# 英语演讲稿3分钟励志的

来源：网络 作者：悠然自得 更新时间：2025-05-08

*英语演讲稿3分钟励志的(通用18篇)英语演讲稿3分钟励志的要怎么写，才更标准规范？根据多年的文秘写作经验，参考优秀的英语演讲稿3分钟励志的样本能让你事半功倍，下面分享【英语演讲稿3分钟励志的(通用18篇)】，供你选择借鉴。>英语演讲稿3分钟...*

英语演讲稿3分钟励志的(通用18篇)

英语演讲稿3分钟励志的要怎么写，才更标准规范？根据多年的文秘写作经验，参考优秀的英语演讲稿3分钟励志的样本能让你事半功倍，下面分享【英语演讲稿3分钟励志的(通用18篇)】，供你选择借鉴。

>英语演讲稿3分钟励志的篇1

When someone looks into your eyes they should see something alive within you. Having a dream is like owning a lighthouse1 which directs you on your journey.

At every turn we come across its mystery. At each new level we become more of the person we were meant to become. In lonely times, when we pass through a storm of disappointment, we find our faith is unshaken, our strength still strong.

Believe in your faith. Set the vision before your eyes. Write down your most sincere dreams and when the opportunity comes, step into your dream. It may take one season or more, but the result is the same. Make big dreams and then go out and make them realities. The highest hopes of the dreamer are revealed with every step taken in their journey to the impossible. For a season we must protect the dream so that it can grow quietly on the inside. But if we tenderly care for our deepest expectations, slowly but surely the dream will become new life.

Dreaming is an act of faith. The light of your expectations will cast off the shadows of a disbelieving world. God has given us the dreamer as a gift to light an unbelieving world.

Find your treasure within and cherish2 it. Tomorrow is waiting for you to take the first step.

别人看你的眼睛时,他应当体会到你内心的活力。怀揣梦想就像是拥有一座引领你前行的灯塔。

每个转折关头,它给我们带来奇迹。每个新的起点,我们脱胎换骨,焕然一新。孤独中我们挺过失望的阴霾,发现我们的信念不曾动摇,我们的力量依然强大。

秉持信念,期盼未来。许下你最真诚的梦想,一旦机会来临,就为之拼搏。也许要花一季甚或更多的时间,但结局不会改变。立大志,倾全力,成现实。前途未卜,唯有一步一个脚印,梦想者的至高希冀才会实现。我们必须珍存梦想,给它一季的保护,让它在内心悄然生发。然而我们还得温柔呵护我们内心至深的期许,慢慢地梦想必将成就新的生命。

梦想是实现信仰的第一步。你的期待熠熠光辉,它会驱逐不信的阴影。上帝赋予我们梦想的天资,去点亮不曾确信的世界。让梦想的财富寄于心中,珍爱它,明天正等着你跨出第一步。

>英语演讲稿3分钟励志的篇2

I have a dream that one day this nation will rise up and live out the true meaning of its creed-we hold theses truths to be self-Oevident, that all men are created equal. I have a dream that one day on the red hills of Georgia, sons of former slaves and sons of former slave owners will be able to sit together at the table of brotherhood. I have a dream my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. i have a dream today!

When we allow freedom to ring, when we let it ring from every village and hamlet, from every state and city, we will be able to speed up that day when all of God’s children-black men and white men , jews and Gentiles, Catholics and Protestants-will be able to join hands and to sing in the words of the old Negro spiritual, “free at least ,free at last . Thank God Almighty, we are free at last.”

我有一个梦：有一天，这个国家将站起来，并实现他的信条的真正含义：我们将捍卫这些不言而喻的真理，即所有人生来平等。我有一个梦：有一天在乔治亚洲红色的山丘上，从前的奴隶的子孙们能和奴隶主的子孙们像兄弟一样坐在同一张桌旁;我有一个梦我的四个孩子有一天将生活在这样一个国度，在那里，人们不以肤色，而是以品格来评价他们。

当自由的钟声响起的时候，当我们让它从每一个村庄，每一个州，每一个城市响起的时候，我们将能够加速这一天的到来。那是，上帝所有的孩子，无论黑人白人还是犹太人，异教徒。天主教徒，还是新教徒，他们都能够手挽手歌唱那古老的黑人圣歌：“终于自由了，终于自由了，感谢上帝，我们终于自由了!”

>英语演讲稿3分钟励志的篇3

Today I am very glad to be here to share with you my ideas of success. What is success? It is what everyone is longing for.Sometimes success would be rather simple. Winning a game is success; getting a high grade in the exam is success; making a new friend is success; even now I amstanding here giving my speech is somehow also success.

