

每日励志
引言小册

*Mottos for
Success*

成功座右铭

方
玛
利

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for
Success*

成功座右铭

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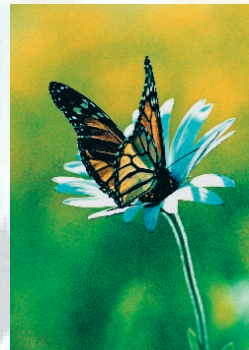
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一月一日

新的一年就象摆在我们面前的一本无字的书，所有的书页都是空白。让我们记下每天所做的事吧，希望这些事在我们岁末回首时，带给我们的是欣慰，而不是悔恨。

The New Year is set before us like an unwritten volume—all its pages blank. Let us write upon each day's page things that at the end of the year we will look upon with rejoicing rather than regret.



一月二日

以慧心看过去，以信心看未来，以爱心看周围。

Let us look behind us with understanding,
before us with faith, and around us with
love.



一月三日

我们不仅在岁初获得一个新的开始，而且每一天早晨醒来时，我们都有一個新的开始。我们有机会重新开始和改正错误。

We are given a fresh start not only at the beginning of the year, but every morning when we wake up. We have the chance to start anew and make things right.



一月四日



热忱是生命的发酵粉。
没有它，你会瘫作一
团；有了它，你便会蓬
勃奋发。

Enthusiasm is the baking powder of
life. Without it, you're flat; with it,
you rise.

一月五日



金钱可以为你买很多好东西；但世上所有的钱加在一起也买不了知足的心。

Money can buy you a lot of nice things, but all the money in the world can't buy contentment.

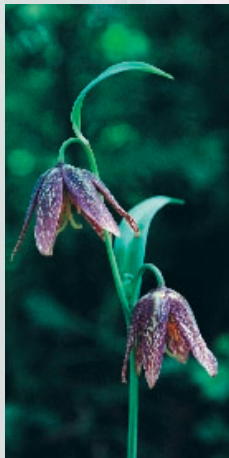
一月六日

希望使人期待，信心
使人相信，耐心则使
人静静地等候。

Hope anticipates, faith believes,
and patience quietly waits.



一月七日



真正的幸福来自于施
与。

True happiness is found
in giving.

一月八日



上帝爱你。他从宇宙的开始
就爱你，并将爱你直到时空
的尽头。

God loves you. He's loved you from the
very beginning and He'll love you to the
end.

一月九日



要把忧虑放到合适的地方——你的生命之外。

Always put worry in its proper place—out of your life.

一月十日



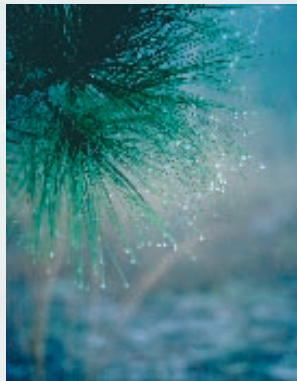
告诉你“不能成功”的人无处不在；但是综观历史，进步总是由那些说“能成功”的人造就的。

Those who tell you it *can't* be done have always been around, but throughout history, progress has always come from those who said it *could* be done.

一月十一日

成功的关键在于永不
放弃。

The secret to success is
never to give up.



一月十二日



假如你想拥有朋友，
就去作别人的朋友
吧。

If you want to *have* friends,
be a friend.

一月十三日



最善于倾听的人，乃是
设身处地的为他人着想
的人。

The best listener is someone who
puts himself in the other person's
shoes.

一月十四日



你选择如何去看世上的事物，它们在你眼中就会是什么样子。

The world and everything in it is as beautiful as you perceive it to be.

一月十五日

倾注在你孩子的身上吧。把你的时间、关心和爱倾注给他们，因为他们就是世界的未来。

Invest in your children. Give them your time, your attention, your love. They are the future.



一月十六日

我们不要怕流泪，因为它能令我们的心变得柔和，洗净我们的眼睛，使我们有更清晰的视野。

We should never be afraid of tears. They soften our hearts, wash our eyes, and clear our vision.



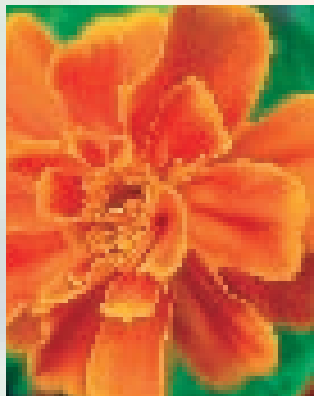
一月十七日



仁慈和亲切能使平庸的人变得出众；而冷漠与缺乏关心却会使出众的人变得平庸。

Kindness and courtesy can make an average person superior; indifference and lack of concern can make a superior person average.

一月十八日



接通天堂的能源，就能
令你发挥出你的潜能。

Unlock your potential by tapping
into Heaven's resources!

一月十九日



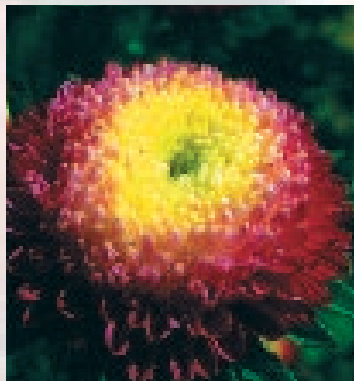
友谊是人们能互送的最珍贵的礼物。

Friendship is the most priceless gift that can be given.

一月二十日

要在今天努力学习一些新知识。

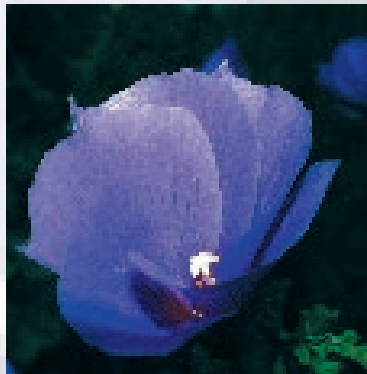
Strive to learn something new today.



一月二十一日

你的健康影响你的一切行为。良好健康的关键在于饮食得当、睡眠充足、适量锻炼及善待他人。

Your health affects all you do. The key to good health is to eat right, sleep right, exercise right, and treat others right.



一月二十二日

先做优先而重要的事—
这是明智的原则。

Be wise, prioritize.



一月二十三日

忘掉过去吧，因它已一去不复返。要为未来而活，因它充满新的希望。

Forget the past; it's dead and gone.
Live for the future; it's alive and full of potential.



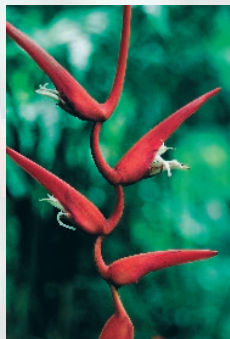
一月二十四日

你所过的生活，
很快将随风消逝；
可你为爱所做的，
却会永远长存。

The life you live
will soon be past,
But the things you do
for love will last.



一月二十五日



生命中的每次失望都能
成为垫脚石，帮你迈向
更大的成就。

Every disappointment in life can be a
steppingstone to greater things.

一月二十六日



智者总在每件事上尽力谋求中庸之道：什么是适当的程度，什么是正确的答案等等。

He is wise who always strives to find a right balance in everything: the right degree, how far, how much, how little, where on the scale the right answer lies.

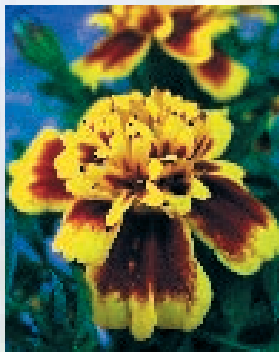
一月二十七日

坏事情总会发生，你
却不一定非让它们使
你感到难过愤恨。

Bad things happen, but they
don't have to make you sour.



一月二十八日



只有透过雨水，才能看见缤纷的彩虹。

The beautiful colors of the rainbow can only be seen through the prism of rain.

一月二十九日



恶习不光要戒除，且需用美德来取代。

Don't just throw out a vice; replace it with a virtue.

一月三十日



你渴求、梦想或盼望的一切，在美丽的天堂里都会成为现实。

Anything you've ever wanted, dreamed of, or hoped for can be yours in the beautiful paradise of the world beyond.

一月三十一日



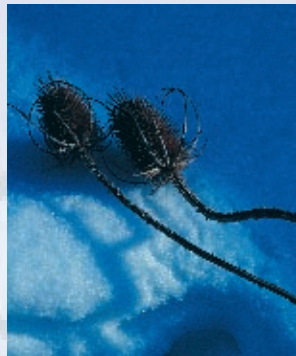
永远不要低估爱改变心灵与旧思想的奇异力量。爱，甚至能给你新的灵感，去做似乎不可能做到的事。

Never underestimate the amazing power of love to change hearts and mindsets. Love can even give fresh inspiration to tackle what seems to be impossible.

二月一日

即使所有的人都说不可能，你也不应该放弃自己的梦想。

Even if everyone says you don't stand a chance, don't give up on your dreams.



二月二日



慷慨地施予爱和仁慈的
人，将蒙受爱和仁慈。

Those who freely give love and kindness
are always recipients of them as well.

二月三日



作你自己。这样，当人们发现“真正”的你，与他们一直认识和所爱的你一样时，便不会失望了。

Be yourself! No one will be disillusioned when they discover the "real" you, if that's what they've known and loved all along.

二月四日



帮助那些需要帮助的人。
或许有一天，你也会受惠
于另一个这样做的人。

Give to those in need. One day you may
benefit from the kindness of someone
who does likewise.

二月五日

信心是上帝的恩赐，凡想得到它的，都可以得到。而要想得到它，你只需要去请求上帝。

Faith is a gift from God that He makes available to anyone who wants it. All you have to do to get it is ask Him.



二月六日

爱无法被衡量或买卖。
你若想别人珍惜它，就
必须无偿地给予它。

Love cannot be measured, bought, or
sold. For it to be valued at all, it must be
given freely.



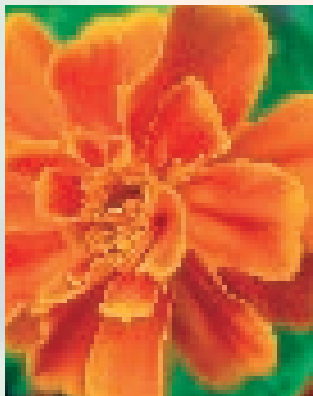
二月七日



幸福是一种心灵状态。

Happiness is a state of mind.

二月八日



上帝知道并理解你的每个想法与感受、快乐与痛苦、喜悦与哀伤，而且他了解你心灵最深处的需求与渴望。

There is Someone who knows and understands your every thought and feeling—the pleasure and the pain, the joy and the sorrow—and who perceives the deepest needs and longings of your heart.

二月九日



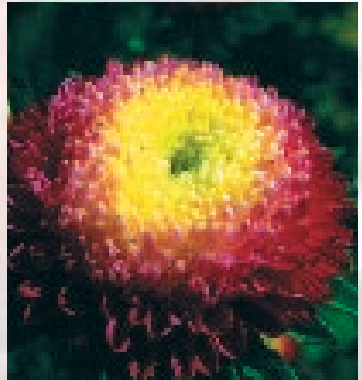
不要小看娱乐活动的好处。一个重振精神的心会成为一个具有创造性的心，而一个真正具有创造性的心则会成为一个多产的心。

Don't knock the benefits of relaxation. A refreshed soul can be a truly creative soul, and a truly creative soul is a productive soul.

二月十日

不要只盯着环境，而
要把眼光放远，超越
环境的限制。

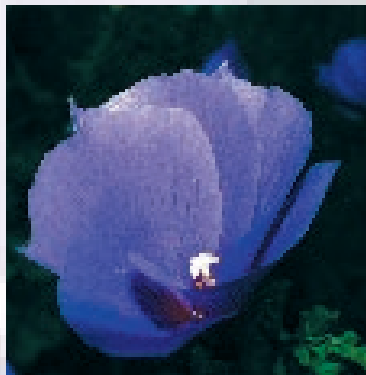
Don't just look at the
circumstances; look above and
beyond them!



二月十一日

生活是成功与失败的
结合体，二者缺一
不可。

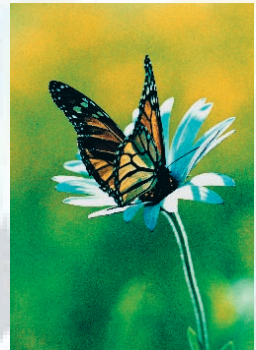
Life is a combination of
success and failure.
—Both are needed.



二月十二日

要使你周围的人展示出最优秀的品质，你就必须鼓励他们，并表现出真诚的感激。

To bring out the best in those around you,
give them encouragement and show them
loving appreciation.



二月十三日

仁慈的话语就象飞机上的座位：没有它们，你照样可以抵达目的地；但有了它们，整个旅途会变得舒服多了。

Kind words are like the seats in an airplane. You'll still get to your destination without them, but the journey is a whole lot more comfortable with them.



二月十四日

今天，到外面去坐个五到十分钟，做做深呼吸，并数数你的祝福。这一天就会变得更加美好。

Sit outside today for five or ten minutes, breathe deeply, and count your blessings. Your day will improve.



二月十五日



这世界，有时会使我们比所希望的要疲倦和衰老更快。用孩子的眼光来看世界吧，看这样做是否能使我们重获对生活的热情。

Sometimes the world can tire and age us faster than we'd like. Look at the world through a child's eyes and see if that won't bring a little zest for living back into your life.

二月十六日



满怀慷慨与欢乐所给予别人的一切，必重回你的手中，并将以意外的方式丰富你的生活。

All that is given cheerfully and generously to another comes back to you and enriches your life in unexpected ways.

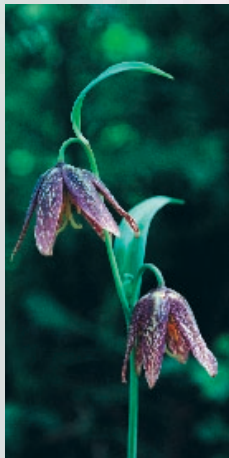
二月十七日

假如心中无爱，即使富比天下，也是贫穷的。

Even the richest man in the world is poor if he is without love in his heart.



