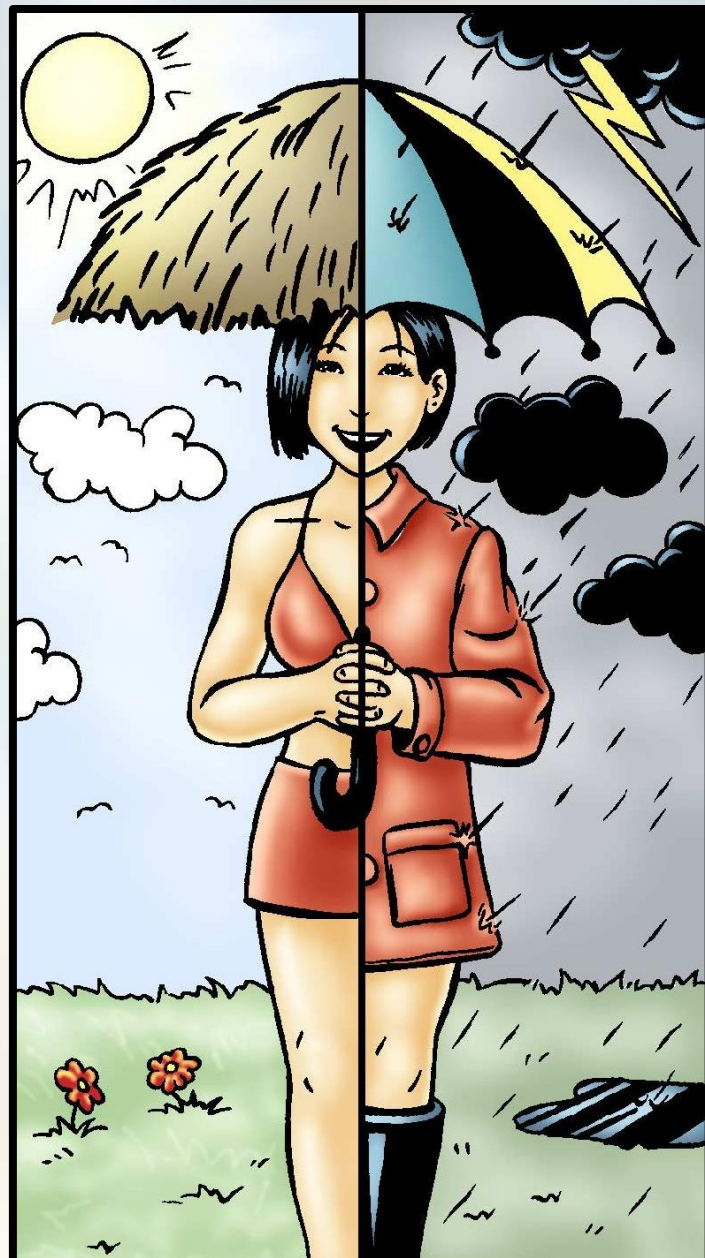


*Positive Thinking*

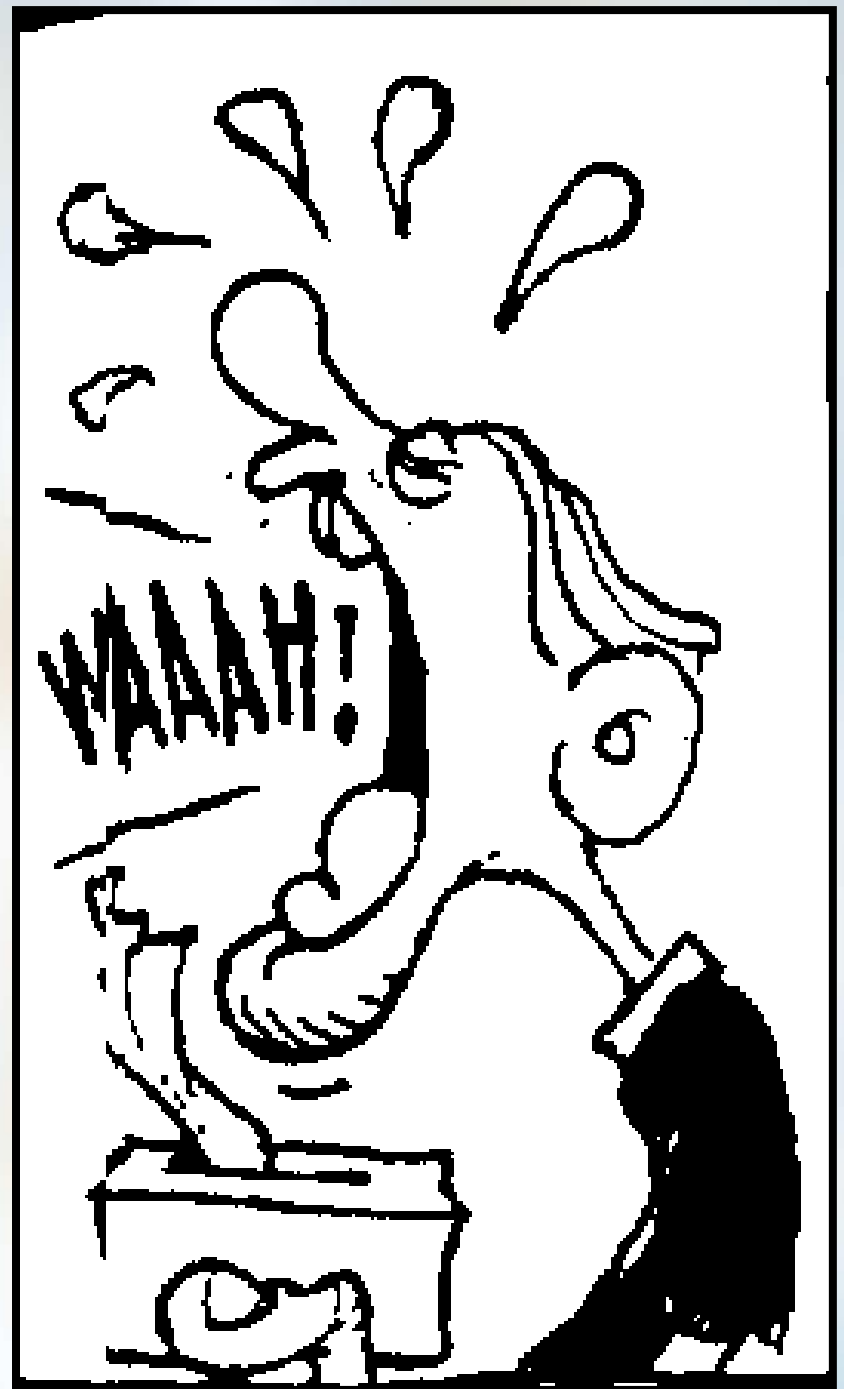
正面思想



Moral Values for Children

Most of us battle negative thinking at some point in our lives. We put ourselves down for real or imagined faults and weaknesses, or we compare ourselves negatively to others.

我们大多数人一生中，都会遭遇消极思想，诸如我们因真实或想像的过失及弱点而看低自己，我们与他人做消极的比较等。



That's when you must remember that you were created for a purpose, and that purpose isn't a single, one-time thing; it's multifaceted and complex. As long as you live, there will be something more you can accomplish, something more you are meant to accomplish, and there is always more to get out of life. The end of one dream doesn't mean the end of all dreams. Just as the seasons come and go in their cycle, periods of success or setback, fulfillment or disappointment, and emotional highs and lows come and go. You may be down now, but that won't last forever.



就在此时，你必须记住，上帝造了你是有目的的，而且那不是单一、一次性的目的，而是综合、多层面的目的。只要你活着，你就可有更多成就，达成更多你生命中注定要完成的事，总有更多斩获在等待着你。一个梦想结束，并不意味着所有的梦想都结束了。正如四季循环更替，成功与挫折、成就与失望、兴奋与消沉，也同样循环更替。你也许现在感到沮丧，但这不会永久持续。

Our thoughts shape our attitude, our attitude shapes our actions, and our actions help to shape our future. A changed life begins with a change in thinking. You set that process in motion by filling your mind with positive thoughts. "Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."

想法决定态度，态度决定行为，行为则影响我们的未来。生命的改变，始于思想的改变。要启动此过程，你必须先用属积极的意念来充实你的思想。“凡是真实的、崇高的、公正的、纯洁的、可爱的、声誉好的，无论是什么美德，什么值得称赞的，这些事你们都应当思念。”





**Smile.** Smiling even when you don't feel like it has a positive effect on your spirit. Keep it up, and you will soon be seeing the world in a brighter light.

