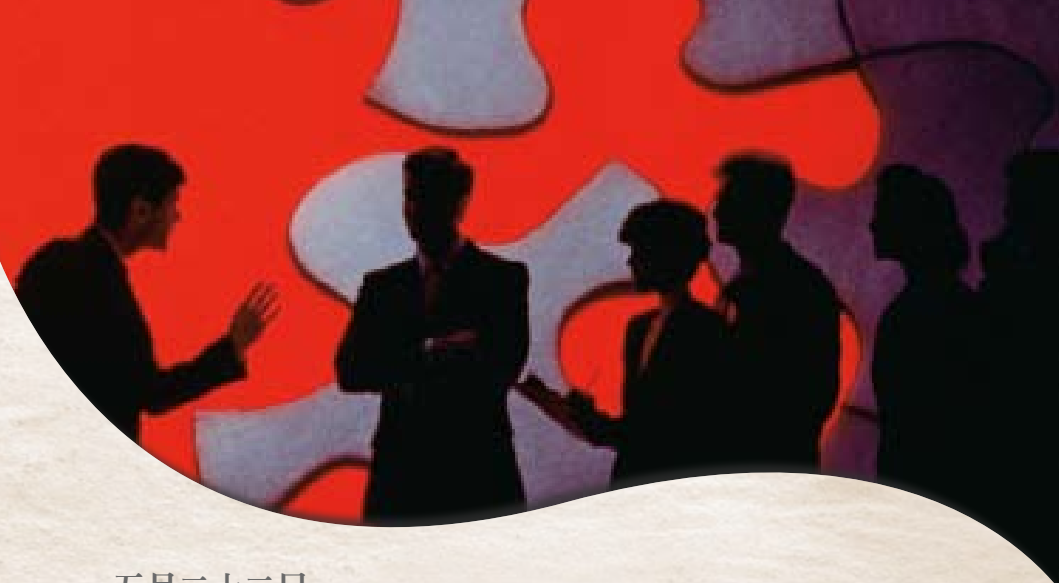
If you sometimes feel as though the world has walked out on you, cheer up. God will be there for you if you ask Him to, and He's the best company and assistance that there is.



五月二十一日

愛從家裡開始，但不能只限於家裡。嘗試把給予自己親人的愛和體貼擴展到他人身上，看看這樣做會造成何等的影響吧。

Charity begins at home, but it should not stop there. Try extending to others the kind of love and thoughtfulness you show your loved ones, and watch the difference it can make.



五月二十二日

別擔心你不能時刻跟別人的意見完全一致。通常需要有不同的意見，你們才能兼顧全面的情況，做出明智的決定。

Don't worry if you don't always see eye to eye with everyone on everything; there often have to be differing opinions for the picture to be complete and a wise decision reached.



五月二十三日

不要受制於過去的錯誤或成功，而應利用這二者去締造更光明的未來。

Do not be limited by past mistakes or successes, but use both to build a brighter future.



五月二十四日

如何對待一個對你毫無用處的人，能大大地反映出你的人品。

How you treat someone who can be of no possible use to you is a great mark of character.



五月二十五日

為保持融洽，有時必需緘默。不強辯到底，當時也許像是失敗或錯誤之舉，但它可為將來的勝利和進步鋪路。

It is sometimes necessary, for the sake of maintaining harmony, to hold your peace. Not having the last word may seem at the time like a defeat or mistake, but it may pave the way for future victory and progress.



五月二十六日

過分自信，是傻瓜在使用的破損了的高空彈跳繩。

Overconfidence is the frayed bungee cord of fools.



五月二十七日

愛、謙卑和禱告，是幸福婚姻的最重要配料，再加上溝通，你就有了保證成功的食譜。

Love, humility, and prayer are some of the most important ingredients in a thriving marriage. Add communication and you have a sure-fire recipe for success.



五月二十八日

盡快道歉，是最聰明的做法。

Being quick to apologize is one of the smartest things you can do.



五月二十九日

大多數人努力去達到別人為他們設定的期望，無論那期望是高是低。向一個掙扎著想獲得成功的人表示信心，你就有可能幫助他獲得成功。

Most people live up to others' expectations of them, whether high or low. Show faith in someone who is struggling to make it, and you just might help them succeed.



五月三十日

跟同事開心玩一玩，並不是浪費時間。快樂的團隊才會有成效。

Having fun with those you work with is not time wasted. Happy teams are productive teams.



五月三十一日

即使在今天這樣高度錯綜複雜而混亂的社會裡，愛仍是上帝解決問題的辦法。

Love is still God's solution, even in such a highly complex and confused society as today's.



六月一日

在這浩大的世界裡，你也許覺得自己很渺小，但你每天都在創造孩子們明日生活的世界。你的每一個選擇，都在幫助決定要留給他們什麼樣的財富。

You may feel insignificant in the grand scheme of life, but you are daily creating the world that tomorrow's children will live in. Each decision you make helps to shape the legacy that will be left to them.



六月二日

好主管不僅是老闆，也是僕人。

A good executive is not just a boss; he is also a servant.



六月三日

及早排解誤會，別讓它有機會演變為一道裂痕或鬱積在心裡的怨恨。

Clear up misunderstandings before they have a chance to grow into something worse—a rift or smoldering resentment.



六月四日

禱告，是你能送給別人的最佳禮物。

The best gift you can give another is prayer.



六月五日

盡力使人人都快樂，因為人人都有權快樂，和得到自己所需要的。

Try to make everybody happy, because everybody has a right to be happy and to have what they need.



六月六日

更多的合作和更好的溝通，常常就是解決問題的辦法。

More collaboration and better communication often act as solutions in themselves.



六月七日

當一群人彼此欽佩、彼此尊敬，能夠聆聽彼此的看法，對彼此凡事都往好處想時；當每個人都願意把公共利益和他人的選擇看得比自己的重要時，他們就已經具備了得勝團隊的必備條件。

When a group of people admire and respect each other enough to listen and give one another the benefit of the doubt, when they are willing to put the common good and others' preferences ahead of their own, they've got the makings of a winning team.



六月八日

有人指出問題時，你若把它當作是人身攻擊，那就會使你們更難找到解決事情的辦法。

If you take it personally when problems are pointed out, you make it doubly hard to find a solution.



六月九日

讚美是真實的靈性力量，它能讓人精神振奮、力上加力。當你讚美上帝時，你就是在授權讓祂為你做事。當你讚美他人時，你就是在鼓勵他們，為他們添加靈性力量。讚美能行奇事！

Praise is an actual spiritual power that uplifts and strengthens. When you praise God, you empower Him to work on your behalf. And when you praise others, you encourage and strengthen them in spirit. Praise does wonders!