二月十八日



没有任何事情上帝
不能理解。

There is nothing that God
cannot understand.

二月十九日



爱一个人，就是一起去
关心，分享，分担，合
作，改变。

LOVING SOMEONE IS... caring,
sharing, bearing, working,
changing—TOGETHER.

二月二十日



不要推迟和耽误，今天
就开始！

Don't delay, do it today!

二月二十一日



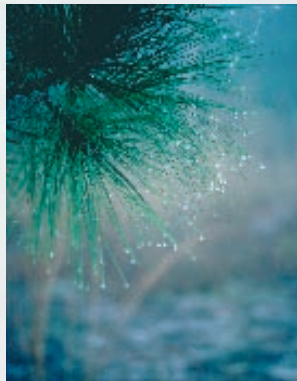
我在我所爱的人眼中看到上帝的爱；我在夏日的凉风里感受到上帝的爱；我在小鸟的歌唱中听到上帝的爱。

I see God's love in my loved one's eyes. I feel God's love in the cool summer breeze. I hear God's love in the bird's song.

二月二十二日

每天只要花一点儿时间来沉思上帝创造的事物的华美与完善，你内在的活力与灵魂就会焕然一新。

Renew your inner energy and refresh your soul by simply taking a few moments each day to reflect upon the beauty and perfection of God's creation.



二月二十三日



对于善行，要铭刻在心；对于侮辱，却要努力忘却。

Never forget a kindness, but
always try to forget a slight.

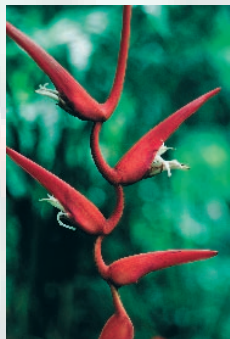
二月二十四日



爱是神奇的。它是聋子可以听到的语言，瘸子可以闻之起舞的音乐，瞎子可以看见的日落。

Love is magical. It's a language the deaf can hear, a song the crippled can dance to, and a sunset the blind can see.

二月二十五日



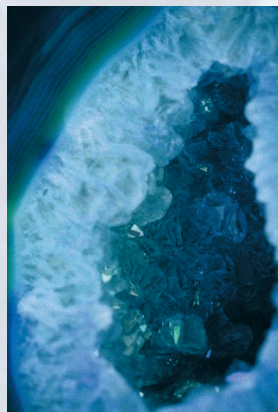
人生当中，即使满把烂牌，靠勇气和信心也能把它打好。

Even if you're dealt a bad hand in life,
with courage and faith you can play it
well.

二月二十六日

假如你害羞，担心别人会怎样看你，请记住，他们可能也有同样的担心。对他人表现出你感兴趣，会有助于打破害羞的障碍。

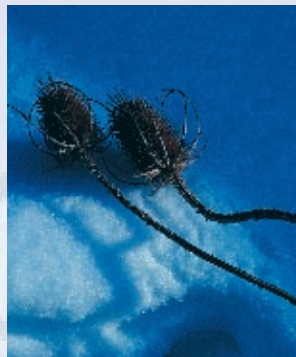
If you're shy and worried about what others may think of you, it could help to realize that they're probably also worried about what you may think of them! An outgoing interest in others will help to break down the walls of shyness.



二月二十七日

假如你觉得自己在这世上孤独无助，或觉得无人在意或关心你的话，请记住：上帝在看着你。他理解你，他能使情况变得更好。

If you ever think that you're all alone, that no one notices or no one cares, remember this: God sees you, He understands, and He can make things better.



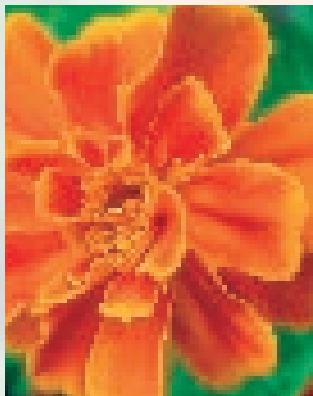
二月二十八日



要思想开明，但遇到道德信念问题时，不能怯于表明立场。明了自己相信和坚守的是什么，这象征着力量，而不是弱点。

Be open-minded, but don't be afraid to draw the line when it comes to moral convictions. Knowing what you believe and sticking by it is a sign of strength, not weakness.

二月二十九日



你一天的生活掌握
在你自己手中，你
要它好，它就会
好。

Your day is as good as you
make it.

三月一日



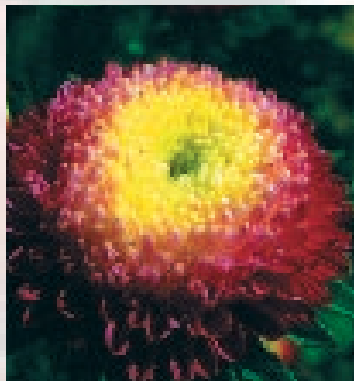
有些人目光短浅，他们只
为眼下生活；有些人很有
远见，他们为明天而活。

Some people are nearsighted; they live only
for the present. Other people are farsighted;
they see beyond today.

三月二日

我们若决心不管事大事小，每天都做一件好事，我们就会有永远也收获不尽的回报。

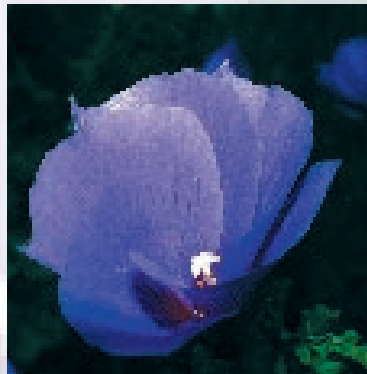
If we determine that we will perform one deed of kindness every day, no matter how small or insignificant it might seem, we will never stop reaping the returns.



三月三日

生活象一首歌，你在
唱什么样的调子呢？

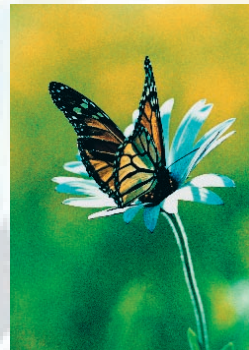
Life is like a song. Which
tune are *you* singing?



三月四日

你所施与的，不是损失。

You cannot lose what you
have given away.



三月五日

对别的事物、而不是对自我有信心，需要一定的勇气。而对上帝有信心的人则可以证实，当他们信靠上帝时，他们拥有更大的勇气以及心灵的平安。

To place faith in something other than one's self requires an element of courage. Yet those who have put faith in God can testify that even greater courage—along with peace of mind—is to be found in doing so.



三月六日

要时不时好好嘲笑自己一番，对你会大有好处。

Have a good laugh at yourself from time to time; it will do you good!



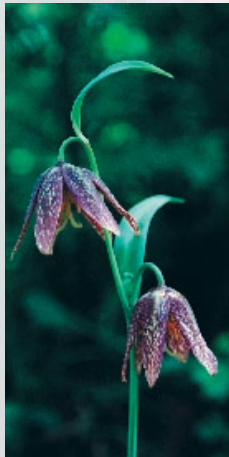
三月七日



知足是一种感觉，当你真正感激自己所拥有的，而不苛求更多时，你就会被满足感所包围了。

Contentment is a feeling that envelops you when you're truly thankful for what you have and are no longer seeking to acquire more.

三月八日



上帝爱那些卑微、悲哀及充满梦想的人。他亲近心灵破碎的人。他渴望去安慰他们，用他的爱来医治他们的心灵。

God loves the lowly, the downcast, and those struggling to keep their dreams alive. He is near to the brokenhearted. He longs to comfort them and heal their hearts with His love.

三月九日

当你要做的一切给你压力时，重新评估这些事情的重要性吧。先做最重要的，把次要的留给以后。

When you feel burdened with all there is to do, reassess your priorities. Then do the most important things first, and leave the rest for later.



三月十日



尽量订高你的目标。不要
让任何事情限制你的
信心。

Aim as high as you can. Don't let anything
limit your faith.

三月十一日



要先表达感激，然后再
讨论问题或投诉。

Always express appreciation first, before
discussing a problem or bringing up a
complaint.

三月十二日



要想在新领域获得成功，有新发现，或从事一项崭新的工作，你必须先愿意失败。

To succeed in a new field, make a new discovery, or do anything new in life, you have to be willing to fail.

三月十三日



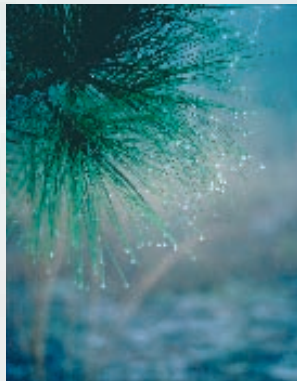
当你说了不该说的话，无心之言，或说了不友好、具有指责性的话时，马上道歉。时间拖得越长，要道歉就越觉得困难。

When you say something you shouldn't have said—something that you didn't mean or that was unkind or critical—apologize right away. The longer you wait the harder it will be.

三月十四日

生活中永远不
乏令你感恩的
事物。

There is always
something you can be
thankful for.



三月十五日



地位、权力、金钱或
名声，均不能成就伟
人。

Position, power, money, or
popularity do not a great man
make.

三月十六日



你的心若正在破碎，
那么就将它交给上帝
去修补吧。

If your heart is breaking, give it to
God to mend.

三月十七日



一件单一、伟大、具有英雄色彩的行为，并不能真正说明你是一个什么样的人。惟有你每天做的那些小事，才足以说明。

It's not a single, great, heroic deed that defines who you really are. It's the little things you do day by day that count.

三月十八日

我们祷告，事情就会发生和起变化。祷告能改变事情。

When we pray, things will happen and things will be different. Prayer changes things.



三月十九日

今天就送出爱吧。爱他人，爱你的家庭，爱上帝。他会保证你拥有充足的爱，他赏赐给你的爱，会远远超出你送出的爱。

Give love today. Love others. Love your family. Love God. He will see to it that you have sufficient love, and give you more in return than you can ever give away.



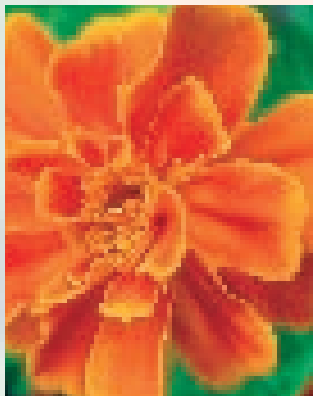
三月二十日



即使你只能在地上爬行，也好于坐在那里无所事事。

Even if all you can do is crawl across the floor, it's better than just sitting there doing nothing.

三月二十一日



不要躲在虚假的面具
背后，人们会因你的
诚实而更加爱你。

Don't hide behind a false front;
people will love you more for your
honesty.

三月二十二日



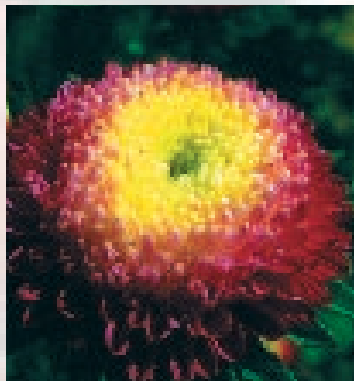
假如有件事让你自己难以处理，那可能是因为你应该和别人一起来分担它。

If something seems far too big for you to cope with, maybe it's because you're meant to share the load with someone else.

三月二十三日

在批判别人之前，先想想自己最近所犯的错误。

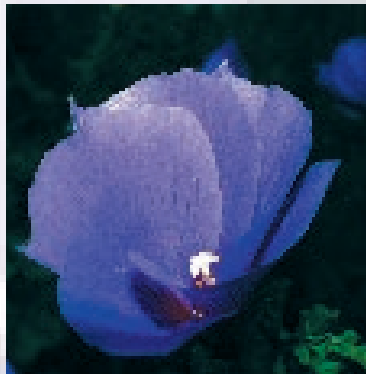
Before you judge another, think of your own last mistake.



三月二十四日

让爱在你心中绽放吧！让爱抓住你的心，让爱饱含激情与活力来摇撼你的心，并以它能给予生活的全部热情和欢乐浸透你的心。

Let love blossom in your heart! Let love grab your heart, shake it with passion and vigor, and infuse it with all the zest and joy for life that love has to give.



三月二十五日

不幸发生时，你可以放弃，也可以让它把你造就得更好。

You can give up when something goes wrong, or you can let misfortune transform you into something better.



三月二十六日

世上没有爱不能征服
的事物。

There is nothing in the world that
love can't conquer.



三月二十七日

在今天，你几乎可以观看、阅读，或下载有关任何题目的一切信息。但是，鉴别哪些知识有用，哪些知识只会占据你的生活及浪费你的时间，阻碍你追求更有益的人生目标，是值得的。

You can watch, read, or download information about almost anything these days. It pays, though, to discern between useful knowledge and that which merely clutters your life and takes up time that you'd rather spend on more profitable pursuits.



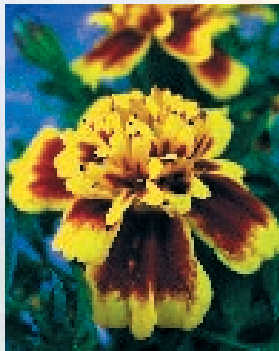
三月二十八日



戴上乐观的眼镜，你
将看到一个充满机缘
的世界。

Put on the glasses of optimism
and you'll see a world of
potential.

三月二十九日



困难就象一台洗衣机，它扭曲我们，又扯着我们旋转；但当我们最后从里面出来时，却会比从前更洁净，更美好。

Troubles, like a washing machine, twist us and knock us around, but in the end we come out brighter and better than before.

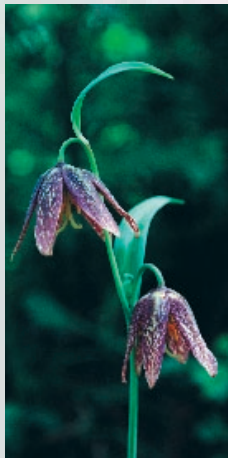
三月三十日

金钱可以买到很多好东西；但爱、平安与喜乐却是一切财宝中最珍贵的。

Money can buy many fine things, but love, peace, and happiness are the most precious treasures to be found.