However, as a person’s whole life is concerned, success becomes verycomplicated. Is fortune success? Is fame success? Is high social status success? No, I don’t think so. I believe success is the realization of people’s hopes and ideals.Nowadays, in the modern society there are many peoplewho are regarded as the successful. And the most obvious characteristics of hem are money, high position and luxurious life. So most people believe that s success and all that they do is for this purpose. But the problem is wether it is real success. We all know there are always more money, higher position and better condition in front of us. If we keep chasing them, where is the end? What will satisfy us at last? Therefore, we can see, to get the real Success we must need something inside, which is the realization ofpeople’ hopes and ideals.

Different people have different ideas about success; cause people’s hopes and ideas vary from one another. But I am sure every success is dear to everybody, cause it is not easy to come by, cause in the process of our striving for success, we got both our body and soul tempted, meanwhile we are enlightened by the most valuable qualities of human beings: love, patient, courage and sense of responsibility. These are the best treasures. So now I am very proud that I have this opportunity to stand here speaking to all of you. It is my success, cause I raise up to challenge my hope.

What is success? Everyone has his own interpretation as I do. But I am sureevery success leads to an ever-brighter future. So ladies and gentlemen, believe in our hopes, believe in ourselves, we, every one of us, can make asuccessful life! Wish you all good success!

>英语演讲稿3分钟励志的篇4

everyone has his ownunderstanding of young,it is a period of time of beauty and wonders,only after you have

experienced the sour ,sweet ,bitter and salty can you really become a person of significance.thre time of young is limitted,it may paby without your attention,and when you discover what has happened ,it is always too late.grasping the young well means a better time is waiting for you in the near future,or the situation may be opposite .

having a view on these great men in the history of hunmanbeing,they all made full use of their youth time ,to do things that are useful to society,to the whole mankind,and as a cosquencyanjianggao/e ,they are remembered by later

generations,admired by everyone.so do something in the time of young,although you may not get achievements as these greatmen did ,though not for the whole word,just for youeself,for those around!

the young is just like blooming flowers,they are so beautiful when blooming,they make people feel happy,but with time passing by,after they withers ,moet people think they are ugly.and so it is the same with young,we are enthusiastic when we are young,then we may lose our passion when getting older and older.so we must treasure it ,don\'t let the limitted time paby ,leaving nothing of significance.

as you slowly open your eyes, look around, notice where the light comes into your room; listen carefully, see if there are new sounds you can recognize; feel with your body and spirit, and see if you can sense the freshnein the air.

yes, yes, yes, it’s a new day, it’s a different day, and it’s a bright day! and most importantly, it’s a new beginning for your life, a beginning where you are going to make new decisions, take new actions, make new friends, and take your life to a totally unprecedented(空前的) level.

in your mind’s eye, you can see clearly the things you want to have, the paces you intend to go, the relationships you desire to develop, and the positions you aspire(励志) to reach.

you can hear your laughters of joy and happineon the day when everything happens as you dream. you can see the smiles on the people around you when the magic moment strikes. you can feel your face is getting red, your heart is beating fast, and your blood is rushing all over your body, to every single corner of your being!

you know all this is real as long as you are confident, passionate and committed!(效忠的) and you are confident, you are passionate, you are committed!

you will no longer fear ma-ki-ng new sounds, showing new facial expressions, using your body in new ways, approaching new people, and asking new questions.

you will live every single day of your life with absolute passion, and you will show your passion through the words you speak and the actions you take.

you will focus all your time and effort on the most important goals of your life. you will never succumb(屈服,屈从) to challenges of hardships.

you will never waver(动摇) in your pursuit of excellence. after all, you are the best, and you deserve the best!

as your coach and friend, i can assure you the door to all the best things in the world will open to you, but the key to that door is in your hand. you must do your part. you must faithfully follow the plans you make and take the actions you plan; you must never quit and you must never fear. i know you must do it, you can do it, you will do it, and you will succeed! now stand firm and tall, make a fist, get excited, and yell it out:

i must do it! i can do it! i will do it! i will succeed!

i must do it! i can do it! i will do it! i will succeed!

i must do it! i can do it! i will do it! i will succeed!