六月十日

你若請求上帝幫助，你就能夠改變長期養成的壞習慣、你看待他人的方式、你的行為舉止、你需要改變的任何地方，因為上帝是改變專家。

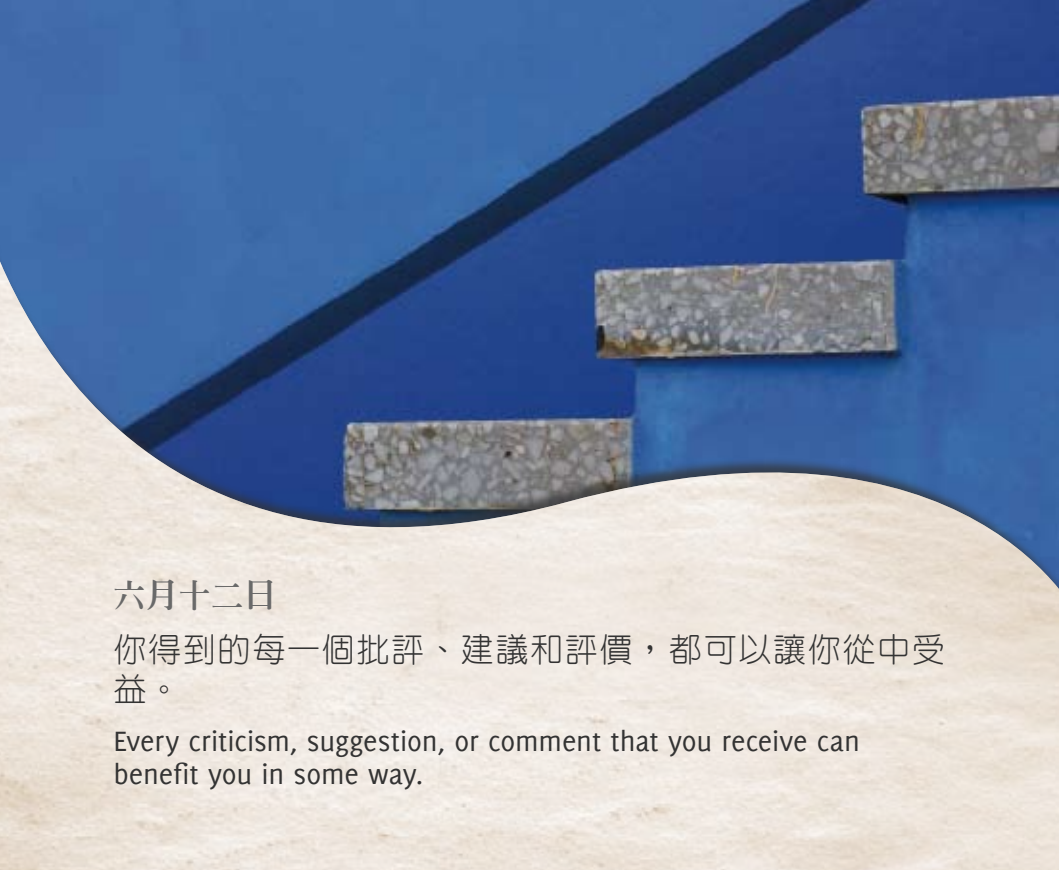
You can change long-standing bad habits, the way you think about other people, the way you act, anything about yourself that needs changing. Just ask God to help you. He's a change specialist.



六月十一日

為明天擔憂，會使今天變得加倍困難，因為你在背負今天負擔的同時，還竭力去背負明天的。把力量全部集中在今天能做的事情上吧。

If you are worried about tomorrow, it makes today doubly difficult because you're trying to carry tomorrow's burdens as well as today's. Concentrate only on what you can do today.



六月十二日

你得到的每一個批評、建議和評價，都可以讓你從中受益。

Every criticism, suggestion, or comment that you receive can benefit you in some way.



六月十三日

別讓小麻煩變成攔住你前進的大煩惱。小麻煩剛出現時，就感謝上帝它不是更糟，立即解決它，然後繼續前進吧。

Don't let little inconveniences become big annoyances that stop your forward momentum. As soon as one comes up, thank God that it's not worse, deal with it, and get going again.



六月十四日

把你的想法告訴別人，不要期望別人能讀懂你的心思，
或猜透你的行為。

Tell others what you are thinking, rather than expecting them to
read your mind or correctly interpret your actions.



六月十五日

在討論時激動起來，可能會釀成禍患。但如果討論的人更關注什麼是對的，而不是誰是對的，討論就會更平靜、清晰而客觀。

When emotions come into play during discussions, it can be a recipe for disaster. But if the people involved are more concerned with *what* is right instead of *who* is right, then they can discuss matters in a calm, clear, objective manner.



六月十六日

當你必須指出別人的錯誤和過失時，讓他們知道你也有缺點。這會讓人覺得你同情他們，而不是自以為是。

When you must point out the mistakes and failings of others, remind them of your own shortcomings. This helps you come across as sympathetic rather than self-righteous.



六月十七日

在建立成功的社交與商業關係中，小禮節與講禮貌具有驚人的效用。這種體貼他人的行為不僅會顯示出你的品性，還能傳達你的尊敬，因而促進友好關係。

Small courtesies and good manners go amazingly far in building successful social and business relationships. Such thoughtfulness not only speaks well of you, it also conveys respect and fosters goodwill.



六月十八日

每個人都是獨一無二的，各有好惡、需求、渴望和個性。如果你和同事能學會善用這一事實，而不是讓它引起摩擦或不和，你們就很有可能發揮出一個團隊的所有潛力。

People are unique individuals with particular likes and dislikes, needs, wants, and personalities. If you and those you work with can learn to capitalize on that fact rather than letting it become a source of friction or disunity, you are far more likely to reach your full potential as a team.



六月十九日

最重要的並不是一個人擁有多少才幹，而是在於他或她運用多少。

What matters most is not how much ability a person possesses, but how much he or she uses it.



六月二十日

必要時，真正的領導人會做自己厭惡的事情。他們有傾聽批評指責而不還擊的肚量，有承認缺點和接受幫助的謙卑。

True leaders do the job even to their own hurt, if necessary. They are resilient enough to take flak from those who criticize them—without retaliating—and are humble enough to admit their shortcomings and accept help.



六月二十一日

當談話愈來愈激昂，你發現自己在提高嗓門時，就該暫停，直到你能控制自己的情緒、想法再次清晰為止。然後道歉，再繼續談。

When things get so heated that you find yourself raising your voice, it's time to call a timeout until you can get your emotions under control and collect your thoughts. Then apologize and try again.



六月二十二日

愛有很多種包裝。如果我們得到的不是自己希望或期待的那種，這並不代表它還沒到。

Love comes in many packages. If it doesn't arrive in the one we expected or hoped for, that doesn't necessarily mean it hasn't come.



六月二十三日

當你拒絕建設性的批評時，你就無法再繼續學習了。

When you shut yourself off from constructive criticism, you cease to learn.



六月二十四日

上帝是希望的創造者、平安的源頭和力量的泉源。

God is the author of hope, the source of peace, and the fountain of strength.



六月二十五日

花開、日出、醫治心靈創傷、改變生命，這些都需要時間。因此，要有耐心。

It takes time for a flower to bloom, for the sun to rise, for a heart to heal, for a life to change. Be patient.



六月二十六日

即使你不想要做，但說一句當說的良言，給予當表現的尊敬，真正的善意與敬意也會隨之而生。

Say the kind words you know you *should* say and show the respect you know you *should* show, even when you don't feel like it, and genuine feelings of kindness and respect will follow.



六月二十七日

若不用愛的眼光，我們對事情的看法就很可能是扭曲的。我們必須請求上帝告訴我們，祂要我們怎樣去看待情況和人。只有那樣，我們才能確保自己看清楚事情了。

If we don't see things through the eyes of love, then we are more likely to have a distorted view of them. We must ask God to show us how *He* wants us to see situations and people. Only then can we be sure that we are seeing things clearly.



六月二十八日

你無法決定什麼事發生在你身上，但你能決定無論發生什麼事，都信靠上帝。

You cannot always choose what happens to you, but you can always choose to trust God no matter what happens.