三月三十一日



微笑吧！上帝爱你！
继续微笑，最后别人
也会微笑的。

Smile! God loves you!
Keep smiling and others
will too.

四月一日



要做一位胜利者，你必须愿意奉献出一切。

If you want to be a winner, you have to be willing to give it your all.

四月二日



爱绝不会被浪费掉，却
将得到超过百倍的回
报。

Love is never wasted; it always
comes back to you a hundred times
over.

四月三日



表现爱吧！因
为上 帝 就 是
爱。

Be loving—because
God is love.

四月四日



一位伟人必是一位慷慨大方之人，因为施与和伟大密不可分。它们是一体、一致的。因为施与便是爱，而爱，则是至高无上的职责。

A great man is a generous man. Giving and greatness go hand in hand. They are one and the same, because to give is to love, and to love is the supreme duty of man.

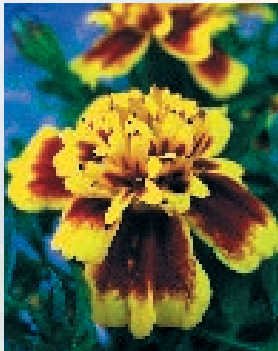
四月五日

假如你借着信心向前迈出一步，做正确的事，那么其余的你所不能做到的，上帝会去完成。

If you just take a step by faith to do the right thing, then God will do the rest—the things you can't do.



四月六日



礼待别人并不需要付出代价，可它本身却是无价的。

Being polite costs nothing, but it is priceless.

四月七日



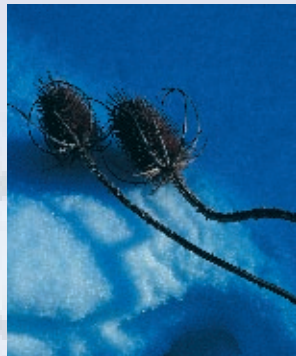
生活就象冰淇淋，
趁它没化，赶快享
受吧。

Life is like an ice cream:
Enjoy it before it melts.

四月八日

体验上帝的爱与宽恕，是世上最令人欢欣的事。

There is no greater happiness than to know God's love and forgiveness.



四月九日

压力与紧张就象野草，
用上帝的爱与平安来铲除它们吧。

Pressure and stress are like weeds. Replace them
with God's love and peace.



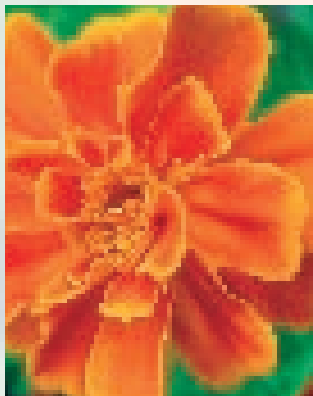
四月十日



处理今天事务的最佳
办法，乃是一次只迈
一步。

The best way to tackle today is
one step at a time.

四月十一日



只要你能多坚持一刻，你就永远不会被打败。

As long as you can carry on one more moment, you'll never be defeated.

四月十二日



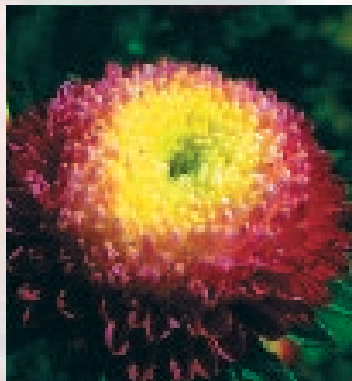
与别人共渡一些时间，来这样表现你爱他们。

To show someone that you love them, give them your time.

四月十三日

一句亲切和蔼的话，说出来，会让别人有高兴的一天；不说出来，则会留下一个空洞。

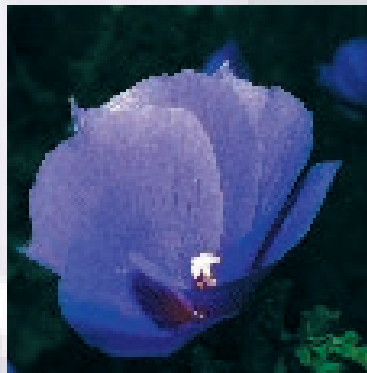
A kind word spoken can make another's day. A kind word not spoken leaves an empty hole.



四月十四日

每一种情形都有好的一面，你所要做的，就是尽力去找到它。

There is always some good in every situation; all you have to do is look for it.



四月十五日

当你发觉自己为孩子们眼中的亮光所迷住时，你便看到了上帝及上帝之爱的反射。

When you find yourself enchanted by the sparkle in your child's eyes, you're seeing a glimmer of God and His love.



四月十六日

停下手中的事情，放松地坐下来，闭上眼睛五分钟，想着某位你所爱着、所关心着的人。为他（她）而祷告，请求上帝祝福他（她），来这样向他（她）传送你的爱吧。

Stop everything and take five minutes just to lean back in your chair, close your eyes, and think of someone that you love. Send him or her your love in prayer, by asking God to bless the one for whom you care.



四月十七日

伟人并非生就伟大，
乃是上帝利用患难和
考验造就了他们。

Great men are not born great. God
uses troubles and trials to make them
great.



四月十八日



在寻找人生答案吗？方法有不少：
你若向自己内心寻求，
必会越求越烦恼。
你若对他人伸援手，
幸福便会在心中久留。
你若对天国仰望，
你便找到了正确的方向。

Looking for answers? There are many ways to gaze—
You can seek within yourself, but might end up in a haze.
Reaching out to others can help give peace of mind,
But in looking up to Heaven, clear direction you will find.

四月十九日



锻炼不仅增强你的健康，也会使你对自己感觉更加良好。每天花15到30分钟去呼吸新鲜的空气，做任何你所喜欢的运动—散步，跑步，玩耍，或体操锻炼。这时间绝对值得。

Exercise not only improves your health, but it makes you feel better about yourself. Take 15 or 30 minutes today to get fresh air and do whatever exercise you like—walk, run, play, or work out. It's well worth the time.

四月二十日

做成一件小事，要胜过做大事却半途而废。

It's better to complete a small project than to leave a big one half done.



四月二十一日



上帝了解你的内心，并明了有关你的每件事；然而无论怎样，他都爱你。

There's Someone who knows your heart and every single thing there is to know about you—and He loves you anyway.

四月二十二日



假如你觉得无法应付某种情况，或事情比你能承受的更艰难，那么你只需求上帝来帮助你。他会用双臂帮你抬你的担子，减轻你的重负，并提升你的灵魂。

If things ever become too much for you or too hard for you to bear, just ask God to help you. He'll place His arms under your burdens, lighten your load, and lift your spirit.

四月二十三日



有人错待你时，用宽恕
来回敬他们，他们必将
永生不忘。

When someone has wronged you, repay
them with forgiveness and it will be
remembered forever.

四月二十四日



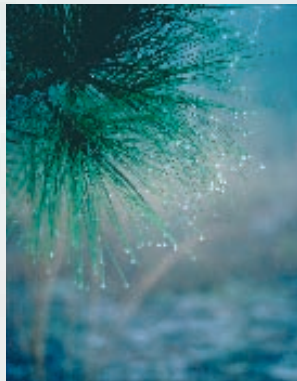
爱就是上帝，
上帝即是爱。

Love is God
and God is love.

四月二十五日

成功有时会很危险，因为它会带来傲慢。失败有时反倒更好，因为它促成谦卑，而谦卑比傲慢更能赢得人心。

Success can be dangerous; it can breed arrogance. Sometimes it's better to fail. Failure fosters humility, and humility will win you more points with people than arrogance.



四月二十六日



假如你心中有爱——
不管岁月如何去如飞矢，
不管年华如何似水流逝，
你永远都有青春活力！

If love you hold—
No matter how the years go by,
No matter how the birthdays fly—
You are not old!

四月二十七日



保持乐观的思想吧！
已经有太多人盯着消极的一面了。

Think positive! Way too many people
already focus on the negative.

四月二十八日



我宁愿承认自己错了、
即便实际上我是对的，
也不愿自称是对的、但
实际上是错的。

I'd rather confess I'm wrong and be
right, than claim I'm right and be
wrong.

四月二十九日

上帝希望你生活轻松，他愿意以他的喜悦来取代你的烦恼——假如你愿意的话。

God wants to make life easy on you, so He'll take what's bothering you and replace it with His joy—if you'll let Him.



四月三十日

世界充满了难题，而
天国则充满了答案。

The world is full of problems.
Heaven is full of solutions.



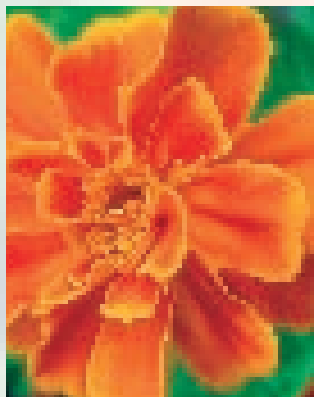
五月一日



人生有三大类挑战：轻松的、困难的和不可能的。只接受轻松挑战的，会过着保险而平庸的生活；接受困难挑战的，会过着艰难而内心满足的生活；接受不可能之挑战的，才会于后世留芳。

Challenges in life come in three broad categories: easy, difficult, and impossible. Those who take on only the easy have a safe and boring life. Those who take on the difficult have a tough but satisfying life. Those who take on the impossible are remembered.

五月二日



你若渴望真正的幸福，就去为爱别人而生活吧。

If you want to be truly happy, live for others.

五月三日



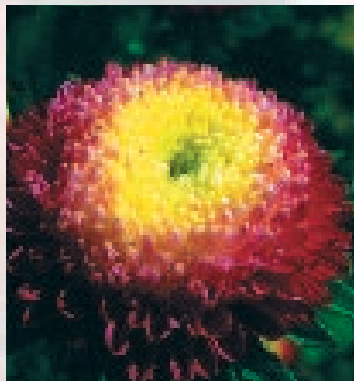
当你觉得快要放弃
时，再多坚持一会儿
吧。

When you feel like giving up, hold
on just a little longer.

五月四日

假如你向一个目标迈进，或许你不能很快抵达那里，但你至少会比不向前迈进要走得远。

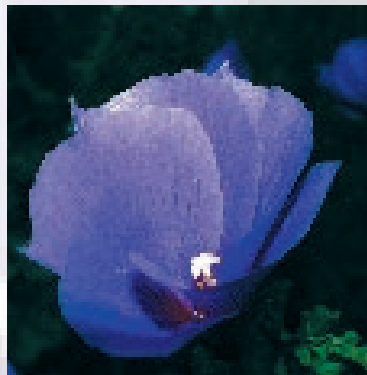
If you reach for a goal, you may not get there, but at least you'll get a lot further than if you hadn't reached at all.



五月五日

在你信靠上帝后，
上帝就会赐予你平
安。

God grants you peace after
you've given Him your trust.



五月六日

快乐的关键在于满足于自己所拥有的一切。

The secret to happiness is being content with what you have.



五月七日

你想做整容手术吗？
只需露一张笑脸。

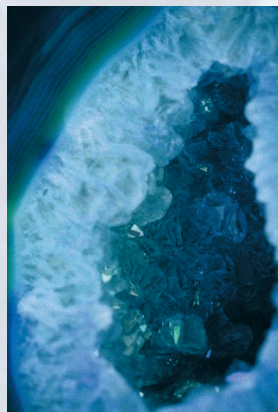
Want a face-lift?
Wear a smile.



五月八日

上帝爱你，并亲身了解你。他永远不会离开你，也不会撇下你。

God loves you and knows you personally.
He will never leave you nor forsake you.



五月九日



当你觉得自己想吼叫时，假如可能，就离开一会儿吧。做做深呼吸，尽力正确地看待事物。当你准备好以后，再走出来重新面对世界。

When you feel as if you're going to scream, take a few moments to get away from it all if you can. Breathe deeply, try to see things in perspective, and come out and face the world again when you are ready.

五月十日



好事情降在等它的人；
更好的事情则会降临努力去尝试的人。

Good things come to those who
wait. Better things come to those
who try.

五月十一日

跌倒并不要紧，最重要的是你能爬起来，继续努力。

Falling down doesn't matter nearly as much as getting up and trying again.



五月十二日



今天就打电话给一个你认识的人，把你感激他的事告诉他。

Call someone you know today and tell them what you appreciate about them.

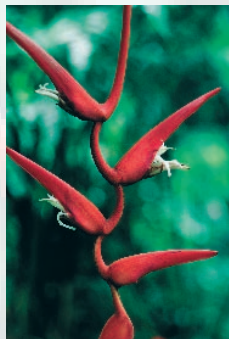
五月十三日



舌头是一把剑，或是一根魔杖。它能砍伤和杀死人，也能去爱和医治人。

The tongue is a sword or a magic wand; it can cut and kill, or love and heal.

五月十四日



要想找最好的心理医生，
就去找上帝吧。他比任何
人都更加了解你。

For the best psychiatrist in town, talk to
God. He knows you better than anyone.

五月十五日



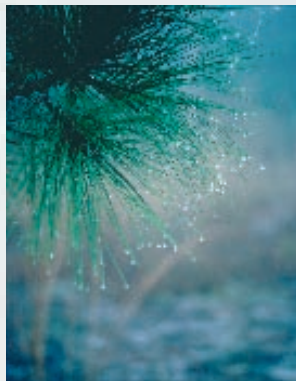
向孩子们表示出你的爱、
亲切、温柔、耐心及尊
重，他们就会同样去对待
别人。

Show your children love, tenderness,
gentleness, patience, and respect, and
they will treat others likewise.

五月十六日

消极的思维方式能象癌症般把你慢慢地腐蚀。要切除它，就必须拒绝消极的念头。

Negative thought patterns can eat away at you like a cancer. Cut them out by refusing to think negative thoughts.



五月十七日



一个富有智慧的人有时会估量自己的生命，会问自己：“我在做些什么事情去帮助别人呢？别人会记得我有什么贡献呢？我是不是在使别人的生活更好、更丰富、更快乐，以此来改善世界呢？”

A wise man will take stock of his life once in a while by asking, "What am I doing to help people? What will I be remembered for? Am I making a difference by making others' lives better, richer, or happier?"