>英语演讲稿3分钟励志的篇5

It is not easy to think positive thoughts when the world around you appears to be so negative。 In fact， it can be as difficult as anything you’ve ever done。 However， it is absolutely possible to fill your mind with positive thoughts no matter what the environment is。 Doing so makes you powerful like nothing else can。

To think positively is to alignyourselfwith1 the truth that you’re immersed2 in limitless， growing abundance。 To think positively is to pleasantly accept that your life is full of meaningful and unique achievements。

Instead of placing a judgement on your situation， apply your most positive purposes to that situation。 Instead of seeing the world as negative， see yourself as a powerful agent of the positive possibilities。

If you find yourself giving in to negativity， you are selling yourself short。 The moment you feel the slightest pain of a negative thought， stop and remind yourself how powerful you are。 Do the intentional work of keeping your thoughts positive。 Because whatever you always think is where your life will surely and steadily go。

当你周围的人或物都看似消极时，让你持有乐观思想并非是件容易的事。实际上，这和你做过的任何一件事一样难。然而，无论身处怎样的环境，用乐观的思想填充你的大脑是完全可能的。这样做会使你变得无比强大。

乐观地思考就是在证明一个事实――你的生活正处于日益丰盈的状态。乐观地思考也是在欣然理解一个事实――你的生活充满着意义深远、与众不一样的成就。

不要只顾着对你所处的形势作出评价，要把你的进取目标付诸于实际。不要只看到世界的消极一面，要看到自我能够创造进取可能性的强大力量。

如果你发现自我正向消极屈服，那么你就是在轻视自我。在你感受到消极思想所带来的一丝疼痛的那一刻，停下来吧，提醒自我你是多么强大。做一些有利于塑造进取思想的事情，因为你的思想正引领着你生活稳步前行的方向。

>英语演讲稿3分钟励志的篇6

We have only one earth.But now,the environment becomes worse and worse.As you know,there\'s no enough clean water for people.So many of them lose their lives because of water.In a lot of countries,people have to cut trees for living.So there\'s nothing to keep water from running away.Also we have polluted the land,the river and the air.Some people may say:we are the masters of nature.Now the \"master\" seems to be confronted with problems that are far beyond his control.

the holes of the ozone layer make the earth less suitable to live for some creatures including human beings.Facing all the disasters made by ourselves,we have the responsibility to deal with the problem.

we must do something useful to protect our environment.We can plant trees and take good care of them.We can save the water and ask our parents to do so.We can\'t throw any litter onto the ground and we should collect them for recycling.If we take good care of our earth today,it will be more beautiful tomorrow.

我们只有一个地球.但是现在,环境变得越来越糟.如你所知,也没有足够的清洁饮水的人.所以许多人失去了他们的生命,因为水.在很多国家,人们不得不砍树的生活.所以没有什么能阻止水的流失.我们还污染了土地,河流和空气.有些人可能会说：我们是自然的主人.现在的“主人”似乎面临的问题远远超出他的控制。

臭氧层的空洞使得地球不再适宜于某些生物包括人类生活.面对着自己造成的灾难,我们有责任来处理这个问题。

我们必须做些什么来保护环境.我们可以种树,好好照顾他们.我们可以节约用水,并要求我们的父母这样做.我们不能把垃圾丢在地上,我们应该收集回收.如果我们好好照顾我们的地球上,这将是更加美好的明天。

>英语演讲稿3分钟励志的篇7

The future can be anything we want to make

I do not know who wrote those words, but I have always liked them as a reminder that the future can be anything we want to make it.

We can take the mysterious, hazy future and carve out of it anything that we can imagine, just like a sculptor carves a statue from a shapeless stone.

We are all in the position of the farmer. If we plant a good seed, we reap a good harvest. If our seed is poor and full of weeds, we reap a useless crop. If we plant nothing at all, we harvest nothing at all.

I want the future to be better than the past. I don’t want it contaminated by the mistakes and errors with which history is filled. We should all be concerned about the future because that is where we will spend the reminder of our lives.

The past is gone and static. Nothing we can do will change it. The future is before us and dynamic. Everything we do will effect it.

Each day will brings with it new frontiers, in our homes and in our businesses, if we will only recognize them. We are just at the beginning of the progress in every field of human endeavor.

我不知道这段文字是谁写的，我一直很喜欢并用它们来提醒自己，那就是未来操之在我。

我们可以掌握神秘而不可知的未来，从中创出我们所能想象的任何东西，一如雕刻家可以将未成型的石头刻出雕像一样。

我们每个人都是农夫。我们若种下好种子，就会有丰收。倘若种子长得不良且长满杂草，我们就会徒劳无获。如果我们什么也不种，就根本不会有什么收获。

我希望未来会比过去更好。我不希望未来会被那些充斥在历史中的错误所污染。我们应关心未来，因为往后的余生都要在未来中度过。

往昔已一去不复返而且是静止的。任凭我们怎么努力都不能改变过去。未来就在我们眼前而且是动态的。我们的所作所为都会影响未来。

只要我们体会的出来，每天都可以发现新的知识领域伴随而生，可能是在家里，也可能是在我们的事业中。我们正处在人类所努力钻研的每个领域中进步的起点。

>英语演讲稿3分钟励志的篇8

Life hard。 We should not give up hope。 By the time we have given up， we are finhed。 Chances are always there。 We have to grab every single opportunity。。。to help， to love and to serve。 To live our life happier， full of joy， we have to set our goal and even dream big。