六月二十九日

因小小誤會，人們會數日、數月、甚至數年彼此疏遠，這是多麼令人覺得可惜的事。因為只要一方多表現點謙卑、愛或了解，誤會可能早就冰釋了。

It's such a waste when people are alienated from each other for days or months or even years, over some misunderstanding that could have been resolved if even one of the parties had shown a bit more humility, love, or understanding.



六月三十日

要對彼此隨時向好處想，因為並非一切都像表面看來的那個樣子。

Always give each other the benefit of the doubt, because not everything is the way it might seem at first.



七月一日

積極的思想能幫助你跨越、繞過或穿過障礙。

Positive thinking can help to propel you over, around, or through any obstacle.



七月二日

謙卑是智慧。

Humility is wisdom.



七月三日

不要太辛苦勞碌，或給自己施加太大壓力。慢慢來！經常停下來，稍事休息。開心地玩一玩！

Don't push too hard or be too hard on yourself. Take it easy! Take regular breaks. Have some fun!



七月四日

我們總有時間去愛--停下來聆聽，為他人禱告，助他人一臂之力。使生活變得值得的，正是這些小事。

There is always time to love—time to stop and listen, time to pray for someone, time to lend a helping hand. It's these little things that make life worth living.



七月五日

讓別人把話說完，不打斷，不催促，不搶話頭，這是顯示你尊敬別人的方式。

Convey respect by letting others say their piece without interrupting, hurrying them along, or finishing their sentences for them.



七月六日

安靜蘊涵力量。

In quietness you will find strength.



七月七日

只有與人分享，才能把生命活得淋漓盡致。

Life can be experienced to the full only when it is shared with another.



七月八日

解釋、再解釋。你也許以為別人明白你的意思，但因不清楚而導致誤解的事，每天都在發生。如果你不確定別人是否明白，就問問吧。詢問比猜測更有效。

Explain, explain. You may think others understand exactly what you mean, but misunderstandings arise every day for lack of clarity. If you are not sure whether someone understands you, ask them. It's better than guesswork.



七月九日

如果觀點分歧，必須有人願意讓步，才能達成協議。

When there is a difference of opinion, someone has to be willing to concede some ground to the other if any sort of agreement is to be reached.



七月十日

你若失敗了，就慶賀自己曾經嘗試。然後站起來，繼續努力。

When you fail, congratulate yourself for having tried. Then get up and try again!



七月十一日

表示關切，尤其是在他人最意想不到時這樣做，能奇妙地鼓舞他們的生命。這傳達一個意思：「你很特別。」

Thoughtful gestures, especially when they are least expected, have a wonderful way of brightening people's days. They convey, "You are special."



七月十二日

善聽的人不僅傾聽對方在說什麼，還盡力去傾聽體會對方心裡沒有說出的話。

A good listener not only listens to the words that a person is saying, but also tries to hear and understand the unspoken words of the person's heart.



七月十三日

上帝的愛有多完美？即使我們最糟糕時，祂仍能看到我們的優點與潛能。

How perfect is God's love? He sees the good and possibilities in us, even when we are at our worst.



七月十四日

能坦誠說明自己的心意，真是再好不過——你的好惡、問題、需求、擔憂，甚至弱點和錯誤——因為坦誠是構築良好人際關係的建材。

It's a wonderful thing to be able to be open and honest about yourself—your likes and dislikes, problems, needs, worries, and even your weaknesses and mistakes—because openness and honesty are the building blocks that sound relationships are made of.



七月十五日

所有形式的愛——仁慈、溫柔、體貼、尊敬等等，都是偉大的標誌。

Love in all of its forms—kindness, gentleness, consideration, respect for others, and much more—is the hallmark of greatness.



七月十六日

儘量做你能做到的：為孩子奠定堅實的基礎，樹立明確的是非觀。然後，當事情超乎你的控制時，相信上帝會保守他們，幫助他們做正確的選擇。

Take care of what's within your control by giving your children a strong foundation and instilling in them a clear sense of right and wrong. Then trust God to keep them and help them to make the right choices when it comes to the things that are beyond your control.



七月十七日

我們很容易不經意地讓別人感到不被愛護或欣賞，但一點點事先的顧慮和禮貌，卻能造成相反的效果。

It's easy to inadvertently make people feel unloved or unappreciated, but a little forethought and courtesy can have just the opposite effect.



七月十八日

思想是來自上帝的珍貴禮物，因此要細心挑選你放在腦子裡的事物。

Your mind is a precious gift from God. Carefully filter what you allow to take up space there.



七月十九日

愛具有創造力。在家裡，愛激發其成員做無私的行為、以積極的眼光相互看待，而這樣發揮其神奇作用。

Love has creative power. In the home, love does its magic by engendering unselfish acts and helping each family member to see the others in a positive light.



七月二十日

若為了促成團結，你甚至不惜放棄自己認為應當怎樣做事的意見時，就會驚喜地發現，事情的結果會比你預料的好很多。因為團結是觸發積極成果的催化劑。

If you strive for unity even at the cost of how you think some things should be done, don't be surprised if you find things turning out much better than you expected. Unity is a catalyst that activates positive results.



七月二十一日

歷史上有很多人曾把殘疾化成長處。在上帝的幫助下，誰都能做到這一點。

History has many examples of men and women who turned their handicaps into assets. With God's help, anyone can do the same.



七月二十二日

若你在隧道盡頭還看不見光明的話，就用禱告炸開一個通道吧。

If you can't see light at the end of the tunnel, blast your way through with the power of prayer.



七月二十三日

經常清楚地溝通的人，問題出現時，更有可能解決問題。

People who communicate frequently and clearly are more likely to be able to work through problems when they come up.



七月二十四日

儘管年齡、職位、能力有差別，一個團隊若想發揮全部潛力，所有成員都必須互相尊敬。

Regardless of differences in age, position, and ability, for a team to reach its full potential all members must respect one another.



七月二十五日

不好的事情，經常是以錯誤角度來看的好事情。

Bad things are often good things looked at from the wrong perspective.



七月二十六日

兩人之間的任何一種成功關係，都是建立在彼此了解和知道他們有共同點的基礎上，也就是共同的目標、經驗、情感、希望或夢想。

The foundation of any successful relationship between two individuals is their understanding of each other and the knowledge that they have something in common—a purpose, experience, hope, or dream.



七月二十七日

每天都尋找一種特別的方法，去向你的配偶表現愛吧，你們愛與被愛的能力就會不斷增長。

Look for a special way to express your love to your spouse each day, and your capacity to love and be loved will grow.



七月二十八日

享受那些愉快的小事情吧，因為它們是生活的精華。看的時候，去欣賞。吃的時候，去品味。聞的時候，去享受。聽的時候，去神會。摸的時候，去感覺。

Enjoy the little things that are part of the essence of life. When you see, look. When you eat, taste. When you smell, savor. When you hear, listen. When you touch, feel.



七月二十九日

養成告訴最親愛的人你愛他們的習慣。告訴他們，你多麼讚賞他們，及因他們而多麼感激上帝。

Make a habit of telling those dearest to you that you love them. Tell them how much you appreciate them and how thankful you are for them.



七月三十日

虛心接受別人的糾正，不自我辯護、且從中學習，是成熟的標誌。

It is a sign of maturity when you can take correction to heart and learn from it rather than becoming defensive.



