



Self-Control

自我掌控



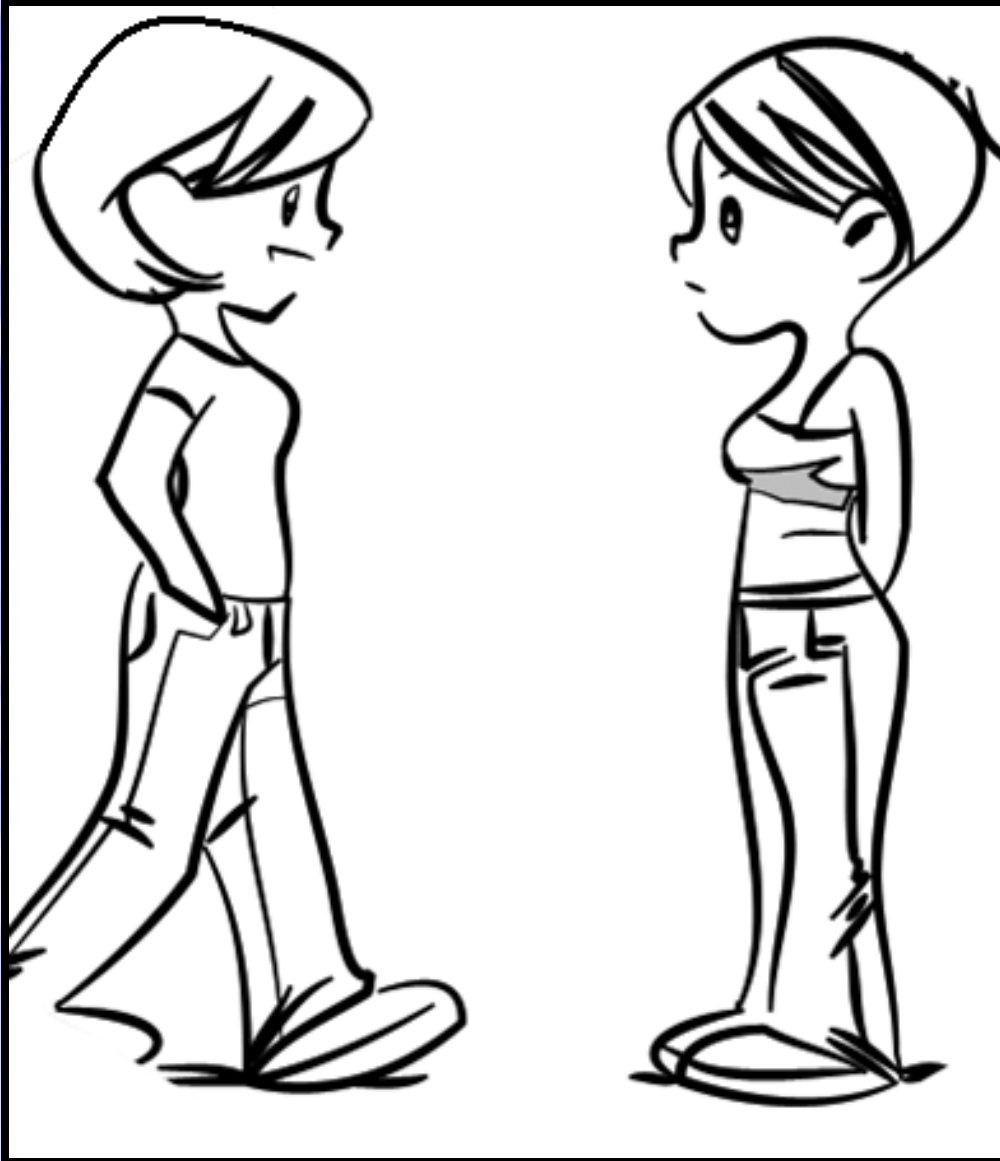
Learning to control your impulses and desires is a skill that can help you succeed in life.

You may want something very much, but never do anything to achieve it. The “achieving it” part is what requires hard work, putting in the hours, gritting your teeth, saying no to other things that might try to distract you—in a word: self-mastery.

学会控制冲动和欲望，是一种有助于成功的技能。

你可能很想要某件东西，但却从没有付诸行动来获得它。

“获得”意味着辛勤劳动、投入时间、咬紧牙关、拒绝可能分心的事物。总而言之：自我掌控。



People who can control themselves usually:

- Have better relationships with others, because they have learned to control their temper and feelings of annoyance over petty things.
- Have disciplined their minds and have learned how to use knowledge to help them succeed.

善于控制自我的人通常：

- 有更好的人际关系，因为他们懂得控制自己的脾气、对琐碎事物的消极情绪。
- 驾驭他们的思想，并懂得如何运用已有知识获得成功。



- Are filled with a healthy sense of self-worth, because they value themselves too much to indulge in negative or self-destructive habits.
- Are often happier, because they're getting what they want out of life.

Conversely, “a person without self-control is like a city with broken-down walls.”

- 有健全的自我价值感，因为他们爱惜自己，不会沉溺于消极、自我毁灭的习惯中。
- 通常更幸福，因为他们从生活中获得自己想要的。

相反地，“人不制伏自己的心，好像毁坏的城邑，没有墙垣。”



Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward.

—*Napoleon Hill (1883-1970)*

自律始于掌控自己的思想。如果你不能控制自己的思想，你就不能控制自己的行为。简而言之，自律使你能先思而后行。

——拿破仑·希尔 (Napoleon Hill, 1883-1970)



After all is said and done, the biggest key to achieving what you want—as well as the biggest hindrance—will likely be you.

归根究底，实现你的梦想的最大关键——也是最大的阻碍——可能就是你自己了。