五月十八日



爱不应该是生活杂技场上的小节目，它应该占据全部场地。

Love isn't supposed to be a sideshow in the circus of life. It's supposed to take up all three rings.

五月十九日



通过每天的祷告把你的生命、你的计划、你的希望、你的梦想以及你的恐惧，全都交给上帝。你会因此而获得生命的平安。

Commit your life, your plans, your hopes, your dreams, and your fears to God through prayer every day. In return you will have peace in your life.

五月二十日

每个人都有潜能，只是你必须去发现它。

Everyone has potential; you just have to discover it.



五月二十一日

发自内心的交流是爱的珍贵表现。今天，就写封这样的信，或打个这样的电话吧。

Communication from the heart is a precious expression of love. Write that letter or make that call today.



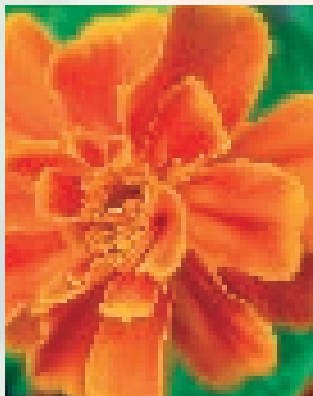
五月二十二日



慢速而抵达，胜过
匆忙却永远到不了
目的地。

It's better to slow down and get
there than never to arrive at all.

五月二十三日



忘却以往的伤害，使你的心重获自由，重新去生活和爱吧。

Set your heart free to fully live and love by leaving behind the hurts of bygone days.

五月二十四日



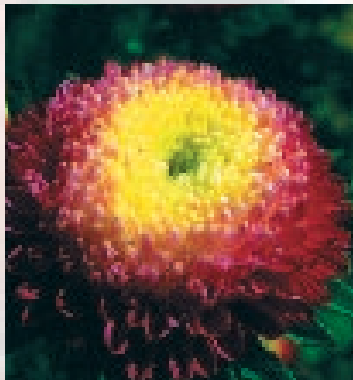
决不要把路上的拐弯
处当作尽头。

Never confuse a mere bend in the
road with the end of the line.

五月二十五日

你今天所做的每一个爱的行为，都是你织进毛毯中的一根金丝；而这毛毯将在未来给你带来温暖。

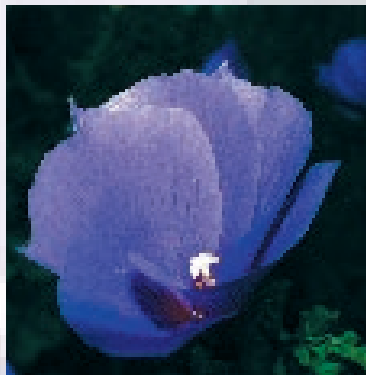
With every act of love you do today, you weave one more golden thread in the blanket that will warm you tomorrow.



五月二十六日

当你想拿一个无辜的人来出气时，先把你的脚在地上轻拍十下。然后以极大的努力，微笑着，想想自己所犯的一些愚蠢错误。

When you're tempted to vent your frustrations on some unsuspecting soul, tap your foot softly ten times. Then with great effort, smile and think of some of your own stupid mistakes.



五月二十七日

上帝不看我们的缺点，
我们也应该这样对待他人。

God overlooks our negative traits; we
should do the same for others.



五月二十八日

人看的是外表，而上帝
看的是人的内心。

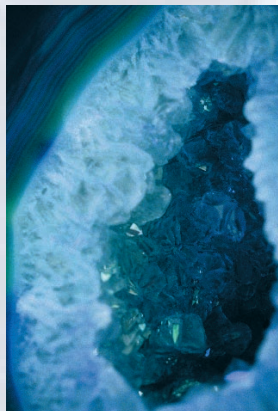
Man looks on the outward appearance,
but God looks on the heart.



五月二十九日

玫瑰有刺，却不失其美。生命中最大的欢乐与喜悦，常常会伴随着一些痛苦。俗话说：“苦中有乐。”

Roses may have thorns, but they're still beautiful. The greatest joys and pleasures in life are often accompanied by a little pain.



五月三十日



生命象一个旅程，天国
乃是它的终点。

Life is a journey;
Heaven is the destination.

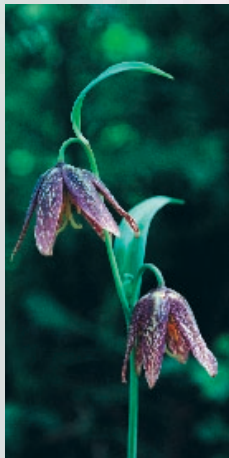
五月三十一日



没有谁会听厌“我爱你。”要抓住每一次机会告诉你所爱的人，对你来说，他们是多么重要。

Nobody gets tired of hearing the words "I love you." Tell your loved ones how much they mean to you at every opportunity.

六月一日



你若不能从一座山中穿越而过，
就绕开它。你若不能绕开它，就
翻越它。你若不能翻越它，就坐
下来，想一想，到另一边去是不
是那么重要。假如是的话，那么
就开始挖隧道吧。

If you can't get through the mountain, go around
it. If you can't go around it, go over it. If you can't
go over it, sit down and ask yourself if getting
to the other side is all that important. If it is, set
about digging a tunnel.

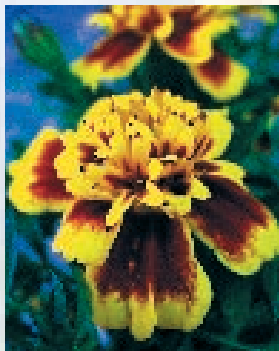
六月二日

所有无私地活着的人，过的都是最值得过的生活。

Those who live unselfishly are those who have a life that's most worth living.



六月三日



借着点燃他人的生命
来使自己闪耀吧。

Light up your own life by lighting
up another's.

六月四日



向别人打开你心灵和生命的窗户吧。把做一件无私的事作为你今天的目标，上帝会因此而奖赏你的。

Open the windows of your heart and life to another. Make it a goal to do an unselfish deed today, and trust God to reward you in return.

六月五日



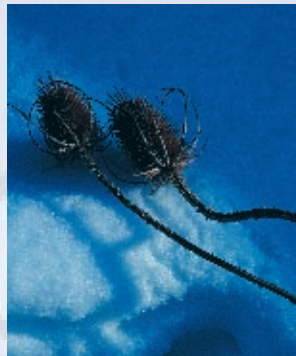
上帝是世上最可靠的保险人，把你所爱的人和你最珍贵的东西拜托给他吧。

God is the greatest Insurer there is. Place your loved ones and that which is most dear to you in His hands.

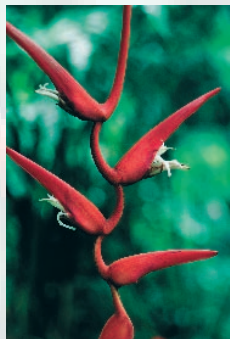
六月六日

要敏于听而慎于言。愚人一张口，别人便知晓；但就是愚人若能掌管他的舌头，也会被认为是聪明的。

Be quick to listen to what others have to say, but be slow to respond with your own opinion. A fool will be exposed to all as soon as he opens his mouth, but when he learns to guard his tongue, he will be considered wise.



六月七日



快乐是一剂良药，而
破碎的心灵则会让人
生病。

A merry heart is good medicine,
but a broken spirit can make you
sick.

六月八日



宇宙是一座结构复杂的大钟，它由伟大的“钟表匠”上帝来设计和维修。

The universe is an intricate clock, designed and tended to by the Master Watchmaker.

六月九日



我们的日常生活很容易充满紧张、压力与困惑。但我们可以随时停下来，借着祷告和深思来进入上帝的灵里，从中找到平安、灵感和力量。

Our daily lives can easily become filled with stress, pressure, and confusion. But we can stop at any moment and slip away into the presence of God's Spirit through prayer and meditation, and there find peace and refreshing.

六月十日

没有一件伟大的事是靠
坐着不动来成就的。

Nothing great was ever achieved
by only sitting still.



六月十一日

你愿别人怎样待你，你就该怎样待别人。你若要别人尊敬你，就得去尊敬别人。

Treat others the way you'd like them to treat you. Respect others as you want to be respected.



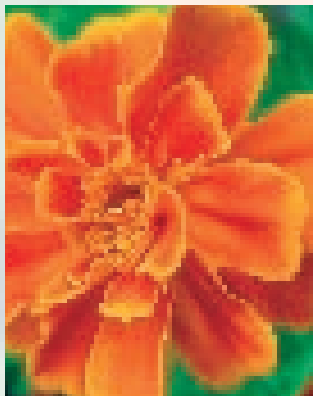
六月十二日



生活游戏中的获胜者，并不是那些从未尝过失败滋味的人，而是那些屡次失败，却从不放弃的人。获胜者会从每次失败中汲取教训，并把它视为趋向胜利的迈进。

The winners in life's game are not those who have never tasted of failure, but rather those who have failed again and again, but who never gave up. Winners benefit from each failure and see it as a step to victory.

六月十三日



你的思想象一个花园。你要细心地照料它，每天用积极、鼓舞人心及促你向上、建立信心的思想来滋润它。

Your mind is like a garden. Tend it well by filling it with positive, encouraging, and faith-building thoughts throughout the day.

六月十四日



要避免误解，你必须坦率而诚实地把你的想法告诉别人。

Avoid misunderstandings by being open and honest with others about how you feel.

六月十五日

爱不是一种选择，
爱是一种义务。

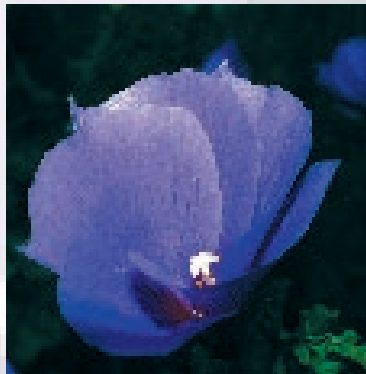
Love is not an option; it's
an obligation.



六月十六日

你若经历过黑暗，
就会更加珍惜光
明。

If you've experienced the dark,
you can better appreciate the
light.



六月十七日

要敢于与众不同。
自己知道是正确的，
要敢于坚持！

Dare to be different. Dare to take
a stand for what you know is
right!



六月十八日

你若迫切想知道你内心深处那些问题的答案，不要到你自己心里去寻找，也不要到互联网、最近的社会时尚或其他地方去寻找。到上帝那里去寻找吧。他知道答案，并已全部为你写进了他的《圣经》里。

If you desperately need answers to the deep questions in your heart, don't look inside yourself or to the Internet or to the latest trends of society or anywhere else. Look to God. He knows the answers and He's written them all down for you in His Holy Word.



六月十九日

友谊，是双向流动的：
你必须给予，
同时也接受。

Friendship flows in two
directions: You must give
as well as receive.



六月二十日



对自己所应做的每一件事，都要投入热心、热情和热忱。

Put passion, zeal, and enthusiasm into everything you do.

六月二十一日



尽管你看不见上帝，但他就在你身边。他永远不会离开你，永远都在张开怀抱等待着你。他是一位援助者，一名供给者，时刻准备在患难中对你伸出援助之手。

Though God is invisible, He is there. He will never leave you. He is always waiting with open arms, a Helper and Provider ready to assist in times of trouble.

六月二十二日

不要让忧虑塞满了你的
头脑，以致里面没地方
容纳好的东西。

Don't let your mind become cluttered
with worry. It leaves less room for the
good stuff.



六月二十三日



道歉，绝不会比满怀内疚地活着更困难。

It's not as difficult to apologize
as it is to live with a guilty
conscience.

六月二十四日



一句鼓励的话，胜过酷暑中的一杯冷饮。

A word of encouragement is as refreshing as a cold drink on a hot summer day.

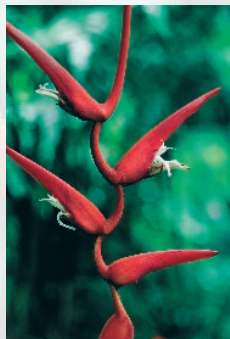
六月二十五日



一个人似乎难以克服的，两个人常常会很容易。

Oftentimes two people working together find easy that which seems insurmountable to one alone .

六月二十六日



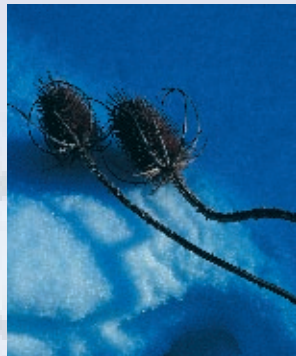
当你面对个人不幸或自然灾害时，对上帝的信心就是最大的保险。一家保险公司可以弥补你经济上的损失，赔你一栋房子或一辆车，并帮你在事业上东山再起，然而只有上帝能够缝合你破碎的心。

Faith in God is the best insurance when you're faced with personal tragedy or a natural disaster. An insurance company can reimburse your financial loss, repair your home or car, and help you start again in business, but only God can mend your broken heart.

六月二十七日

想乐观的事情有益于
你的健康。

Think positive; it's good for
your health.



六月二十八日



我们每天用知识来喂养
自己的头脑，让我们更
不要忘记用真理来喂养
灵魂。

We feed our minds daily with knowledge,
yet let us not forget to feed our spirits
daily with truth.

六月二十九日



哀伤或许会持续一夜，
但如果你不因之而放
弃，喜乐便会在早晨随
之而来。

Sorrow may endure for a night, but
if you hold on, joy will follow in the
morning.

六月三十日

未来的红利靠今天的
投资得取。

Future dividends are created in the
factories of present investments.



七月一日

我们生命中有些主要遗憾
来自于因自己拒绝而错失了
机会。

Some of our principal regrets in life are
the opportunities we passed up and the
chances we didn't take.



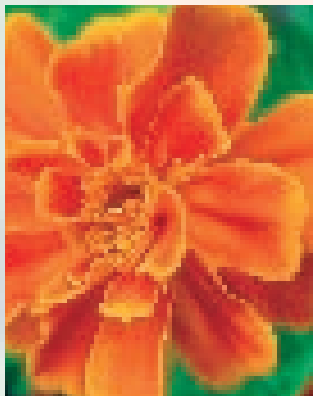
七月二日



付出爱心是生命中最大的快乐。

Giving love is the greatest pleasure of life.

