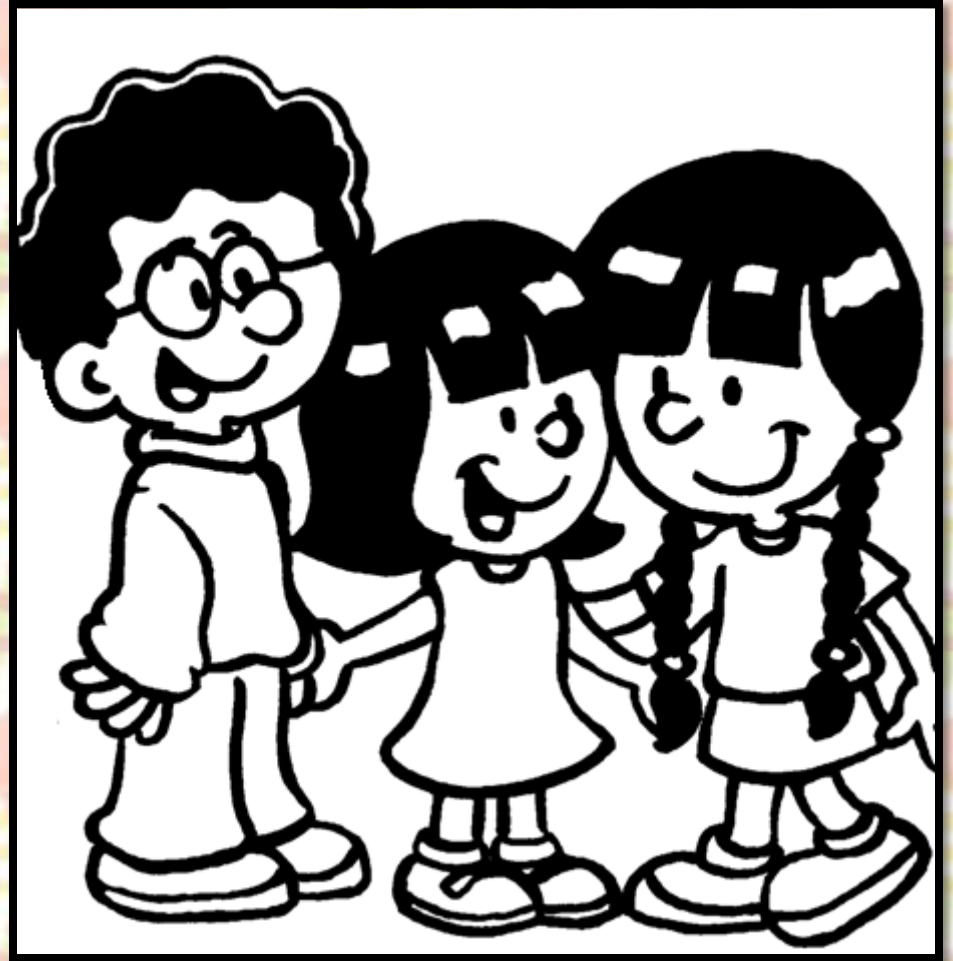


谦卑

Humility



谦卑意味着绝不要自以为所知够多，或是自认太好太优秀，或高抬自己到不必向他人学习的地步。

Humility means never thinking I know enough or that I'm too good or exalted to learn from others.