生活总是充满挑战。我们不应当放下期望。我们放下了，我们被完成。机会永远都在那里。我们必须抓住每一个机会，去帮忙他们，去爱和服务。来过我们的生活更欢乐，充满了欢乐，我们得把我们的目标，甚至更大的梦想。

If we choose the shortest path in life， we will never learn。 To be or not to be， we have to be SOMEBODY。 The fastest way to gain love to love others first!Do not hide your talent， your knowledge and your beautiful heart。 Go for your dream and live for it。

如果我们选择最短路径在生活中，我们学不会的。做还是不做，我们要出人头地。最快捷的方式获得的爱在于无条件地爱别人不要隐藏你的才华，你的知识和你的美丽的心。去找你的梦想并为它而生活。

>英语演讲稿3分钟励志的篇9

today i am very glad to be here to share with you my ideas of success. what is success? it is what everyone is longing for.sometimes success would be rather simple. winning a game is success; getting a high grade in the exam is success; making a new friend is success; even now i am standing here giving my speech is somehow also success.

however, as a person\'s whole life is concerned, success becomes very complicated. is fortune success? is fame success? is high social status success? no, i don’t think so. i believe success is the realization of people\'s hopes and ideals.nowadays, in the modern society there are many people who are regarded as the successful. and the most obvious characteristics of them are money, high position and luxurious life. so most people believe that s success and all that they do is for this purpose. but the problem is wether it is real success. we all know there are always more money, higher position and better condition in front of us. if we keep chasing them, where is the end? what will satisfy us at last? therefore, we can see, to get the real success we must need something inside, which is the realization of people\'s hopes and ideals.

different people have different ideas about success; cause people\'s hopes and ideas vary from one another. but i am sure every success is dear to everybody, cause it is not easy to come by, cause in the process of our striving for success, we got both our body and soul tempted, meanwhile we are enlightened by the most valuable qualities of human beings: love, patient, courage and sense of responsibility. these are the best treasures. so now i am very proud that i have this opportunity to stand here speaking to all of you. it is my success, cause i raise up to challenge my hope.

what is success? everyone has his own interpretation as i do. but i am sure every success leads to an ever-brighter future. so ladies and gentlemen, believe in our hopes, believe in ourselves, we, every one of us, can make a successful life!

wish you all good success!

>英语演讲稿3分钟励志的篇10

classmates:

As a teacher of class teacher, I am very happy now, because the students with a calm mind and nervous review together to support the May bright sky, and will be confident to usher in the harvest of June passion. Now you have to leave this hard work, full of sweat of the classroom, we must go to the examination room, and today the theme will be identified as:

Backpack, to their own life

Perhaps this way is not smooth, perhaps the voice of criticism is still echoed in your ear, maybe your inspection is still on my desk, perhaps inadvertently stabbed everyone. But I want to say: I am so in love with everyone!

I can not bear to let you take the way, so the supervision of more than praise; I could not let you spend time, so gentle eyes into sharp eyes; I can not bear you in the low hovering, so try to hold up your wings, make you change Into the eagle in the high altitude soar. So I said: Please understand the teacher\'s earnest hope!

In this is about to enter the examination room at the moment, I would like to remind you how many points:

First of all for the knowledge of things, must not be too exaggerated in the past few days the teacher talk about the content of knowledge and answer skills, of course, listen carefully and absorb the knowledge or necessary, I want to emphasize is: to try to remind themselves of the subjects Knowledge pressure to the same psychological time on the plane, so that it is conducive to the examination room to make their comprehensive ability to fully reflect, because in such a short period of time, the teacher will not be able to talk about more and more sparse, smart students should In this period of time weaving a three-year comprehensive and balanced knowledge of the power network, the final maximum harvest is necessarily yours.

Second, to adjust their own mentality: college entrance examination is the candidates knowledge and ability, problem-solving strategies and skills of the competition is the psychological quality of competition. So students should pay attention to the following:

(1) a correct understanding of the college entrance examination, in the college entrance examination, there must be many people to retire. There is no way out of retreat? Practice has proved that people from the college entrance examination on the battlefield, as long as there is the courage to overcome life, still make a difference in the community. Admitted to the University of course, the future is bright, not on the future is still bright, it is important that we have to take the usual mentality of the success of the examination, realize that college entrance examination is only an important way to achieve the ideal, but not the only way. Before the college entrance examination to think of a few retreat, you can ease their psychological pressure.

