Hi all,

大家好

have faith

保持信念

and hold on champ

坚持住

you will get there...

你一定会到达你的目标

We all have dreams and goals

我们都有梦想和目标

and at some point in time

在某时某刻

we do get stuck

我们会陷入困境，止步不前

and question ourselves around it.

徘徊失措，自我怀疑

If you are serious about your dreams and goals

如果你对自己的梦想和目标抱有认真的态度

than one thing is for sure

而不是想当然

\*It will come true\*.

“它自然会实现”

At times

有时候

we will want to quit and give up

我们想要中途止步，自暴自弃

but do not be that person

但希望你不要做那样的失败者

who had the chance to turn their dreams into reality

他们曾有机会将自己的梦想转变成现实

but due to distractions wasn't able to.

却因为心有杂念，错失良机

When things get tough

当你面前困难重重

'hold on'

请坚持住

and remind yourself the importance of your dream.

提醒自己，你的梦想有多么重要

When you are going through tough times

当你经历困境时期的时候

'hold on'

坚持住

it'll be worth it,

你会有所回报

when there's hardship

当你遇到重重阻碍

'hold on'

坚持住

it'll be over soon,

很快就会雨过天晴

when life brings you to your knees

当生活将你打趴在地

'hold on'

坚持住

and rise from within,

让自己从内心重新站起来

when faced with challenges

当你面对挑战

'hold on'

坚持住

You’re strong enough

你足够坚强

to battle them,

一定能战胜他们

when faced with distractions

当你面对诱惑

'hold on'

坚持住

shake them off

甩掉他们

and stay focused,

集中注意力

when faced with negativity

当你面对否定

'hold on'

坚持住

and smile through the hate,

对憎恶你的人报以微笑

when these hardships bring tears to your eyes

当这些困境使你委屈落泪

and you want to quit so bad

你多么想要放弃

'hold on champ'

加油，坚持住

you are doing great

你已经做得很好了

just keep moving forward

你只需要不停的向前，不在乎快慢