谦卑从不会妄自尊大，并始终是仁慈和有礼的。

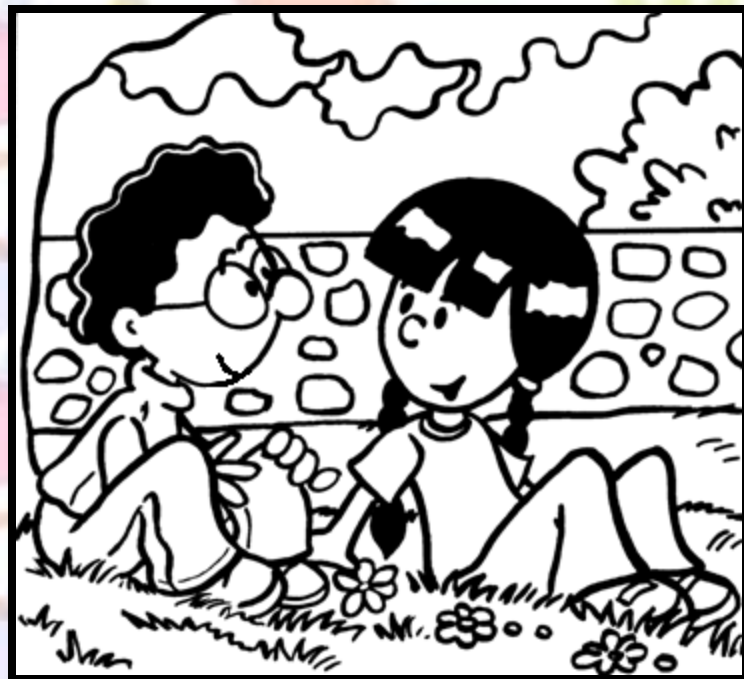
谦卑是永不憎恨，却也不是懦弱。

Humility is never self-important, and it is always kind and courteous.

Humility is never hateful, but neither is it wimpy.



柔和谦卑，实际上就是力量，但它是经由温柔、仁慈表现出来的。它不需要显示自己的权威或自夸，因为它知道自己的力量。

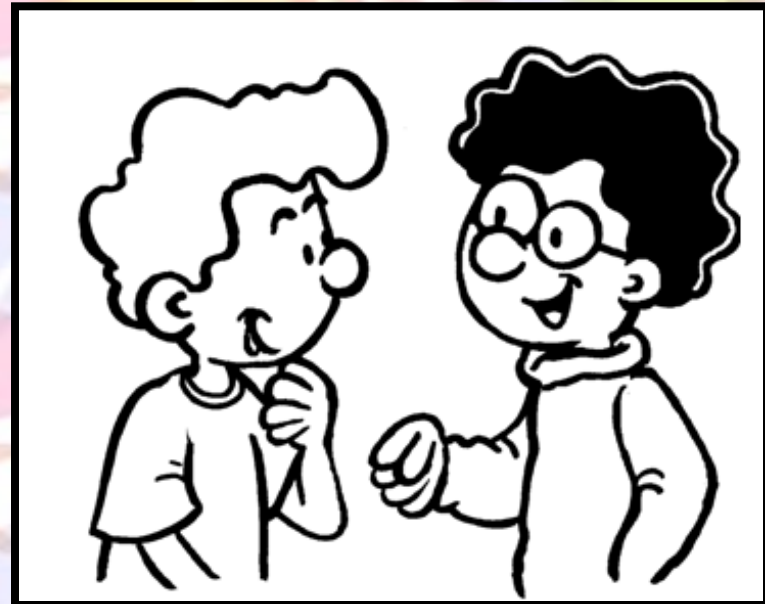


Humility is really strength, but it is manifested with gentleness and kindness. It doesn't need to assert itself or boast, because it knows its strength.



许多时候，人们觉得必须要表现得比他们实际上更强、更有自信；但这很容易就被人看穿。长远来看，最好是诚实待己、待人，不论自己的长处还是弱点，不论自信还是不自信的时候。当你知道自己是什么样的人，当你人对人对己都真诚时，你便能自信地前行了。

A lot of times people feel they have to put on an act so as to appear stronger and more confident than they are; but that's pretty easy to see through. It's far better in the long run to be honest with yourself and others; honest about your strengths, but also about your weaknesses; honest when you're confident, and honest when you're not. When you know who you are, when you're true to yourself and authentic in your dealings with others, you can walk in confidence.





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