七月三日



在拒绝别人买双新鞋的
请求之前，先穿上他们
的鞋子走上一里地。

Walk a mile in others' shoes before you
say no to their request for a new pair.

七月四日



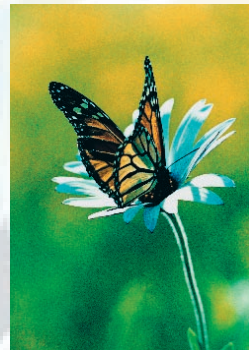
凡满怀仁慈和喜乐播种的，都必得到多倍的回报。施与即是收获。

Whatever you sow in the way of kindness and joy, you'll regain many times over. To give is to gain.

七月五日

当你所指望的人辜负了你时，你感到失望与绝望吗？人会令你失望，即便你最好的朋友或最爱的人都会辜负你。但是，只要你信赖上帝，上帝是永远不会令你失望的。

Do you feel disappointed and in despair because someone you counted on let you down? People can fail; even your best friends or those you love the most can fail. But God will never fail you if you put your trust in Him.



七月六日

生活就象一盒多味巧克力。每块巧克力就象我们生活的一个部分。它们有的松脆，有的带有坚果；有的甜，有的苦，不过全都各有各的美味。少了哪一个，生活都不圆满。

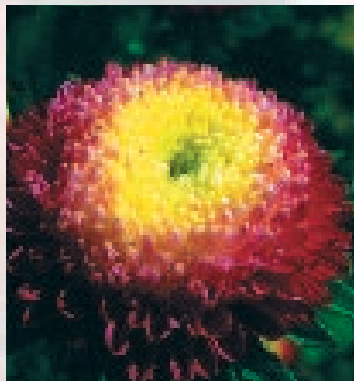
Life is like a box of chocolates. Each chocolate is like a portion of life. Some are crunchy, some are nutty, some are sweet, some are chewy, but all are delicious in their own way. Without each one, life would not be complete.



七月七日

上帝爱你。为了证明这爱，他创造了美丽而富有乐趣的大自然让你去享受。

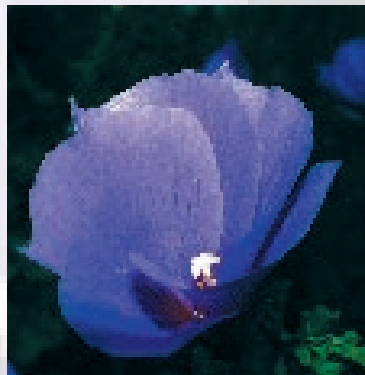
God loves you! To prove it, He's made all the beauties and pleasures of nature for you to enjoy.



七月八日

快乐来自内心，
而非周围的环境。

Happiness comes from within
your heart, not from your
surroundings.



七月九日

热忱是生活的动力燃料，它能把你送到你想去的地方。

Enthusiasm is the fuel of life; it helps you to get where you're going.



七月十日



你感到生活疲惫艰难吗？把你的担子交给上帝吧，让他来照料你。他是强大的，他倾听你的祷告，并时刻准备帮助你。

Do you feel weary and burdened with life? Give the load to God and let Him handle it. He is strong enough and He hears your prayers. He is always ready to help you.

七月十一日



凡从昨天的失误中学习的，就是今天的智者。

You are a wise man today if you have learned from yesterday's blunders.

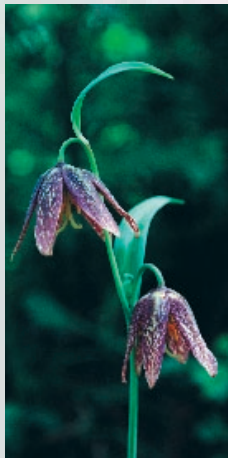
七月十二日

今天去赞扬某个人吧。
赞扬会让他受到鼓励，
却不会使你失去任何东西。

Pay someone a compliment today. Lift
someone else's self-esteem. It doesn't take
away from your own.



七月十三日



下面两种人，你可以任选其一：一种，他来，给别人带来快乐；另一种，他走，别人才觉得快乐。

You have the choice to be one of two types of people—one who brings happiness whenever he comes, or one who brings happiness whenever he goes.

七月十四日



造成影响的常常不是
你说什么，而是你怎
样说。

It's not always what you say that
makes the difference; sometimes
it's the way you say it.

七月十五日



要象培养将来要登基的王子一样去培养你的孩子，因为他长大成人以后，会成为塑造人类未来的一份力量。

Train your child as if you were preparing a prince for his future reign, for he will grow up to be one of the forces that shapes the future of mankind.

七月十六日



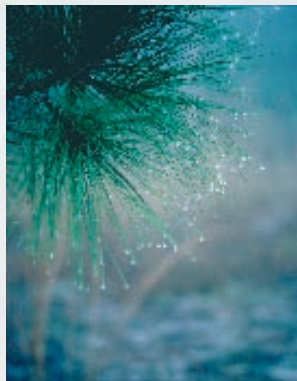
问题自身并不重要，重要的是你如何对待和处理问题。

It's how you handle your problems and troubles that counts, not the troubles themselves.

七月十七日

伟大的人告诉你怎样到达目的地，而更伟大的人则把你带到目的地。

Great men tell you how to get where you're going; greater men take you there.



七月十八日



你有烦恼吗？你是否遇到了什么出乎意料的困难？请求上帝来帮助你吧。你可以考验他，以证实他的能力。他能成就任何不可能的事。

Do you have troubles? Has some unexpected problem come up? Ask God to come to your aid. You may put Him to the test and prove Him. He can do the impossible.

七月十九日



爱与友谊，是常常临到
舍己为人者身上的两份
礼物。

Love and friendship are gifts most commonly bestowed
upon those who forget themselves and reach out to
others.

七月二十日



深夜最黑暗时，也是一支蜡烛最明亮时。

When the night is the darkest, that's when one lone candle makes the biggest difference.

七月二十一日

选择积极或消极的人生观，会决定你是成功还是失败。

Negative or positive—one of these two can make you or break you, depending on what you choose.



七月二十二日

今天我若能行一次善，
今天我若能有所奉献，
今天我若能说句良言，
主啊，请您指示我，
今天这些该如何实现。

If I can do some good today,
If I can serve along life's way,
If I can something helpful say,
God, show me how.



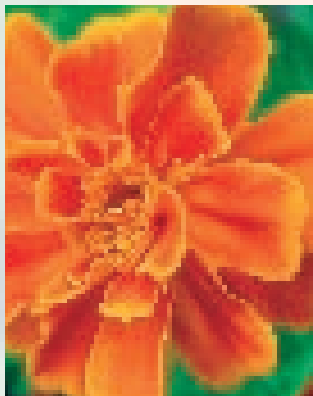
七月二十三日



仇恨会使敌人战胜我们，宽恕则使我们战胜敌人。

Hatred in our hearts causes our enemies to triumph over us. Forgiveness causes us to triumph over them.

七月二十四日



对与你一起工作和生活的人来说，即便是一点儿赞赏或发自同情心的倾听，都可能是珍贵的礼物。越历患难，越显其价值。

A pat on the back and a sympathetic ear are valuable gifts you can give to those you work and live with. Times of crisis only increase their value.

七月二十五日



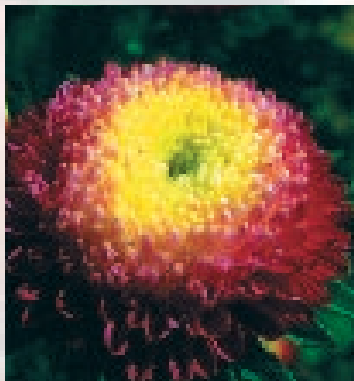
每一次错误，都是一次学习新功课的机会。

Every mistake is an opportunity to learn something new.

七月二十六日

深厚的友谊象一条彩虹。当快乐与泪水恰到好处地交融在一起时，两颗心之间便搭起了一条七彩桥梁。

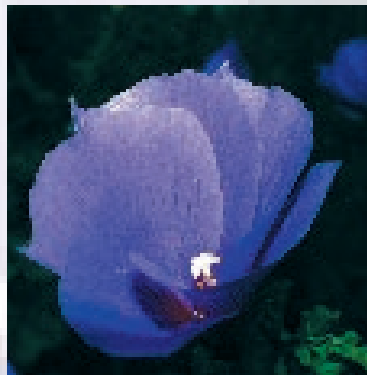
A deep friendship is like a rainbow. When the perfect amounts of happiness and tears are mixed, the result is a colorful bridge between two hearts.



七月二十七日

假如有件不幸的事发生在
你身上，就去想想所有
那些没发生在你身上的
不幸吧。情况原本也许
更糟糕呢！

If something bad happens to you, think of all the things that didn't happen. Things could have been worse.



七月二十八日

要想看清和理解你人生的
整幅巨画，就必须去拜见
上帝那位“大画师”了。

To see and understand the big picture,
you've got to meet the Master Painter.



七月二十九日

给上帝一次机会，他
会使你的生命放出美
丽的光彩。

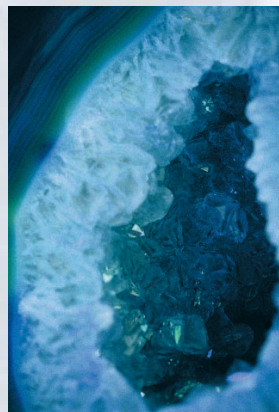
Give God a chance, and He will make
something beautiful of your life.



七月三十日

世上不存在天国无法医治的哀痛。

Earth has no sorrow that
Heaven cannot heal!



七月三十一日



爱，即是采取行动——
采取真诚、积极和果断
的行动，去帮助别人，
证明你对他们的爱。

Love is taking action—positive, genuine,
definite action—to reach out and help others,
proving your love for them.

八月一日



生命垂青于坚持不懈的人。

Life rewards those who persevere.

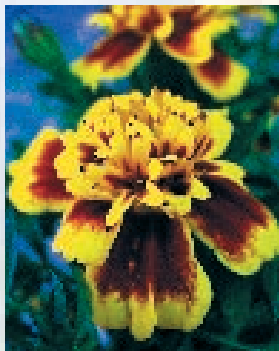
八月二日

爱是一切美好之物的
精华，一切神奇美妙
之事背后的动力。

Love is the essence of everything beautiful, the
force behind everything wonderful.



八月三日



微笑吧！在如暴风雨般的一天里，它或许能成为别人需要的一束阳光呢！

Smile. It may be the ray of sunshine that someone needs in an otherwise stormy day.

八月四日



养成施与的习惯吧！不管是奉献出你自己，你的时间，你的金钱，还是一句鼓励的话，一只倾听的耳朵——你都将找到无与伦比的平安与喜乐。

Make it a habit to give—whether yourself, your time, your money, a word of encouragement, or a listening ear—and you'll find peace and happiness that can't be beat.

八月五日



失去金钱、健康、信任或自己所爱的人，都是极大的损失，但最大的悲剧乃是丧失信心。你失去信心了吗？千万不要放弃。有个奇迹正在等着你呢！只要你以相信的心求助于上帝，你便会即刻重获信心。

To lose either money, health, trust, or loved ones is a great loss, but the greatest tragedy is to lose faith. Are you without faith? Don't give up. There's a miracle waiting for you. Faith can be regained in that very moment when you turn to God with a believing spirit.

八月六日



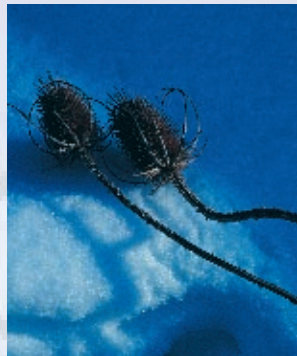
偶尔化些时间去观赏一下日出或日落，去看一看和感受一下伟大造物主的权能与尊贵吧。

Take time once in a while to watch a sunrise or sunset. See and feel the power and majesty of the great Creator.

八月七日

工作者不要忘了娱乐，否则就会失去工作所需要的力量与灵感。

A working man must not forget the art of playing, lest he lose the energy and inspiration needed for his work.



八月八日



你肯定自己是对的吗？
还是仅仅固执而已？

Are you sure you're right, or are you just
being stubborn?

八月九日



一切顺利时，心里很容易平安。当生活掀起狂风巨浪时，就困难多了；不过，上帝能够在暴风雨中给你以平安。绝对的平安来自于晓得上帝掌管一切，以及他爱你。

It's easy to have peace when all is going well. It's harder when life is raging about you, but God can give you peace in the midst of a storm, perfect peace that comes from knowing that He is in control and He loves you.

八月十日



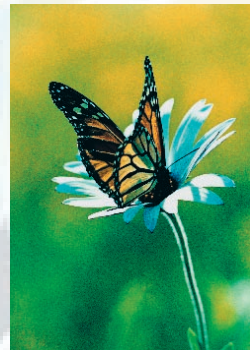
任何语言中，“我做不到”都是一句令人悲哀的话。

"I can't" are sad words in any language.

八月十一日

每一个失误的瓦砾下都藏有微小的智慧种子。挖出来，把它们种上，它们就会长成茁壮的大树，形成森林。当你的生命烈日当空时，为你遮阴；当混乱的世界狂风怒吼时，将你庇护。

Somewhere beneath the rubble of every endeavor gone awry are the tiny seeds of wisdom. Dig for and plant these seeds, and a forest of mighty trees will grow to shade you from the scorching heat of your life's midday, and to shield you from the howling winds of the world's confusion.



八月十二日

当你想对周围的人发火或感到不满时，化点时间想一想自己的过错和缺点吧。这会帮助你对别人充满耐心。

When you're tempted to get angry and feel frustrated with those around you, take a moment to think about your own faults and shortcomings. This will help you to be patient with others.



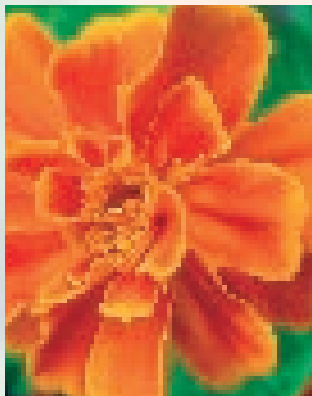
八月十三日



瘪了的轮胎，靠诅咒
绝不能修复。

Cursing a flat tire does
not fix it.