七月三十一日

擔憂就像是手機：你不喜歡它時刻不停地響，但又不想把它關上。控制思想，關上時刻傳送問題的鈴聲，花幾分鐘去想想那些讓你微笑的事吧。

Worry is like a mobile phone: You don't like it ringing constantly, but you don't want to switch it off. Discipline your mind; switch off the constant ringing of problems and spend a few minutes thinking about the positive things.



八月一日

如果你說清楚自己有很多事不懂，大多數人都會樂意聽聽你懂的事。可是如果別人感覺到你認為自己永遠是對的，他們就會向他們認為更思想開放的人尋求建議。

If you make it clear that you don't know everything, most people will be open to hearing what you do know. But if people sense that you think you're always right, they will seek advice from someone more open-minded.



八月二日

永遠不要害怕改變，倒應害怕停滯不前。

Never fear change; rather fear stagnation.



八月三日

做個有遠見的人！只有對前途有遠慮的人，才會成功。

Be a visionary! Only those who can picture themselves where they want to be ever get there.



八月四日

向他人表現真愛，就不愁沒朋友。

If you show people real love, you won't have a hard time winning or keeping friends.



八月五日

說「對不起」需要謙卑；可是如果你說得出來，且是發自內心，奇蹟美事就會發生！

Saying "I'm sorry" requires humility, but if you can say it and mean it, it works wonders!



八月六日

要樹立你的孩子願意榮幸地去追隨的榜樣。

Set the kind of example that your children will be proud to follow.



八月七日

上帝每天都在賜福。花時間去欣賞這些祝福，並感謝上帝，祂就會給你更多。

God bestows His blessings every day. Take time to appreciate them and thank Him, and He will shower you with more.



八月八日

對人有禮是值得的，因為它能建立友誼，激發愛的互動，加強團結，促進和諧，減輕負擔。這樣做使生活變得更美善。

It pays to show courtesy to others, because it builds friendship, encourages loving interaction, strengthens unity, brings harmony, and helps to lift their load. It makes life so much more beautiful.



八月九日

雨落在乾旱的土地上，會改變景觀，讓花朵開放。上帝對我們通過生活考驗的獎賞，也是讓我們的靈魂如花一樣綻放。

Like the rain on arid ground transforms the landscape and causes flowers to bloom, God rewards us for having passed the tests of life by causing our spirits to blossom.



八月十日

上帝的愛能保守你和你的親人，使你們心靈、思想和目標一致，並幫助你們戰勝分歧。

God's love will keep you and your loved ones united in heart, mind, and purpose, and will help you overcome any differences that arise.



八月十一日

你可以從任何人身上學到東西，無論他是誰。每個人身上都有值得你學習的地方。

You can learn something from *anyone*, no matter who they are.
Everyone has *something* to offer.



八月十二日

無論是什麼造成了心痛與心碎，上帝都可以醫治、彌補和令之復原。


Heartaches and heartbreaks: no matter what has caused them, God can heal and mend and make whole.



八月十三日

要想瞭解人性，就試試觀察人吧。學習是什麼讓他們擁有獨特的個性。

For an education in human nature, try some “people watching.”
Learn what makes them tick.



八月十四日

要常常提醒自己去記得親人的美好品質，以及若沒有他們時，你會失去什麼。

Always remind yourself of your loved ones' good qualities and all you would miss if you were without them.



八月十五日

你永遠不會後悔花時間跟孩子們在一起；但你若不花時間跟他們在一起，你一定會後悔。

You will never regret spending time with your children, but you *will* regret it if you don't.



八月十六日

尋求他人對某事的意見，有時是使他們在這事上支持你的好方法。這等於是在告訴他們，你尊重他們的看法，而他們也很可能會因此而尊重你的看法。

Sometimes a good way to go about getting someone on your side is to ask for their opinion on the matter. This tells them that you respect their opinion, and they are likely to reciprocate.



八月十七日

禱告是通往新事物的高速公路，而堅持不懈的努力，則是把你送到那裡的汽車。

Prayer is the highway to new things, and determined efforts are the wheels that get you there.



八月十八日

生活由各種各樣的選擇組成，而你的選擇則決定了你的品格、成功和個人快樂。因此要明智的選擇。

Life is made up of a multitude of choices, and what you choose shapes your character, success, and personal happiness. Choose well.



八月十九日

任何關係都需要時間去培養和鞏固。認識人需要時間。

Relationships of any kind take time to develop and mature. It takes time to get to know people.



八月二十日

要鞏固一個團隊，就既要和同事，也要做朋友，要建立友情，彼此坦誠，相互扶持。

To strengthen a team, be friends as well as workmates, have camaraderie, be open with each other, and offer mutual support.



八月二十一日

你若學會在生命的最大考驗時刻找到上帝的美善，你就再也不會有壞日子了。

If you learn to find God's "good" in life's most trying times, you will never have another bad day.



八月二十二日

提出相反觀點時，不一定要以頂撞的方式說出，你只須表達不同的觀點，所以大家考慮到每一方面，並得出最好的結論。

Offering opposing opinions doesn't have to be confrontational. It should simply be the airing of differing views so that all sides can be considered and the best conclusion reached.



八月二十三日

生命是經驗的大雜燴鍋，每個人都有獨特的貢獻。你若聰明，就每天都能從鍋中撈到有價值的東西。

Life is one big common pot of experiences. Everyone has something unique to contribute. If you are wise, you can draw something valuable from that pot every day.



八月二十四日

與任何人建立美好關係的關鍵，在於找出那人對什麼感興趣，然後投其所好。

The key to building a good relationship with anyone is finding out what they are interested in and starting there.



八月二十五日

為了團結和未來的成功，有時，最好是贊同他人的想法，而不是固執己見。如果後來你發現自己錯了，你會很高興自己順從了別人；如果你對了，下次別人也就會更可能願意傾聽你的想法。

For unity and future successes, it is sometimes better to go along with someone else's idea than to insist on yours. If time proves you wrong, you'll be happy you went along; and if time proves you right, others will be more likely to listen to you next time.



八月二十六日

溝通時，怎麼說有時幾乎和說什麼一樣重要。想獲得最好的結果，請三思你表達的方式。

In communicating, *how* you say it is sometimes almost as important as *what* you say. To get the best results, be considerate in your presentation.



八月二十七日

如果你仔細觀看大自然中的任何一件東西，都會發現從前沒注意到的地方。同樣地，仔細去看看你的工作吧，也許你會發現更好的辦法，讓你進步更快，獲得更大的成功。

If you examine closely any object in nature you will discover things that you hadn't noticed before. Do the same with your work, and you may find better ways to do things, leading to faster progress and greater success.



八月二十八日

你最大的財富就是你的人員，而他們最大的潛能就是他們的集體智慧。汲取他們的智慧吧。

Your greatest asset is your people, and their greatest potential is in their collective thinking. Pump people power.



八月二十九日

每一次失望或遭受損失的時候，上帝那雙充滿愛的手都在捧著你的心，為你帶來安慰和平安。


In every moment of disappointment or loss, God's loving hands are there to cradle your heart and bring comfort and peace.



八月三十日

對一件事，你不是有辦法，就是沒有，擔憂是沒用的。如果確實有解決方法，就把精力花在尋找辦法上，或者花在其他你能做的事情上。

You can either do something about a problem or you can't, but either way, worrying won't help. Channel your energy into finding a solution, if one is to be found, or into other things that *are* within your control.



八月三十一日

昨天已經過去，今天是個新開始，可以從頭再來，開始新生活。

Yesterday is past. Today is a fresh new start, a clean slate, the beginning of a new life.



