

*Slay the
Dragon*

屠龙！



Character Values for Children

If we have a dream, *waiting* will not help us achieve it. Telling ourselves that tomorrow is better for X reason is usually just an excuse. We're afraid, and instead of admitting it and taking the chance of a step toward that dream, we talk ourselves out of it and then justify our lack of action.

We have to take the first step. Often, the longer we wait, the more nervous we get. We get used to things the way they are, and change becomes harder and scarier and more uncomfortable.

如果我们有一个梦想，等待不会帮助我们达成它。用无数理由告诉自己明天再做比较好，通常只是个借口。我们在惧怕，可我们不愿承认，并继续冒险朝梦想迈出一小步。我们反而说服自己放弃它，且找借口解释我们缺乏行动是合理的做法。

我们必须踏出第一步。通常，我们等得越久，我们就会变得愈紧张。我们已经习惯自身素来做事的方式，要改变结果变得更困难，更令人害怕，而且更不自在。



An important aspect of getting out of your comfort zone has to do with starting *before* you feel ready. If you wait until you feel like you're "ready"... well, we know what that leads to—procrastination, distraction, perfectionism, and sadly, often total inaction. But if you can muster up the courage to just *start*, you'll be miles ahead.

The sooner we take the plunge, the sooner we'll get past that scary stage and start to have a lot more success.

脱离你舒适圈的一个重点就是，在你觉得准备好以前开始行动。如果你要等到你觉得“准备好”的话，那么，我们都知道接下来会怎么样——拖延、分心、完美主义，而可悲的是，通常到最后什么都没做。老实说，你也许永远不会感觉你准备好了。然而你若能鼓起勇气开始的话，就算你不觉得准备好了，你将会遥遥领先。

我们愈快鼓起勇气、踏出那可怕而不舒适的第一步，我们就愈快能通过那可怕的过程，而开始获得更多的成功。



Also, if you're embarking on a new project or challenge that makes you feel uneasy and scared, it helps if you give yourself permission to be awkward and to stumble and to not be perfect. Realize and accept that you're not going to be good in the beginning. In fact, you might fail at first, and that's okay.

There's nothing wrong with being awkward while you're getting the hang of something new, so go ahead with whatever the challenge is and just say to yourself, *It's perfectly fine that I'm not very good at this yet. I'll get better. I'm going through the steps to greatness.*

同时，如果你在开始着手一个新的项目或挑战，那让你感到不安且害怕的话，容许自己感到尴尬或做错事，且不会做得完美，这么做对你有帮助。要理解并接受，在你刚开始时也许不会做得很好。事实上，在刚开始时你甚至可能会失败，可这没有关系。

当你开始从事或学习某件新的事情时，不知所措并没有什么不对，继续努力下去，面对你的挑战，并告诉自己，“虽然我仍不很擅长此事，可这一点也没关系！我会慢慢进步，做得更好，这只是迈向卓越的过程而已！”



The next biggest test comes in *persisting*. When you're not good at something, you encounter a lot of seeming "failure." But if you keep doing it over and over, and learning from the reactions you get, pretty soon you'll be good and then great.

A new challenge can be very awkward, even scary at first. But if we deliberately put ourselves out there and do the very thing that we're afraid of, it becomes easier and we get better at it. Eventually we will no longer be afraid. That is conquering our fears!

接下来最大的考验，就是坚持不懈。当你不擅长一些事时，你会遇到许多表面上的“失败”。可如果你反复地做下去，从你得到的反应中学习，很快你就会上手，之后变得卓越。

一个新的挑战在开始时可能会让人不知所措，甚至心惊胆颤。可我们若故意让自己做我们惧怕去做的事情，事情会变得较容易，我们也会变得更擅长。到最后我们将不再感到害怕，战胜了我们的恐惧！