八月十四日



乐观并不是对问题视而不见，而是相信有问题，就有解决办法。

Optimism is not the result of blinding oneself to problems, but of always believing there is a solution.

八月十五日



假如你想送别人一件礼物，就把时间和关心送给他们吧。

If you want to give someone a gift, try giving them your time and attention.

八月十六日

爆米花的米粒小而坚硬，很难消化，看上去也似乎毫无价值。可是把它装进锅里，再放到火上去，你会看见它发生奇异的变化。生活的压力和困难，有时也会在你身上起同样的作用。

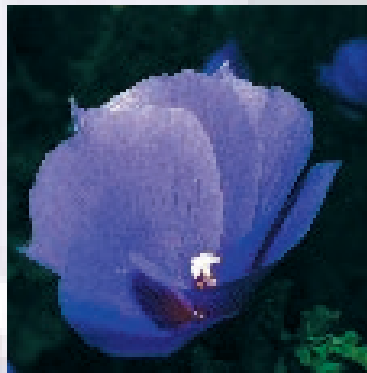
The popcorn kernel is small, hard, indigestible, and seemingly worthless. But put it in a pot and hold it over the fire, and it'll be transformed before your eyes. Sometimes life's pressures and problems can do the same for you.



八月十七日

我们允许什么来支配
我们的生命，我们就
是在侍奉什么。

We're slaves to what we allow
to dominate our lives.



八月十八日



用祷告为你的生命加油，它就会转动得更好。

Oil the machine of your life with prayer and it's bound to run smoother.

八月十九日

假如你需要一个救生圈，
就不能批评人家以何种方
式把它掷给你。

If you need a life preserver, don't
criticize the way it's handed to you.



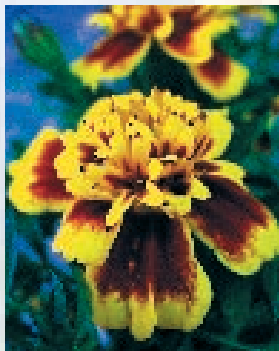
八月二十日

当你盯着摆在眼前的整件事情时，它就会变得象座山一样。但你若把它分成小块，分成一个个可以实现的目标，那么你就不会去耽搁了。

A project becomes a mountain when you see the entire job looming before you. If you break it up into smaller, more reachable goals, then you'll be much less apt to procrastinate.



八月二十一日



在上帝眼里，没有谁无
关紧要，他爱和关怀每
一个人。

There's no one too insignificant for God
to love and care for.

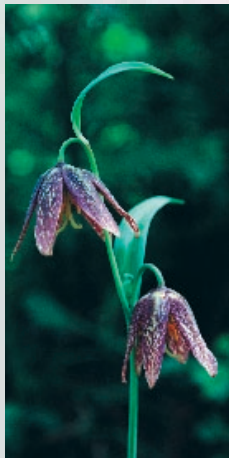
八月二十二日



不要为明天担忧，为自己免除一些烦恼吧，担忧不会对你有任何好处。

Don't worry about tomorrow. Save yourself the trouble; it won't do you any good.

八月二十三日



假如你错待过的人曾对你表示仁慈和宽恕，请不要阻断这一连锁反应——去向那些错待你的人表示仁慈和宽恕吧。

If you've been shown mercy and forgiveness by those whom you've wronged, don't hinder the ripple effect. Show mercy and forgiveness to others who've wronged you.

八月二十四日

哪里有爱，哪里就可以感受到上帝。在生命中给爱以时间吧。

Where there is love, there is a touch of the divine. Make time for love in your life.



八月二十五日



成功是美好的，但也永远不要低估失败的价值，失败教人更多。

Success is a wonderful thing, but never underestimate the value of failure. Failure teaches men many more things than success ever can.

八月二十六日



事情不顺时，你是变得更善良呢，还是更怨恨？

When things go wrong, do you get better or bitter?

八月二十七日



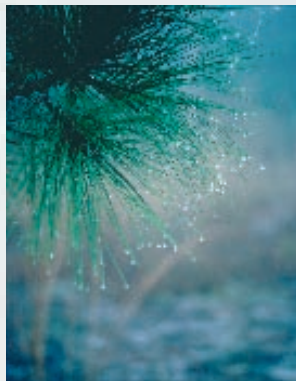
祝福寻找感激之心，
而避开从不满足的
人。

Blessings go to the grateful hearts; they
shun those who complain that they never
get enough.

八月二十八日

知识是事实的汇集；而
智慧则是晓得如何利用
知识。

Knowledge is a collection of facts.
Wisdom is knowing how to apply
knowledge.



八月二十九日



当你要对别人的怪癖感到不满时，先坐下来，数算一下自己的。然后再看你能否让这件事过去。如若需要说出来，那么就寻找一种具有建设性的方式来向那人说吧。

When you're tempted to feel frustrated with the idiosyncrasies of others, first sit down and tally up your own. Then determine if you can let something pass. If it needs addressing, look for constructive ways to approach the matter.

八月三十日



死并不是生命的终结，它仅仅是一个开始。

Death is not the end of life; it's only the beginning.

八月三十一日



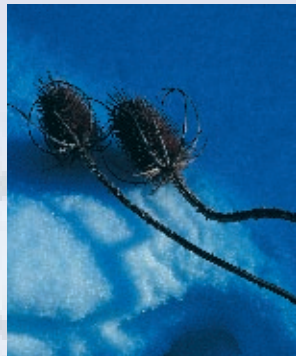
感激是应该慷慨送
出的珍贵礼物。

Appreciation is an expensive gift
which should be given freely.

九月一日

在今天结束以前，做些事情，帮助自己向理想再迈进一步吧！

Don't let this day pass without doing something to make your dreams come true.



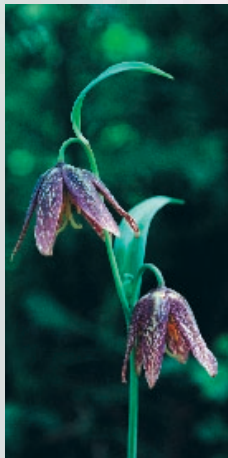
九月二日

爱，有一种无视别人过错、发现他们心灵之美的能力。

Love is the ability to see beyond the faults of another and to discover the beauties of his or her heart.



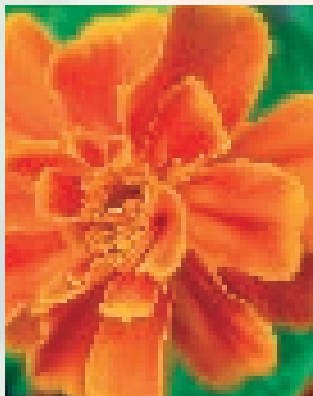
九月三日



同情只是感到遗憾
而已；而怜悯却设
法去帮忙。

Pity just feels sorry.
Compassion takes action.

九月四日



假如我们不以某种方式、在某种程度上献身于别人，生活就没有多少意义了。

Life is not worth living unless it's spent giving to others in some way.

九月五日



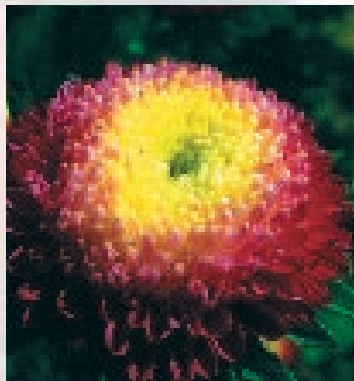
恐惧，是关你的牢笼；信心则是解放你的钥匙。

Fear is a cage where you're locked up. Faith is the key to freedom.

九月六日

你是上帝独一无二的
特别造物，比任何世
俗财宝都珍贵。

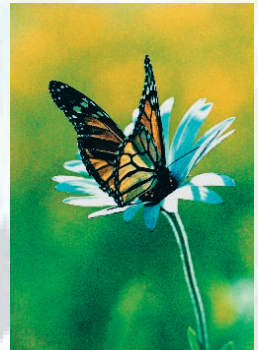
You are a unique and special
creation of God, worth far more
than any earthly treasure.



九月七日

欢笑，是一剂绝世良药，它能帮你正确地看待问题，放松紧张的肌肉，鼓舞周围的人，帮助你去享受人生，即使你不拥有你想要的一切。

Laughter is a unique medicine that places your problems in perspective, relaxes your tense muscles, reassures those around you, and helps you to enjoy life even when you don't have everything you want.



九月八日

你心中有一个特别的地方，只有上帝才能填满。

There's a special place in your heart that only God can fill.



九月九日

放松下来，花点儿时间去欣赏大自然，与朋友们聊聊天，或拿起一本好书，读上一章。生活，比仅仅不停地工作要丰富和有意义得多。

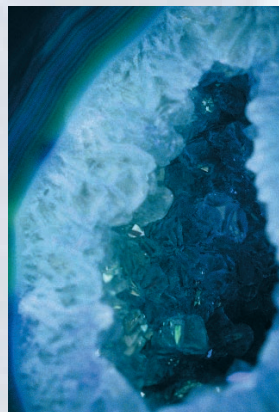
Slow it down! Take time to appreciate nature, chat with a friend, or read a chapter from a good book. There's more to life than running nonstop.



九月十日

野心，不是奴隶，就是主子。关键是知道它在你的生活中充当哪个角色。

Ambition is either a servant or a master.
The trick is to know which it is in your life.



九月十一日



是否竭尽全力，要比
成败更重要。

Whether you succeed or fail is not as
important as whether you do your best.

九月十二日



今天就伸出双臂，去拥抱你所爱的人吧——这会使你们两人都受益匪浅。

Stretch out your arms and give your loved one a hug today; it will do both of you a world of good.

九月十三日

为人诚实永远是最佳之策，说老实话总是值得的。

Truth is always the best policy. Honesty pays.



九月十四日



你或许无法选择命运，
但你可以选择如何去支配命运。

You may not be able to choose your lot
in life, but you can choose how to handle
your lot.

九月十五日



一个人的神情，比他的服饰更能告诉你有关他的内心。

A man's countenance tells you more about him than his clothes.

九月十六日



冲浪中，当巨浪向你迎面扑来时，你或是把握良机而乘风破浪，或是让它将你淹没。生活中，你也要凌驾在困难之上，克服它们，而不要让它们把你淹没。

When you're surfing and there's a big wave coming your way, you can either catch and ride it or be overwhelmed by it. Rise above your problems and ride them to victory rather than letting them drown you.

九月十七日



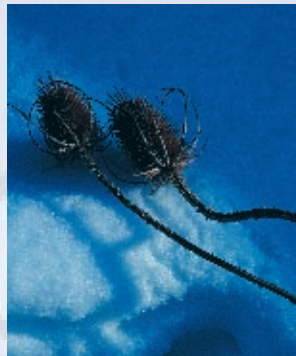
生命是一所学校。那些
学会爱和帮助别人的，
将从中光荣毕业。

Life is a school. Those who learn to love
and help others graduate with honors.

九月十八日

你只要给上帝机会，他
什么都能为你做到。

God can do anything for you if you
simply give Him a chance.



九月十九日



一句充满爱心、诚实而亲切的话，能使人精神振作，灵魂更新。

An honest, kind word spoken in love lifts the spirit and refreshes the soul.

九月二十日



别总想着怎样使自己快乐。尽力去使别人快乐，你就会充满快乐。

Forget trying to figure out what will bring you happiness. Try to make others happy, and then happiness will find you.

九月二十一日



你若想找到打开他人心灵的钥匙，就要接受和爱他们。

If you want the key to someone's heart, accept and love them for who they are.

九月二十二日

让压力主宰你的生活，驱走你的乐趣，就象让一个敌人来支配你的时间，禁止你与自己的家庭和朋友一起快乐一样。

To let pressure dictate your life and chase out the enjoyment is like letting a foe dictate your schedule and forbid you to enjoy your family and friends.



九月二十三日

爱，就是说“对不起”。

Love is saying you're sorry.



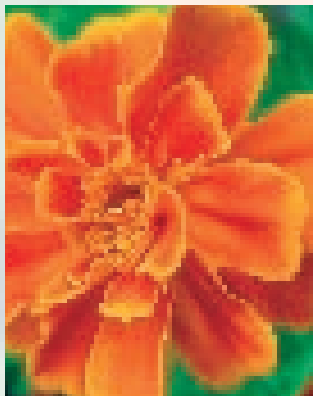
九月二十四日



向别人所躲避的人表示信心和信赖，常常能赢得对你有信心和信赖你的忠实朋友。

Showing faith and trust in someone who is shunned by others will often gain you a loyal friend who has faith and trust in you.

九月二十五日



尝试而遭失败，总比
从没试过好。

It's better to try and fail than
never to have tried at all.

九月二十六日



为所拥有的而感激，不要为所缺少的而哀伤。

Be thankful for what you have, not sad about what you don't have.

九月二十七日

所有的人都会体验到乏味的生活。但假如我们透过信心和乐观的望远镜观看，我们便能看透单调刻板的乌云，瞥见那多如繁星的生活奥秘。

Boredom is something that we all experience from time to time. But if we look through the binoculars of faith and optimism, we can see beyond the clouds of monotony and routine and catch a glimpse of the mysteries of life, which are as innumerable as the stars.



九月二十八日

改所当改，留所当留；让上帝来告诉你什么该改、什么该留。

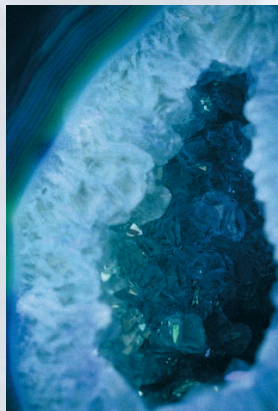
Change the things that need changing, leave as they are the things that don't need changing, and ask God to help you know the difference.