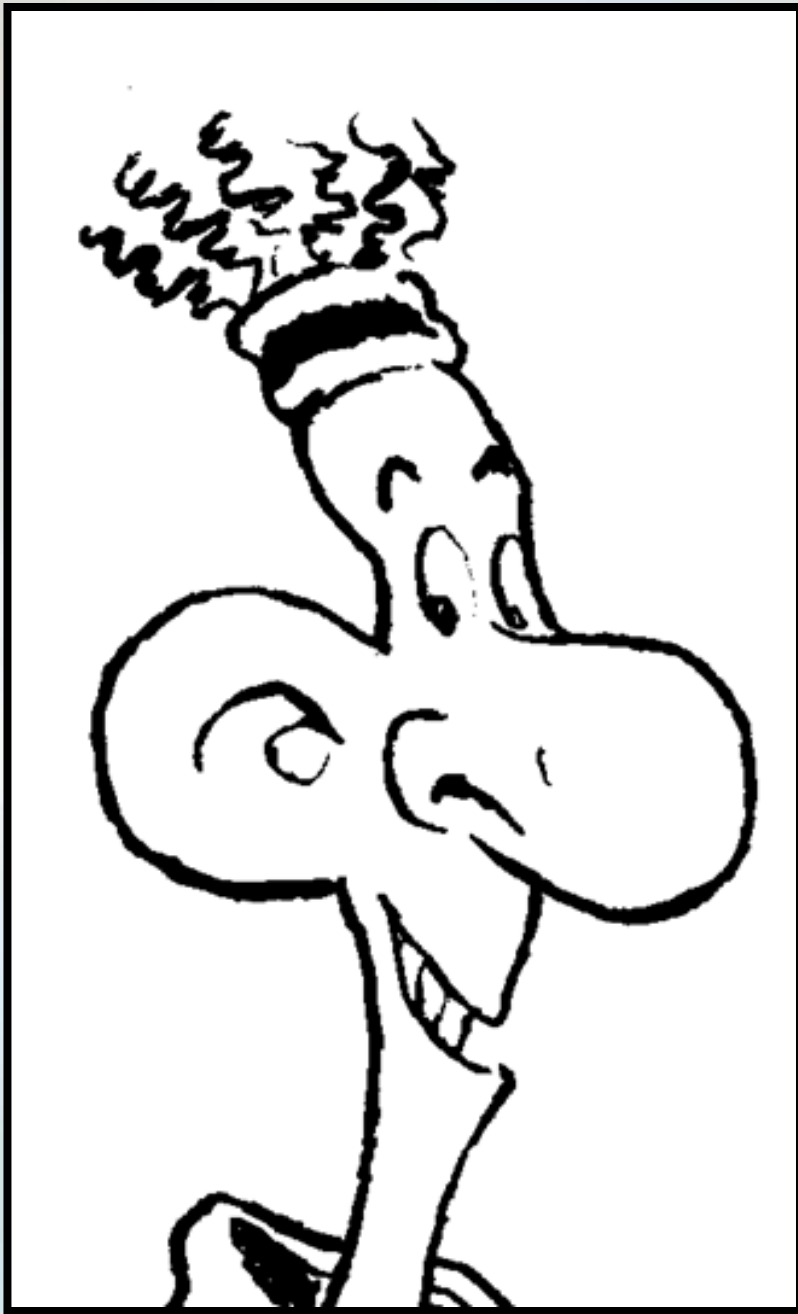
**Count your blessings.** Expressing gratitude does wonders to lift your spirit. There is spiritual power in praise that can counterbalance whatever is weighing on you.

**Do something good for someone else.** Reaching out to others not only helps that person, but it lifts your spirit at the same time.

微笑。即使你不想要，还是微笑吧。这么做会对你的灵产生积极的影响。继续微笑吧，不久你就会以更光明的角度来看世界了。

数算你的祝福。表达感恩之心，能奇迹般地使你精神振奋。赞美有种灵性力量，能抵消任何使你感到心情沉重的事情。

为他人做善事。向他人伸出援手不仅可帮助那人，同时还可振奋自己。



It takes practice to focus on the positive, but in time you will see results in a happier secure life.

需要不断练习，人才能专注于积极的事，但只要坚持，时候到了，你必会发现你的生活更快乐，更安心。