九月一日

你若想要別人從你的角度看事情，那你就應積極地顯示出，你也在努力從他們的角度看事情。

If you want others to see things from *your* perspective, actively show that you are also trying to see things from *their* perspective.



九月二日

信心能看見沒人能看到的可能性。有了信心，一切都是可能的。

Faith can see possibilities that no one else can. With faith, anything is possible!



九月三日

學會接受建設性的批評，是你在態度上能做的最聰明的改變，因為那會使你進步神速。那還能顯示出，你這人易於共事，從而培養良好的工作關係。

Learning to take constructive criticism is one of the smartest attitude changes you can make, because it puts you on the fast track to progress. It also fosters good working relations by showing that you are easy to work with.



九月四日

正確對待他人的秘訣在於諒解，而諒解他人的最佳方法是以心比心。

A key to treating people right is understanding them, and the best way to do that is to imagine yourself in their place.



九月五日

你眼裡的巨大障礙，對上帝來說只是小石子而已。祂能輕而易舉的把它拋開，比你翻過去或繞過去要省力得多。

Difficulties that seem like giant obstacles to you are pebbles to God. His power can toss them aside with far less effort than it would take you to go over or around them.



九月六日

如果別人經常必須屈從你的選擇以及你認為事情應當怎樣做的想法，最後，他們會覺得不能指望你思想開明。

If people are usually having to give in to *your* preferences and the way *you* think things should be done, eventually they will feel they can't count on you to be open-minded.



九月七日

不必在大事上才讚美感激；其實，應該著重在小事上這樣做。因為經常遭人忽視的正是小事；同時，也正是小事使大事能發生。

Praise and appreciation need not be reserved for big things. In fact, it's good to concentrate on the little things that often go unnoticed; because little things make the big things possible.



九月八日

為什麼擔憂呢？如果事情大到需要你擔憂，你就該知道，上帝已經思考過它了。如果事情不值得上帝關心，那它也無關重要呢。

Why worry? If something is big enough to worry about, then you know God has already thought of it. If it's not big enough for God to be concerned about, then it doesn't matter.



九月九日

領導人要負責做最後決定。但身為領導人，並不意味著所有的主意和想法都要由你出。好主管會傾聽他人的想法。

Leaders are responsible to make the final decision, but being a leader does not mean that you have all the ideas and do all the thinking. A good executive will listen to others.



九月十日

溝通的首要原則，是先說最強項或最好的消息，在中間說最弱項或最不好的消息，最後再以積極的語氣結束。

A good rule of thumb for communicating is to put your strongest point or best news first, the weakest point or the saddest news in the middle, and then end on another positive note.



九月十一日

你可能並不特別喜歡某人，但卻仍然應該給予他上帝的愛。在上帝眼裡，沒有人太壞，不值得祂愛，或是祂無法愛的；你若真的有上帝的愛，祂就想要你去跟別人分享這份愛。

You may not particularly like someone, but you can still give that person God's love. No one is too bad for God or beyond the reach of His love; and if you have God's love, He wants you to share it with others.



九月十二日

你要是考慮到別人經受過的艱辛痛苦，就會對他們懷有更多同情。我們常常只看到別人還應前進多少，卻沒看到他們已經走過的路更長。

You can have more sympathy for people when you consider the difficult experiences they have been through. Often we only see how far people still have to go, while failing to see the distance they have already come.



九月十三日

當一切順利時，與別人保持順暢開放的溝通吧，這樣當你需要提出建設性批評，甚至輕輕責備他們時，他們就會更容易接受了。

Maintaining an open line of communication with others when all is going well will make it easier for them to accept constructive criticism or even reproof when it's needed.



九月十四日

每天開始和結束時，都花幾分鐘優品時間與你的孩子在一起吧，如給予一個擁抱，讀一個故事，做一個禱告等等。這樣做將大大幫助他們感到被愛和富有安全感。

A few minutes of quality time with your children at the start and end of each day—a hug, a story, a prayer—will go a long way toward helping them feel loved and secure.



九月十五日

得體--恰當的時間說恰當的話--其實就是體貼地洞悉他人的感受，希望去滿足他們對愛、鼓勵和支持的需求，故意不說那些可能會傷害他人的話。

The art of tact—saying the right thing at the right time—is really a matter of being sensitive to people’s feelings, wanting to meet their needs for love, encouragement, and support, and deliberately *not* saying things that might be hurtful.



九月十六日

如果你想要建立一支有成效的隊伍的話，那麼所有成員都必須團結合作。你們應彼此傾聽，共同商量，一起決定，然後一起貫徹地實施你們的決定。

If you're going to be an effective team, all members must work together. Listen to one another, counsel together, decide together, and then follow through on your decisions together.



九月十七日

快樂的性格和樂觀的態度，是生意、家庭和人際關係成功的關鍵。

A cheerful disposition and an optimistic outlook are keys to success in business, family life, and every relationship.



九月十八日

每個人都至少有一個優點或才能，聰明的人會把它找出來。有些人的優點或才能是明顯的，但有些人是隱藏的，需要你去發掘。

Everyone has at least one good quality or skill, and a wise person will look for that thing. What some people have to offer is obvious, but with others it is hidden and must be uncovered.



九月十九日

人人喜歡談論自己。如果你對他人表現出興趣，你會發現，他們突然之間變得健談了。

People love to talk about themselves. If you show an interest in people, you will find that they suddenly become very talkative.



九月二十日

改變發生時，歡迎它。騎乘改變的風浪比讓它向你迎面襲來，更令人快樂。

Embrace change when it comes your way. You'll be happier riding the wave of change than feeling it come crashing down on you.



九月二十一日

與別人友好合作的關鍵，在於為了團結、而在必要時願意和樂於改變自己的思維習慣和行為模式。

One key to working well with others is being willing and open to change your mindsets and ways of doing things when necessary for the sake of unity.



九月二十二日

不要只是鼓勵消沉的人，也要鼓舞振奮的人，因為這樣也許會恰恰使他們避開他們即將遇到的灰心失意呢。

Don't reserve encouragement only for those who are "down."
Encourage someone who is "up," and you just might spare them
from future discouragement that is lurking right around the corner.



九月二十三日

用愛開始一天，愛就會幫助你度過這一天。

Start the day with love, and love will carry you through the day.



九月二十四日

婚姻需要很多諒解，才能保持穩固。

It takes a lot of understanding to make a marriage stand.



九月二十五日

意見分歧時，如果彼此表示尊敬、顧慮和謙卑，那就不一定會是個負面的經歷。

Disagreements don't *have* to be negative experiences, if the people involved display mutual respect, consideration, and humility.



九月二十六日

「看著光明的一面」是個好忠告，可是你若找不到光明的一面，怎麼辦？無論怎樣，保持積極，並感謝上帝，上帝便會讓黑暗出現光明的一面了。

“Look on the bright side” is good advice. But what if you can’t *find* a bright side? Stay positive and thank God anyway, and He will bring one out of the darkness.



九月二十七日

養成習慣，每天祈求愛和謙卑。

Develop a habit of praying for love and humility every day.



九月二十八日

最好的主管知道如何挑選人才去做他想要完成的事，並有足夠的自制力，在他們做事時不插手干預。

The best executive is the one who has a knack for picking good people to do what he wants done and enough self-restraint to keep from meddling while they do it.