九月二十九日

即使你在夜空中找不到闪烁的星星，也不能说明它们都已消失。它们只不过被乌云遮住而已。乌云消散，你将重见它们闪亮的身影。

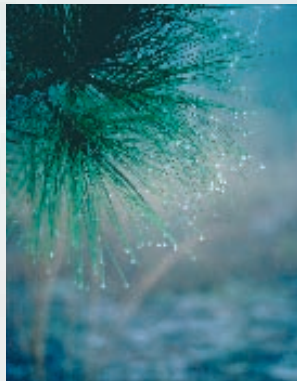
If you can't see the stars twinkle in the night sky, it doesn't mean that they've disappeared. They're just behind a blanket of clouds and you will see them shine again.



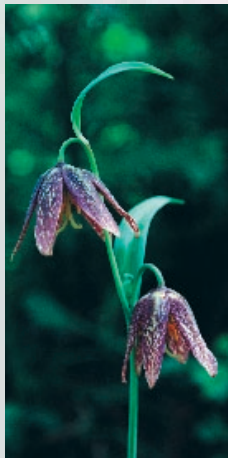
九月三十日

当上帝的未来降临时，正义、公正、善良、怜悯与爱会充满整个世界，到处都将充满自由与和平。

Peace, righteousness, fairness, justice, goodness, mercy, and love will cover the whole world in God's tomorrow, when all the world will be free.



十月一日



生活、生意，或任何一项方案的进展，都来自于采取主动，并不断更新看法、计划和策略。最初的动力并不能使你一直保持前进。如果你不用新的主意来为自己提供灵感，你就会停止前进。

Progress in life, business, or any project comes through taking initiative and continuing to press on with new strategies, concepts, and plans. The original momentum isn't enough to keep you moving forward. Your progress will grind to a halt unless you refill your engine of inspiration with the fuel of fresh ideas.

十月二日

忘我的人，就是他人
所牢记的人。

People who forget themselves
are the folks others remember.



十月三日



快乐具有传染性。
今天就去感染别人
吧。

Happiness is contagious.
Start an epidemic today.

十月四日

分享的乐趣是生活最大的乐趣。

The greatest of life's pleasures are shared.



十月五日



信靠上帝，不能仅在风平浪静时；最重要的，应是在暴风骤雨中。

The time to trust is not just when all is calm. The most important time to trust is through the raging storm.

十月六日



每个人都很重要。不管是拉小提琴，吹长笛，还是拉大提琴，打鼓，你都是交响乐团的一分子。

Every person is important. It doesn't matter whether you play the violin, the flute, the cello, or the drums; you're still part of the orchestra.

十月七日



微笑能为你的面容带来奇迹。它能使你保持青春和美丽，那是美容师或咨询师无法做到的。

A smile on your face will do wonders for your appearance. It will give you youthfulness and optimism that beauty treatments or counseling sessions never could.

十月八日



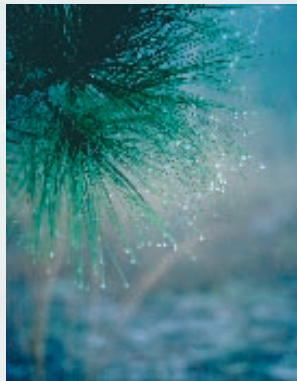
不论你去哪儿，或在做什么，上帝都能与你同在。只要你需要，他随时都能帮助你、安慰你。

God's presence can be with you wherever you go, in whatever you're doing. He is always ready to give help and comfort when you need it.

十月九日

充满忧虑和担心，不知道该往那儿条路走吗？让上帝来引导你吧。他认识路。

Feeling apprehensive, worried, and unsure about which way to go? Let God guide you. He knows the way.



十月十日



灵感加上汗水，就
意味着成功。

Inspiration plus perspiration
produces a sensation.

十月十一日



有名并不代表成功。

Don't confuse fame
with success.

十月十二日



不要武断。一件事常常不仅
有两方面，甚至有三方面、
四方面等等。尽力把别人往
好处想，他们会因此而感激
和爱你的。

Don't jump to conclusions. There are usually not only two
sides to every story, but three, four, or more. Give others
the benefit of the doubt, and people will love you for it.

十月十三日

对仓促间所说的话或在愤怒中所做的事，不要等明天再作纠正。因为第二天，信任的城墙也许已经遭到破坏，更难修补了。

Make amends the same day for words spoken in haste and deeds done in anger, lest you breach a wall of trust that will be more difficult to repair the next day.



十月十四日

坏习惯有怀疑、悲观、不信任、挑剔周围的事物。好习惯却保持乐观、和蔼可亲，在每件事上都看到好的一面、从不放弃希望。

Bad habits are thinking skeptically, being pessimistic, doubting, looking critically on the things around you. Good habits are thinking positively, seeing the good in every situation, never giving up hope, speaking kind words.



十月十五日



母亲，是上帝之
爱的形象。

A mother is a picture of
God's love.

十月十六日



生活中充满狂风暴雨、电闪雷鸣之时，便是走进上帝的应许之保护伞里安坐，等待风暴止息之时。允许暴风雨发作的上帝，也会同样带来彩虹。

When there's a cloudburst over your life and all around is wind, rain, lightning, and thunder, that's the time to take cover under the umbrella of God's promises, sit still and wait it out. The One who allows the storms also brings the rainbows.

十月十七日



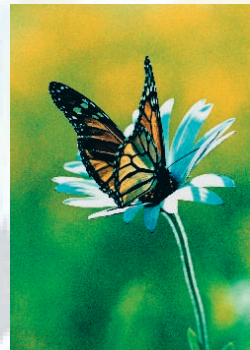
有些人拥有很多财富，
而很多人的财富却拥有
他们。

Some people own a lot of things, but
many people's things own them.

十月十八日

假如祷告没用的话，这么多世纪数不胜数的人为什么会相信它呢？你自己去发现祷告的力量吧。它并没有什么神秘之处。你能无偿得到它，只要你去试试就行了。

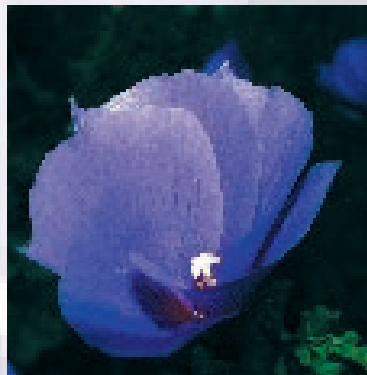
Do you think millions of people throughout the ages would have believed in prayer if it didn't work?
Discover the power of prayer for yourself. It's no secret!
And it's available for free; all you have to do is try it.



十月十九日

爱别人的，也
会为人所爱。

A loving soul is a
loved soul.



十月二十日

只要你向目标一步步迈进，懒散就会被克服。每迈出一步，你都会获得动力，凭着坚持不懈的精神，不知不觉，你就过了终点。

Procrastination will be overcome when you take little steps toward the goal. With each step you gain momentum, and with consistency, you'll be crossing the finish line before you know it.



十月二十一日

上帝了解每个人的内心，他深知每个人心灵最深处的渴望、情感与恐惧。他有能力把每个人真正需要的赐给他（她）。

God knows the heart of each person and one's innermost needs, feelings and fears. It's in His power to give each person exactly what he or she needs.



十月二十二日

不守诺言就象打对方一记耳光；而履行诺言却胜过送人一瓶珍贵的香水。

An unkept promise is as bad as a slap in the face. An honored promise is better than an expensive bottle of perfume.



十月二十三日



战胜敌人的最佳办法
是化敌为友。

The best way to conquer your
enemies is to make them your
friends.

十月二十四日



爱，好象一把钥匙，
能够打开最坚硬的心。

Love is the key that will open
even the hardest heart.

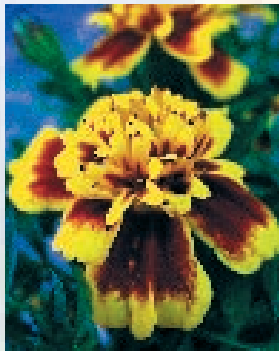
十月二十五日

假如你的计划不成功，问问上帝是否有更好的计划在等着你去执行。

If your plans have failed, ask yourself if there's a better plan waiting to be discovered.



十月二十六日



不负责任的自由，
犹如没人看管的孩子。

Freedom without responsibility is like
a child without oversight.

十月二十七日



面向光明，黑暗就无法将你吞没。

Keep your face toward the light,
and the darkness will never be able
to close in on you.

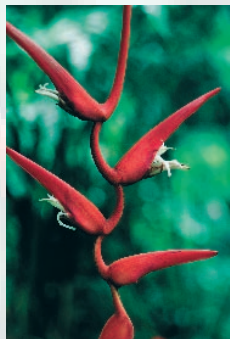
十月二十八日



当你每天面对那些琐碎细小的选择时，养成作出正确决定的习惯吧——诚实而充满爱心的决定。这样，当你必须作出艰难重大的决定时，你也会作出正确的选择。

When you're faced with little daily choices, form the habit of making the right decisions—the honest, loving ones. Then when you're faced with a really tough decision, you'll tend to make the right choice then too.

十月二十九日



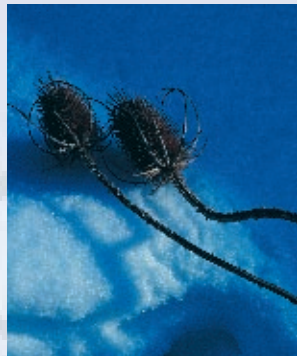
你若把艰难困苦看作通往新开端的门，它们就不会令你消沉了。

Trying times need not drag you down if you'll see them as doorways to new beginnings.

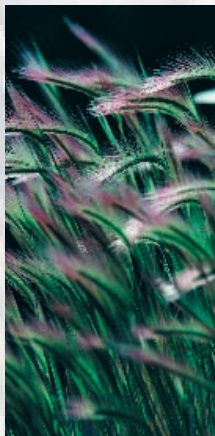
十月三十日

放松一下，享受你的生活。今天，你绝不能再过第二回了。

Relax and enjoy life. You'll never live this day again.



十月三十一日



仰望天国，便可以解除你受的壓力。

Relieve stress by lifting your eyes to Heaven.

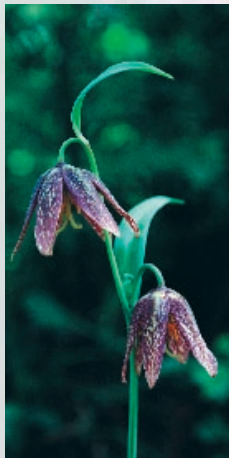
十一月一日



每天都是一个新的挑战。如果你希望自己的灵魂充满活力和新颖，就必须不断地变化。寻找和使用适应今天情形的新策略、新方法和新途径吧；否则，你就会被甩在后面了。

Each new day is a new challenge. To stay fresh and alive in spirit, there must be change. Find new tactics, methods, and modes of operation that are right for today's situation; otherwise you'll be left behind.

十一月二日



假如你今天除了向遇到的每个人表示爱之外，什么都没做，你将成为一个伟大的成功者。

If you don't accomplish anything else today except show love to all you meet, you'll be a great success.

十一月三日

笑，是医心良药。

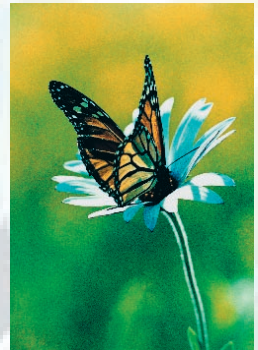
Laughter is medicine for
the heart.



十一月四日

爱，是给予，尤其是
这样做等于自己牺牲
肘。

Love is giving, especially
when it hurts.



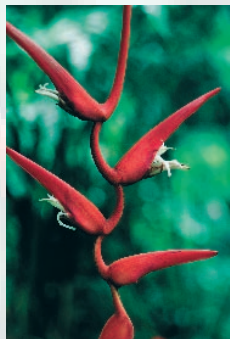
十一月五日



尽管上帝的方法有时令我们困惑，但只要我们信赖他，在适当之时，我们将会理解的。

Though God's ways of operating may perplex us at times, if we trust Him, in due time we will understand.

十一月六日



一幅油画由多种不同的颜色绘成，而每种颜色都是非常重要，必不可少的。

A painting is made up of many different colors, each one important and necessary.

十一月七日



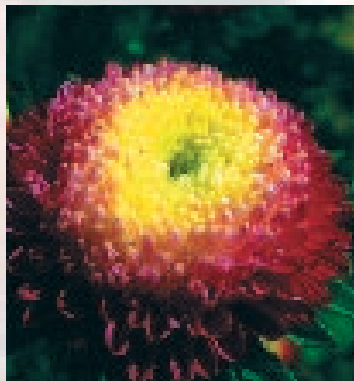
先人后己永远是值得的，
因为它是通往真正快乐的
途径。

It always pays to put others before
yourself. It's the path to true happiness.

十一月八日

上帝愿意消除你的苦恼和忧郁，并用凡人难以理解的平安和超乎环境的快乐来取代它们。

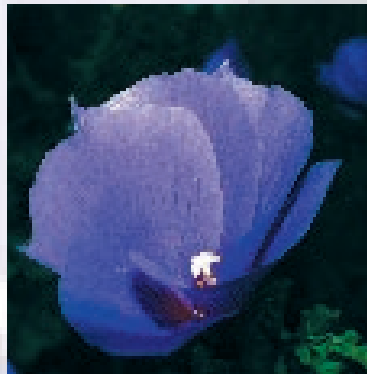
God offers to take away your feelings of misery and gloom and replace them with peace beyond understanding and happiness that's stronger than circumstances.



十一月九日

当困难大得令你看不见其他事物时，停下来，往后站，以便能看到事情的所有层面。这样做将是值得的。

When the problems mount so high that you cannot see anything else, it pays to step back from your work so you can see the big picture.



十一月十日

假如今天是你生命的最后一天，你会做些什么不寻常的事？

If you knew today was your last day of life, what would you do differently?



十一月十一日

过失的一个益处，是能帮你对别人更有耐心。当你知道自己犯了不少错误时，你还怎能去指责别人的过错呢？

One good thing about mistakes is that they help you be more patient with others. How can you criticize others for their faults when you know you've got plenty of your own?



