



# **A Little Children's Book About Self-Control**

**小儿童的书：自律**





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

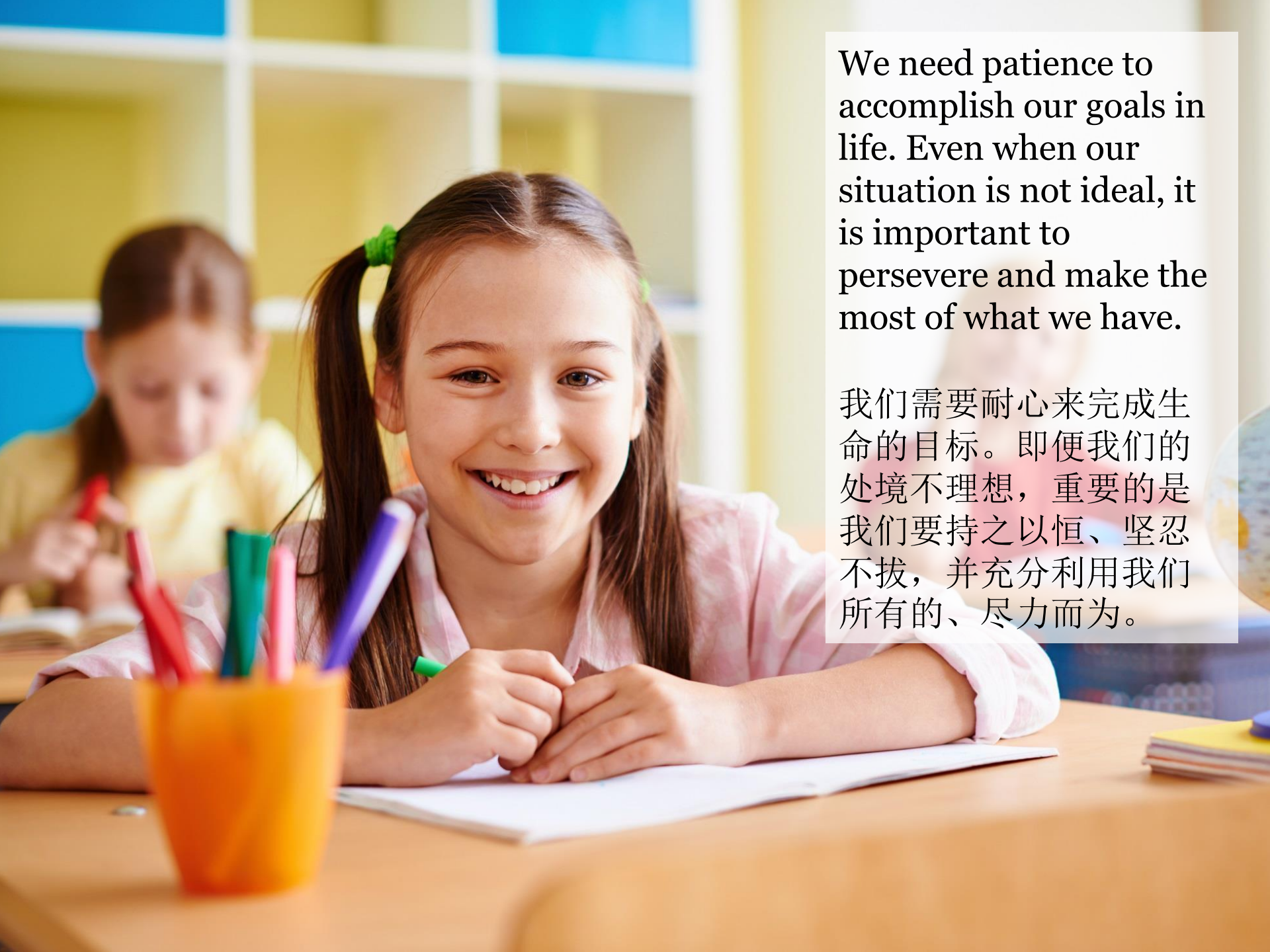
学会控制冲动和欲望，是一种有助于成功的技能。

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。







We need patience to accomplish our goals in life. Even when our situation is not ideal, it is important to persevere and make the most of what we have.

我们需要耐心来完成生命的目标。即便我们的处境不理想，重要的是我们要持之以恒、坚忍不拔，并充分利用我们所有的、尽力而为。



A person without self-control is like a breached city, one with no walls.

人不制伏自己的心，好像毀坏的城邑，没有墙垣。





Self-control is a key factor in achieving success. We can't control everything in life, but we can definitely control ourselves.

自制是获得成功的一个关键因素。我们无法掌控生命中的每件事，但我们绝对能掌控自己。



Self-discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do.

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。



To enjoy freedom we  
have to control  
ourselves.

为了享受自由，我们得  
节制自己。







Image credits:

Page 1: Ashley Wang via Flickr; used under CC license.

Page 2: MaxPixel

Page 3: [TheKilens via Flickr](#); used under CC license.

Page 4: Pressfoto via Freepik

Page 5: [@rtimage – Debora Bogaerts via Flickr](#); used under CC license.

Page 6: Assieromoro via Freepik

Page 7: Pressfoto via Freepik

Page 8: public domain

Page 9: Microsoft Clipart