九月二十九日

如果你想看到事情變得更好，就先向前邁出一步，然後再邁一步，再邁一步。

If you want to see changes for the better, take one step forward, then another, then another.



九月三十日

愛應該是一個動詞，當它被付諸行動時，會激發他人也去愛。

Love should be an “action word,” and when it is acted out, it inspires others to do the same.



十月一日

即使你毫無疑問的知道自己是對的，仍應該以體諒謙卑的態度來提出你的觀點。

Even if you are certain, beyond a shadow of a doubt, that you are right, you should still present your point of view with consideration and humility.



十月二日

訂立目標，請問上帝那些目標是否正確。

實現目標，求上帝賜給你力量和智慧。

達成目標，感謝上帝對你的幫助。

Set your goals. Ask God if they are the right goals.
Work your goals. Ask God for strength and wisdom.
Reach your goals. Thank God for His help.



十月三日

當你受到傷害時，無論是有意還是無意的傷害，只要你態度積極，你就會較容易復元、繼續前進。

When things happen that hurt you, whether by accident or intent, you can get over it and move on more easily if you have a positive attitude.



十月四日

賜予人一個夢想，就像給了他一輛車。再給予他信心，就等於送他上路時為他的車子加滿了油。

Give a man a dream and you give him a “car.” Add faith and you send him off with a “full tank.”



十月五日

生活是一場馬拉松比賽，而不是短跑。為自己定好速度，眼望目標。用心跑，等你跨越終點線時，你就會很高興自己這麼做了。你的付出是值得的！

Life is a marathon, not a sprint. Pace yourself and keep your eyes on the goal. Run with heart, and you will be glad you did when you cross the finish line. It will be worth it all!



十月六日

大多數時候，你必須致力解決問題。如果你試圖不理它，等它消失，就無法克服它。你也會失去機會，讓艱難險阻把你磨練得更堅強。

Most of the time you have to work your way through your problems. If you try to ignore them, waiting for them to go away, you won't overcome them. You will also miss the opportunity to grow stronger through adversity.



十月七日

困難來臨時，勇敢地面對它說：「我的上帝比你大！你也許能打敗我，但你打敗不了我們倆人！」

When trouble comes your way, look it squarely in the eye and say,
“My God is bigger than you! You might be able to defeat *me*, but
you cannot defeat *us*!”



十月八日

一個團隊若想有成效，其成員必須能夠自由地溝通，提出自己的想法、建議。任何一人敏感，都會形成溝通上的障礙。

For a team to be effective there must be a free flow of ideas, counsel, and communication. Sensitivity on anyone's part hinders that stream.



十月九日

並非每個新主意都是好的，但某些最好的主意卻源自一些「並非那麼好」的主意。因此尊重每一個主意，即使當時並不需要它，因為它將來可能會有用途。

Not every new idea is good, but some of the best ideas hatch from not-so-good ones. Treat each idea with respect, as it may contain something useful, even if it is not exactly what's needed at the time.



十月十日

上帝創造你時，就為你安裝了雙向無線電，那就是禱告。

When God created you, He equipped you with a two-way radio: prayer.



十月十一日

要一直把性格差異，看作是成功而和諧的團隊的必要且有益的因素，永遠不要當成放棄的藉口。

Always look at differences in personalities as necessary and helpful ingredients of a successful, balanced team—never as excuses for quitting.



十月十二日

當他人對自己的錯誤真的感到抱歉，並希望做得更好時，再給他們一次機會，這樣做顯示你的實力、而不是軟弱。

It is strength, not weakness, to give people a second chance when they are truly sorry for their mistakes and want to do better.



十月十三日

會變通的人有福了，因為他們會隨遇而安。

Blessed are the flexible, for they shall not be bent out of shape.



十月十四日

人與人之間若要建立真正的聯繫與溝通，雙方都需要謙卑和諒解才成。

It takes humility and understanding on both sides for there to be any real connection and communication between people.



十月十五日

人會自然而然地認為自己是對的，但從經驗所知，你應該知道自己有時會是不對的，因此最好傾聽他人的意見。


It's natural to think that you are right. But experience should teach you that sometimes you are not and that it is wise to listen to others.



十月十六日

你認為別人應該成為什麼樣子，就那樣去對待他們吧，因為這會幫助他們成為他們能成為的人。

Treat people as if they were what they ought to be, and you help them to become what they are capable of being.



十月十七日

你做的每件事，都會給你更好或更壞的回報。

Everything you do will come back to you in one way or another, for better or for worse.



十月十八日

你怎樣待人，有什麼反應，就會令人怎樣待你，產生什麼回饋。

You help to create the way people treat and react to you by the way you treat and react to them.



十月十九日

別人認為你坦誠通融嗎？還是感到你死板、嚴格、拘謹而墨守成規呢？努力變得更容易變通、而非死板，是改善你與他人關係的好辦法。

Do people consider you open and flexible? Or do they sense rigidity, strictness, confinement, and rules? Striving to be more elastic than rigid is a great way to improve your relations with others.



十月二十日

成功乃是堅持不懈的回報。

Success is the reward of persistence.



十月二十一日

不要因為你對他人的看法，而致使你拒絕接受他們的主意。他們可能惹惱了你，但他們的想法和觀點卻可能很有見地，也許正是你需要聽到的。

Don't let your personal feelings toward people shut you off from their ideas. *They* may rub you the wrong way, but their thoughts and opinions may be insightful and just what you need to hear.



十月二十二日

解決越困難的問題，就越會讓你感到滿足。

The more difficult the problem, the more satisfaction you will derive from solving it.



十月二十三日

好的領導人，就像一支成功體育隊伍的教練，能把一群具有不同個性與技能的人，變成一個團結而具有戰鬥力的團隊。

Like the coach of a successful sports team, a good leader is able to take a group of individuals with different skills and personalities and form them into a cohesive, effective unit.



十月二十四日

想要討論成功，每個人就都要思想開放，能夠傾聽任何人的任何想法。

For a discussion to be as successful as it can be, everyone needs to be open-minded enough to listen to any idea from anyone.



十月二十五日

想增加成功的機會，就要努力學習怎樣為人樸實——讓你說的話、想法和溝通，都保持簡單。

To improve your chances of success, strive to master the art of simplicity. Keep your words, ideas, and communications simple.



十月二十六日

專心看看你會怎樣影響他人，而不是他人會怎樣影響你。

Focus on how you affect others, rather than on how they affect you.



十月二十七日

當你覺得全世界的擔子似乎都在你的肩上時，這時，你就該記得，你只是個凡人，只有上帝才能賜予真正的力量，而祂能夠幫助你背負任何負擔。

When you feel as though you have the weight of the world on your shoulders, it's time to remember that you are only human, that true strength comes only from God, and that He is able to help you bear any load.



十月二十八日

如果你不確定自己是否準確地了解別人的意思，或他們對某件事的想法是什麼，問問一定會有助。因為有些人不會馬上敞開心胸，說出自己真實的想法。

It helps to ask people if you are not sure that you understand exactly what they mean or how they feel about a certain matter, because some people are not quick to open up and share their honest feelings.



十月二十九日

將心比心，有助於創造團結；而團結是美好的！

Empathy helps create unity, and that is a wonderful thing!



十月三十日

生命中做不到的事情其實很少，而你目前面臨的挑戰，很可能不是那些事。因此，發揮你的創造力，拓展你的視野，不斷嘗試吧。

There are very few things in life that actually *can't* be done, and chances are that your current challenge is not one of them. So get creative, be inventive, expand your horizons, keep trying.