十一月十二日

今天就试试找出五件事，去真诚地赞扬你的爱人、孩子或朋友和同事们吧。

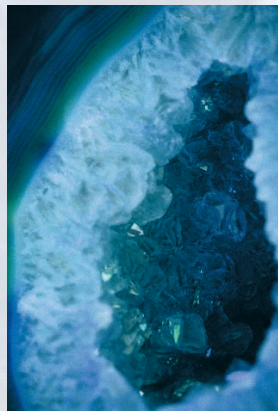
Look for five things on which you can compliment your spouse, children, or friends today.



十一月十三日

有时，抗拒力比意志力
更重要。

Sometimes will power isn't as
important as won't power.



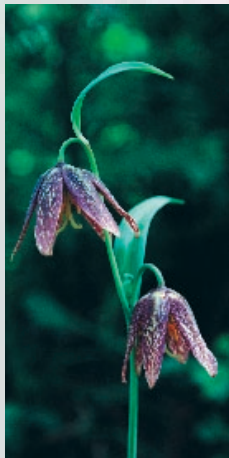
十一月十四日

要做成事之人，不要
做败事之人。

Be part of the solution,
not part of the problem.



十一月十五日



不管你教孩子的是什麼，也
不管是言傳的，還是身教的，
都將永遠活在他（她）
心裡。

Whatever you teach a child, whether it's
through your words or through your actions,
lives on forever in his or her heart.

十一月十六日



你若想分享名声，就
必须甘愿承担责难。

If you want a share of the fame,
you've got to be willing to take a
share of the blame.

十一月十七日



伟人，常常是那些经历
大患难而不屈不挠的
人。

Great souls are often those who
have undergone great sorrows but
have refused to give up.

十一月十八日



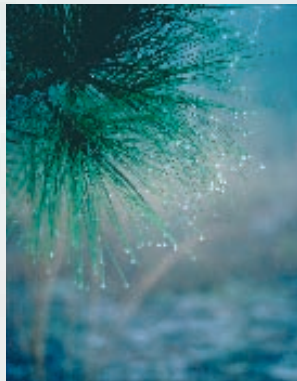
祈求，你就会得到。上帝
的应许就是打开天国
金库的钥匙。

Ask and you will receive. God's
promises are the key to the vault
of Heaven.

十一月十九日

不去考虑自己如何得益，
却为他人的需求和愿望着
想，这是最纯粹的爱。

To put the needs and desires of
another person above your own is
love in its purest form.



十一月二十日



世界充满了“本可以成为”的人。“本可以成为”的人比“曾经是”的人更糟，因为“曾经是”的人至少试做过些什么。

The world is full of could've-beens. A could've-been is worse than a has-been. At least the has-been was "there" once.

十一月二十一日



正义之士不维护真理，
邪恶就会猖獗。

Evil multiplies when good men
don't champion what's right.

十一月二十二日



努力用积极的想法来取代责备的念头，你将惊异地发现，这会对你的灵魂、你的时光和生活产生多么大的影响。

Try to replace critical thoughts with positive ones, and you'll be amazed what a difference it will make in your day, your spirit, and your life.

十一月二十三日

这是新的一天，是
再次尝试的机会。

It's a new day and a chance to
try again.



十一月二十四日

当你想方设法把爱送给别人时，你最容易找到爱。

Love is best found when looking to give it to another.



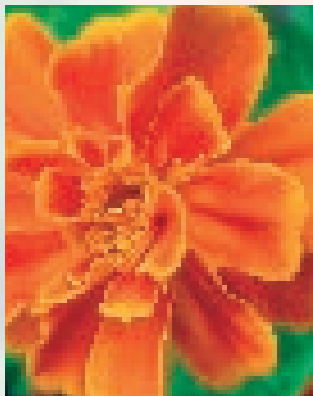
十一月二十五日



假如每天结束时你都能说：“今天我对上帝和他人竭尽全力了”。假如你每天都能这样生活的话，你就有福了。

Blessed are you if you can live each day in such a way that you can say at its close, “I have done the best I could today for both God and man.”

十一月二十六日



生活在自己小世界里的人，永远享受不到他人世界中的快乐。

People who live in their own little world never get to enjoy the worlds of others.

十一月二十七日



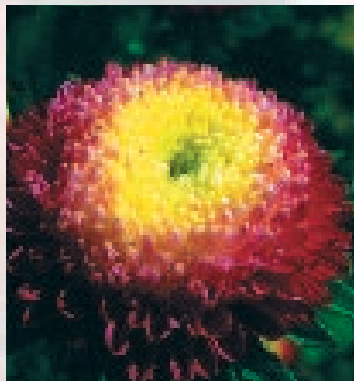
别人能感觉到你对他们的想法。你若想改变他们对你的态度，就必须改变你可能对他们怀有的否定态度。

People sense how you feel about them. If you want to change their attitudes toward you, change any negative attitudes you may have toward them.

十一月二十八日

爱和信任是密不可分的。你不可能只拥有一个，而不拥有另一个。

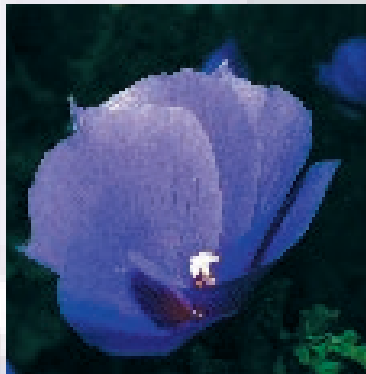
Love and trust are inseparable. You can't have one without the other.



十一月二十九日

你人生中的每次
经历都是为了使
你更加坚强。

Every experience you
have is designed to make
you stronger.



十一月三十日

在天国里，我们的泪水将会被擦干。人生的哀伤、痛苦及忧愁，都将象一场梦般被忘却。

In Heaven our tears will be wiped away.
The sorrow, pain, and grief of life will be forgotten as if it were a dream.



十二月一日

尝试之后，你才会明白
自己能做什么。

You'll never know what can be
done until you try to do it.



十二月二日

你的微笑，象一道阳光，
能驱走他人生活中的
阴云。

The sunshine of your smile might
chase the clouds from someone's
life today.



十二月三日



想过好生活，最好的办法是去帮别人过好生活。

The best way to get ahead in life is to help others get ahead.

十二月四日



假如你想快乐的话，就从你自己开始吧，你很快就会发现你真地开心、快乐了。

If you want to be cheerful and happy, act that way and you'll soon find yourself becoming that way.

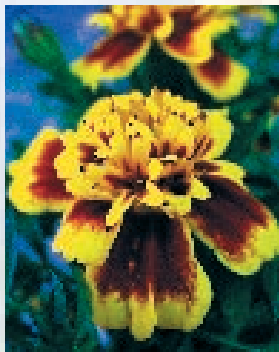
十二月五日

如果你自觉渺小，没有价值，
为何不去做伟大的事情呢？那
就是去帮助需要帮助的人。

If you feel small and worthless, do
something great—help someone in
need.



十二月六日



如果你在眼不可见的事情
上有信心，你所得的赏赐
就比你想象的还要大。

If you believe even in that which you
cannot see, your reward will be greater
than what you can imagine.

十二月七日



真正的爱会帮助和扶持他人度过难关，保持希望。
真正的爱无止无息，永不枯竭。

True love pulls others through, carries them over, looks beyond. It knows no boundaries and it never runs out.

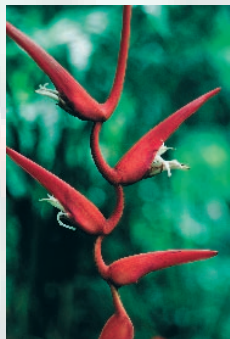
十二月八日



停下来，想想自然界中那些微小而复杂的美丽事物吧：一朵花，一只蝴蝶，或一只小鸟。假如上帝关怀他的这些造物，把它们的每个特征都完美地造出来，他当然也会这样关怀你。

Stop and reflect on one of nature's small but intricate beauties—a flower perhaps, or a butterfly or a bird. If God cared enough to perfect each feature of these creations of His, surely He cares for you too.

十二月九日



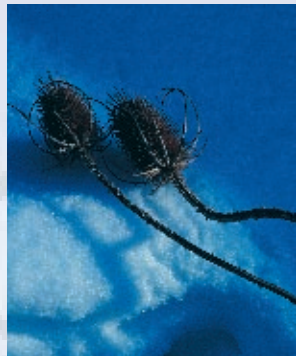
不要过分沉迷在生命的竞赛中，而忘记竞赛只是到达目标的方式，却非目标本身。

Don't get so involved in the race of life that you forget that the course is only a means to an end, rather than the end itself.

十二月十日

有探索，才有发现。

Before you discover, you
must explore.



十二月十一日



你若觉得自己正在孤独地挣扎，为何不去请求帮助呢？

If you feel like you're struggling on your own, why not reach out for help?

十二月十二日



如果你希望自己家里的人知道他们对你多么重要，你又是多么需要他们，那么，现在就去告诉他们吧！

Ever wish that your family knew how much they really mean to you and how much you need them? Go ahead and tell them!

十二月十三日



获得知识并非人生目的，它只是达到人生目标的一种途径。无意义的知识只能造成损害。

Acquiring knowledge is not an end in itself, but only a means to an end. Knowledge without purpose can be a destructive tool.

十二月十四日

丧失了福分，才知其
珍贵。

You never appreciate your
blessings as much as when they're
gone.



十二月十五日

让我们像孩子一样，充满信心、
无条件地去爱和快乐；让我们像
成年人一样，富有经验、怜悯与
智慧。

Let us be children in faith, in unconditional love,
and in happiness. Let us be adults in experience, in
compassion, and in wisdom.



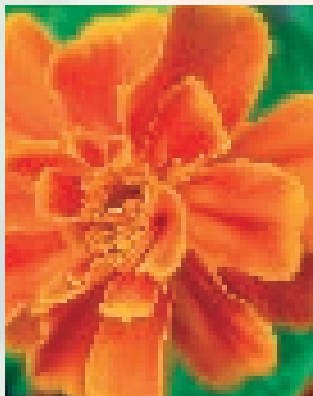
十二月十六日



朋友，就是在别人全都离弃你时仍爱你的人。

Friends are those who love you
when everyone else deserts
you.

十二月十七日



做大事并不一定非要伟大的人，它需要的只是伟大的献身精神。

It doesn't take great men to do great things, just those who are greatly dedicated to doing them.

十二月十八日



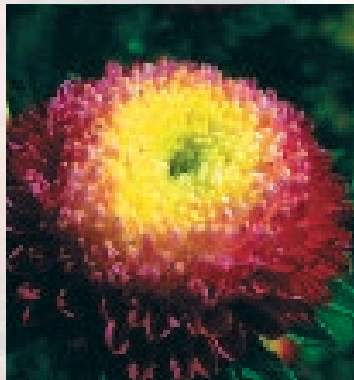
天国的资源，可解决
你生平面临的任何困
难。

The resources of Heaven are equal to
any problem you'll ever have to face.

十二月十九日

每一次有好事情在你生活中发生时，你也让一件好事情发生在他人身上吧。

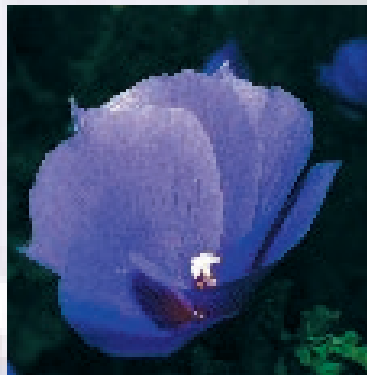
Every time something good happens to you, make something good happen to someone else.



十二月二十日

来自所爱之人的一个
温暖拥抱，是天国在
地上的一点儿体现。

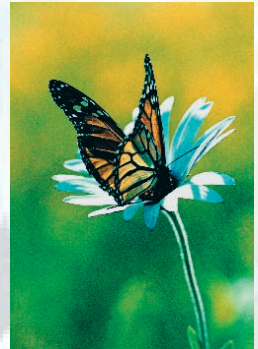
A warm hug from a loved
one is a little bit of Heaven
on Earth.



十二月二十一日

爱，不看外表，
只看内心。

Love looks beyond the
exterior of a person and
sees inside one's heart.



十二月二十二日

上帝之爱要比你所能发现
的任何爱都更加始终
如一。

The love of God is more constant
than any other love you will ever
find.



十二月二十三日

圣诞节令我们内心欢欣，
使我们与亲人更加亲近。

For the holiday season
awakens good cheer,
And draws us closer
to those we hold dear.



十二月二十四日



对你所爱的人，你能送给他们的最珍贵的圣诞礼物，就是充满爱心的言行、怜悯、宽恕、感激、理解和接受。

The most precious gifts you can give your loved ones for Christmas are loving words and deeds, compassion, forgiveness, appreciation, understanding, acceptance.

十二月二十五日



在圣诞日，爱经由婴
孩耶稣降临世上。

Love came down at Christmas,
wrapped in the birth of the infant
Jesus.

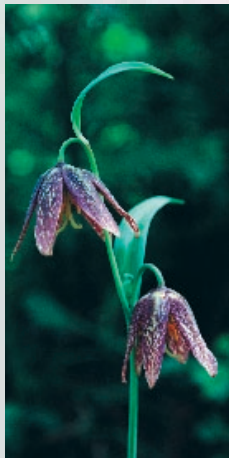
十二月二十六日

对他人说“我爱你”，并付诸仁慈与关心的行动。

Say "I love you" with deeds of kindness and acts of caring.



十二月二十七日



你就像一朵独一无二的雪花，蕴藏着与众不同的韵致。

You are like a snowflake, unique and exquisitely beautiful in your own way.

十二月二十八日



想一些积极的、振奋人心的思想，消极的念头便会很快消失。

Think positive, encouraging, uplifting thoughts, and the negative will soon disappear.

十二月二十九日



隧道尽头将是亮光，暴风雨过后总会阳光灿烂。

There's a light at the end of every tunnel; the sun returns after every storm.

十二月三十日



年终时，衡量一年的言行，则是对来年的良好准备。

Keeping books with your soul at the close of the year is good preparation for starting the next year.

十二月三十一日

我站在新年的门口向上帝
祷告，愿他帮我在今年所
行的一切事情上充满仁
爱、公平和智慧。

I stand at the threshold of a new year.
May God help me to be kind, fair, and
wise in all my affairs.