十月三十一日

你越具體仔細地說明你感激別人的事，被感激的人就越容易相信你是真誠的。

The more specific the appreciation, the easier it is for the recipient to believe it is sincere.



十一月一日

聽取閱歷豐富的人之忠告與建議，是明智的作法。他們從多年摸索中所學得的經驗教訓，可以為你省去不少時間和麻煩。

It is wise to be open to the counsel and suggestions of those who have more experience. What they've learned through years of trial and error can save you a lot of time and trouble.



十一月二日

虛心地看人，就能看清他們的真正動機。

People's true motives are seen best from a humble position.



十一月三日

你看到的若全是障礙，那也許是因為你沒有在看著目標。

If all you see are obstacles, maybe it is because you have taken your eyes off the goal.



十一月四日

找出你團隊中隊員的優點與缺點。然後，努力強化那些優點，減低那些缺點。

Find out the strengths and weaknesses of those on your team. Then work to maximize the strengths and minimize the weaknesses.



十一月五日

每個愛心行動，都會長存於接受者心中。

Every loving deed lives on in those upon whom it is bestowed.



十一月六日

每個困難的深淵上都有一座橋，但你常常要用希望的望遠鏡才能發現。一旦找到，就邁開信心的大步走過去吧。

There is a bridge over every gulf of difficulty, but you often need the binoculars of hope to find it. Once you do, take strides of faith to reach the other side.



十一月七日

當別人惹惱你時，如太大聲、缺乏耐心、很難相處等，想想他們為什麼會那樣。努力從他們的角度去看事情，也許你會發現，他們並不那麼壞呢。

When people irritate you—being loud, impatient, or hard to get along with, for example—consider why they are that way. Try to empathize and you'll probably find them to be not so bad after all.



十一月八日

人們說「三人為衆」，但在婚姻問題上，上帝作為第三者，卻能幫助你度過艱難時刻，使好時光更美好。

They say “three’s a crowd,” but when it comes to marriage, God is a third party that can help you through the tough times and make the good times great.



十一月九日

失敗並不是一次、兩次或多少次沒成功。失敗乃是沒有再試一次。

Failure is not a matter of failing once or twice or any number of times. Failure is failing to try one more time.



十一月十日

別追究是誰的錯，這對任何人都沒有好處。查明是哪裡出了錯誤，糾正它，然後繼續前進吧。

Don't try to place blame; that doesn't help anyone. Find out what went wrong and set it right, and then move on.



十一月十一日

與別人交往時，盡力表現友善、有禮和溫柔吧。

Make an effort to be warm, courteous, and tender in all your interactions with others.



十一月十二日

無論何時事情出了差錯，只要禱告，保持積極，每次都可能都會使情況轉敗為勝。

Whenever something seems to go wrong, it is always possible to tip the scales in your favor through prayer and a positive response.



十一月十三日

如果你覺得自己沒有打下一仗所需的力量，那也許是因為打仗的時候還沒到。

If you find that you don't have it in you to fight the next battle, perhaps it's because you're not *in* that battle yet.



十一月十四日

今天的孩子是明天的領導者。今天的父母怎樣培養孩子，決定了明天的世界。

Today's children are tomorrow's leaders. How today's parents train their children determines the future of the world.



十一月十五日

羅馬不是一天之內建成的，任何有價值的東西都需要時間去建造。

Rome wasn't built in a day. Anything that is worth something takes time to assemble.



十一月十六日

要是敏感和驕傲妨害了你們團隊成員間的互動，就儘量巧妙地把這些問題指出來。討論一下，認清問題，一致同意去改變態度，然後重新開始。

If sensitivity and pride are hindering interactions within your team, get the problem out in the open as tactfully as possible. Discuss it, identify the issues, agree together to change your attitudes, and start anew.



十一月十七日

如果你看到堅持己見，會拖延事情的進展，且可能把自己也拖垮的話，那麼你最好就放棄自己的意見了。

It is far better to cut loose from one of your ideas if you see that it doesn't float than it is to stubbornly hold on to it and possibly go down with it.



十一月十八日

設法讓沉默的人發表意見，他們經常有些絕妙的主意和才能，等待人們發掘。

Draw out the quiet people. Often they have tremendous ideas and talents just waiting to be discovered.



十一月十九日

別人若深知你會好好的聆聽他們，當你需要別人聆聽時，他們多半也會這樣做。

If you prove yourself to be a good listener, it's more likely that others will return the favor when you need a listening ear.



十一月二十日

當別人有個好主意，你只是在解釋或實施這主意時，你應該讓人們知道這主意出自於誰。這樣做會把功勞歸於該得的人，讓別人知道他們很重要。

When someone else has a good idea and you're the one explaining or implementing it, you should let people know who had the idea. Doing so gives credit where it is due, and lets people know that they are valuable.



十一月二十一日

輕易得到的成功無法證明什麼，你在跌倒後如何爬起來、繼續嘗試，才顯示出你的勇氣毅力。當你不顧挫折、繼續前進時，就會激勵別人也不要放棄了。

It is not the easy successes that prove your mettle, but how you pick yourself up after a fall and try again. By going on in spite of your setbacks, you will also inspire others to not give up.



十一月二十二日

沒有人真正配得到寬恕。人要是做了錯事，就該得到公正的審判。但寬恕勝過公正。公正源自人性，寬恕則具有神性。通過寬恕，你也可以與人分享一點神性。

No one really deserves forgiveness. If people have done wrong, they deserve justice. But forgiveness is greater than justice. Justice is human; forgiveness is divine. You can share a bit of the divine by forgiving.



十一月二十三日

上帝可以幫助你像祂那樣，以愛和諒解的眼光去看每一個「有問題的人」。改變是會發生的，它從心裡開始——你的心。只要你祈求，上帝可以幫你真誠地賞識那人，而這會改變你與他的整個關係。

God can help you see each “problem person” as He does, through the eyes of love and understanding. Change *will* come, and it will begin with a change of heart—*your* heart. If you ask Him, God can give you a genuine appreciation for that person, which will change your whole relationship with them.



十一月二十四日

直率而不把事情悶在心裡的人，比不敢說話的人要獲得更好的成效。坦誠溝通、大家都知道真實情況，事情就會進展得更順利，成就更多。

Those who are forthright and don't hold things in get better results than those who are afraid to speak up. More gets done smoothly when there is open exchange and everyone knows the score.



十一月二十五日

人人想要和需要得到諒解和接受，並因自己原來的樣子而為人所愛。

Everyone wants and needs to be understood, accepted, and loved for who he or she is.



十一月二十六日

每件事情或情況都不止有一面，你若請求上帝，上帝就會告訴你真相是什麼。

There is more than one side to every story or situation, but God can show you where the truth lies if you ask Him.



十一月二十七日

當兩代人接受和欣賞對方時，雖然他們之間可能有分歧和小麻煩，但這不會形成隔離他們的代溝，使他們無法和睦共事。

When an attitude of mutual acceptance and appreciation exists between generations, while there may be differences or minor struggles, there isn't a generation gap to divide and keep people from working in harmony.



十一月二十八日

如果你的主意好，它自會屹立不倒，不需要你撐著。

If your idea is good, it will stand on its own. It doesn't need you to prop it up.



十一月二十九日

停下來，聞聞和欣賞花兒吧。上帝每天都送你一束鮮花呢。

Stop to smell and admire the flowers. God sends you a fresh bouquet every day.



十一月三十日

每個人都不一樣，各有自己解決問題的方式。要有耐心，才能以他人的角度看問題，找到共同點，最後達成協議。

Everyone is different and has different ways of solving problems. It takes patience to see things as others see them, find common ground, and come to an agreement.



十二月一日

自謙者，乃是偉人。

It takes a big man to let go of his ego.



十二月二日

人有歸屬感，一般來說就會工作得更努力、更快樂、更有成果。

When people feel a part of something, they will generally work harder and be happier and more productive.



十二月三日

禱告是與上帝連線，上載你的愛、請求和感謝，下載祂的愛與回答。

Prayer is connecting with God, uploading your love, requests, and thanks, and downloading His love and answers.



十二月四日

儘量經常為你的配偶做些新的或特別的事；它會重申你的愛，等於說：「你對我很重要！」

Do something new or special for your spouse as often as you can; it reaffirms your love and says, "You're important to me!"



十二月五日

上帝會祝福每一個無私的行為，獎賞你為關懷他人而邁出的每一步。

God will bless every unselfish act and reward every step you take to reach out to another.



十二月六日

讚美上帝，會使你與上帝更親近；讚美感激周圍的人，
會使你們彼此更為親近。

When you praise God, it draws you closer to Him, and when you
praise and appreciate those around you, it draws you closer to
each other.



十二月七日

給予能帶給人們最大的滿足快樂。

Giving is the most fulfilling of all pleasures.



十二月八日

要愛那些不可愛的人。讓愛去忽略別人的過錯與缺點，總是相信他們最好的一面，永遠不要對他們失去希望。

Love the unlovely. Let love overlook others' faults and shortcomings, always believe the best about them, and never lose hope for them.



十二月九日

你若依賴環境、周圍的人和事來得到滿足，那麼你就永遠無法完全快樂。真正持久的快樂與滿足是來自上帝的禮物，通過每天與上帝進行愛的互動而與日俱增。

If your contentment is dependent on circumstances, things, or the people around you, you will never be completely happy. True and lasting happiness and fulfillment are gifts from God and grow day by day through loving interaction with Him.



十二月十日

如果每人每年做一件無私奉獻的事，這世界將會是個美好得多的地方。我們要是把這變成常習，那麼世界豈不會變得更盡善盡美了嗎？

If only once a year every person would do one unselfish, giving deed, the world would be a far better place. How much more if we all made it a habit?



十二月十一日

你在別人背後說的話很可能會傳入他們耳中，所以，請以此為標準：凡你不願在他們面前說的話，也不要在他們背後說。

Chances are, what you say about others will get back to them, so make this your gauge: Don't say anything about others in their absence that you wouldn't say to their face.



十二月十二日

你若犯了錯誤，就承認它吧。願意承認錯誤和失敗，會比自認為完美更受人尊敬。

If you make a mistake, say so. People will admire you a lot more for your willingness to admit your faults and failures than they will for your supposed perfection.



十二月十三日

你若不那麼親近某人，或認為他不配得到你的愛與關心，但你若仍向他表現愛和關心時，你就是在給予他上帝的愛，這愛比人類的愛更強大持久。

When you show love and consideration to people you don't feel particularly drawn to or think deserving, you are giving them *God's* love, which goes beyond human love.



十二月十四日

你想受人人歡迎嗎？試試先他人之樂為樂吧。

Want to be winsome? Try putting the happiness of others before your own.



十二月十五日

付出，就會得到回報。

You can never lose by giving.



十二月十六日

在孩子性格形成階段，你若為他們樹立正確的榜樣，這個以愛與尊敬鑄成的親子關係就會牢不可破。你的孩子長成後，也會令你引以為榮。

If you set the right example for your children during their formative years, those bonds of love and respect will be unbreakable. And your children will grow into adults whom you can be proud of.



十二月十七日

以禱告為序曲，一整天你都不會走調。以禱告為終曲，就會以正確的音符結束一天。

Make prayer your prelude, and you'll stay on key all day. Make prayer your finale, and you'll end your day on the right note.



十二月十八日

如果你以為自己瞭解某人，就很可能會瞭解得不夠完整。但你若仔細聆聽，努力設身處地為那人著想，問一些正確的問題，那麼你就很可能會瞭解他更多。

If you automatically assume that you understand someone, chances are you *won't* understand them fully. But if you really listen, try to put yourself in that person's place, and ask the right questions, chances are that you will understand them much better.



十二月十九日

給予，既為接受者帶來祝福，也令給予者蒙福。

Giving blesses the giver as well as the receiver.



十二月二十日

始終一貫是好的作風，但當心不要變為墨守成規。經常評估一下你的常規，需要時，要樂於改變。保持不斷前進！

It's good to be consistent, but watch out that you don't get stuck in a rut. Regularly reevaluate your routines and be open to change where needed. Keep moving forward!



十二月二十一日

每天都要付出自己，給人一個微笑、一些稱讚、一點點時間、聆聽的耳朵或一句友善的話。你總是有東西可以給人的。

Give of yourself every day—a smile, a compliment, a moment of your time, a listening ear, or a kind word. There is always *something* you can give others.



十二月二十二日

禮貌和禮儀非常重要，因為那是愛的表現；而愛是最重要的。

Courtesy and manners are very important because they are expressions of love, and love is the *most* important thing.



十二月二十三日

獻身助人，以此為禮物送給上帝。

Give God a gift by giving of yourself to help someone else.



十二月二十四日

讓每天都成為某人的耶誕節吧，把感激送給他/她，這是一個人人適合、人人都喜歡的禮物。

Make every day Christmas Day for someone by giving them that sure-to-please, one-size-fits-all gift of appreciation.



十二月二十五日

耶誕節的最大意義，是歡慶上帝給我們每個人的愛。

Christmas is most of all a celebration of God's love for each of us.



十二月二十六日

讓聖誕蠟燭亮得更長久吧--就是相信造物主愛與關懷我們的信心之燭，與我們關心憐憫他人之燭。

Let us keep the Christmas candles burning beyond this short season—the candle of faith in our Creator's loving care and the candle of concern and compassion for our fellow man.



十二月二十七日

人人都有好品性，也都有缺點。人人都有過人之處，也都有需要努力和改進的地方。

Everyone has good qualities and everyone has weak points.
Everyone has things they excel in, and everyone has areas that
they need to work on and improve in.



十二月二十八日

現在就是珍惜每一刻的時候！

The time to start making sure that every moment counts is now!



十二月二十九日

不要看路面坎坷，而要看前端的彩虹；不要看腳下泥濘，而要看路前的里程碑。不要老想著痛苦與老繭，而要想著因跋涉而獲得的力量，以及之後產生的快樂。

Don't look at the rough road, but at the bright rainbow up ahead; not at the mud at your feet, but at the next milestone. Don't dwell on the sores, callouses or pain, but on the strength you've gained and the joy that springs up afterwards.



十二月三十日

你的選擇在把你領向何方？你今天視為最重要的事，是否在幫助你成為多年後你想成為的那種人呢？

Where are your choices taking you? Are your priorities today helping you become the person you want to be years from now?



十二月三十一日

偶爾回首過去、看看你已走了多遠是好的；但你若繼續攀登，不中途放棄，一直看著前面要攀越的高山和即將令你心曠神怡的風景，那會更好。

It's good to look back every once in a while and see how far you have come, but it's even better to keep looking forward to the mountains yet to scale and the views yet to thrill to if you will keep climbing and not quit.