(2) a correct understanding of their own, you have prepared very full, as long as the target is reasonable, you can face the best in college entrance examination. For the college entrance examination, there must be a peace of mind, acting in people, things in the day, reduce the target, let it be.

(3) appropriate tension and anxiety is not a bad thing, but it is conducive to raising awareness of the degree of awareness and the sensitivity of thinking, not nervous is not anxious but not normal.

Third, in the knowledge of the knowledge to determine the circumstances, the level of the score depends mainly on the spot to play, to remember the previous test some successful experience and failure of the lessons learned. There are college entrance examination success of some important weight 1, the trial is slow, the answer is fast 2, the operation should be accurate, courage to big 3, the first easy, dare to give up 4, pre-mature, reasonable time 5, writing norms, both On all 6, easy to lose points, mid-range questions as much as possible without losing points, how many points can be pided on how many points.

Fourth, keep the regular way of life. On the eve of the exam and during the examination, the students still need to maintain a regular way of life, to ensure that sleep is too heavy. This formal examination will be clear-headed, smooth thinking, access to the desired results.

I believe that you can do these, the college entrance examination of the victory must belong to you! In this moment of concern our teachers have to send for everyone to wish and asked: I wish you college entrance examination Kim name.

>英语演讲稿3分钟励志的篇11

good evening， honorable judges， ladies and gentlemen。

it’s my great pleasure to stand here to present my speech—change the world， change ourselves。

it’s noticable that western holidays are becoming increasingly popular day by day， while chinese traditional festivals are being somewhat neglected。 not long before about 10 doctors in beijing university and qinghua unversity announced that we should reject the invasion of western holidays ，because they regard western holidays as an challenge against our traditional festivals and culture。

frankly speaking， i don’t quite agree with them。indeed， we should never neglect or even discard our traditonal festivals as china boasts a brilliant history and splendid traditions。 (examples)。but why can’t we absorb the meaningful western holidays and culture。

there are obvious reasons why some western holidays are so popular in china。 on the one hand， some of the western holidays which we chinese don’t have are reasonable and meaningful， such as father’s day and april fool’s day etc。 on the other hand，the prevalence of globalization enables western culture to prevail in china。 overwhelmed by such a trend，chinese unconsiciously get involved in western holidays and culture。

with the further development of the whole world， the cultural communication between different countries and nations becomes faster and more and more important。 we are indeed from different nations， but we are the citizens of the same world， so the outstanding culture of different nations is the commom wealth of everyone on the earth。the only way for us to protect our traditional culture is to reject the foreign culture? the answer is definitely no。 what we ought to do is to spare no effort to educate chinese to get to know and treasure our splendid traditions instead of rejecting foreign culture。 only by educating can we set our confidence and belief towards our culture。 only by educating can we preserve and promote the wealth that our ancesters left for us。

at last i’d like to share a famouse saying of gandhi with all of you ，that is:if you want to change the world， then you must change yourself first。”

>英语演讲稿3分钟励志的篇12

Nick, a 25-year-old Australian, was born without limbs. He used to be made fun of for looking like a monster. Everything seemed impossible to him. However, Nick never gave up. With great efforts, he finally learned to swim, fish and even surf. What surprised me is that he completed a university education and got two degrees. And now he is the CEO of two companies. Nick believes: Attitude is altitude. In his eyes, nothing is impossible. He thinks a positive attitude is the key to success.

After reading Nick’s story, I have been feeling inspired by his spirit. Compared with him, we are healthy enough to enjoy life. Somehow, we are always frustrated facing difficulties. I think Nick has set a good example to us. Try to appreciate what we do have and be more persevering and we will achieve success in the end.

>英语演讲稿3分钟励志的篇13

A son and his father were walking on the mountains. Suddenly, the son falls, hurts himself and screams, \"AAAhhhh!!!\"To his surprise, he hears the voice repeating, somewhere in the mountain,\" AAAhhhh!\" Curious, he yells,\" Who are you?\" He receives the answer,\"Who are you?\" Angered at the response, he scream,\"Coward!\" He receives the answer,\"Coward!\"

He looks to his father and asks,\"What\'s going on?\" The father smiles and says,\"My son, pay attention.\" And then he screams to the mountain, \"I admire you!\" The voice answers,\" I admire you!\" Again the man screams,\"You are a champion!\" The voice answers,\"You are a champion!\" The boy is surprised, but does not understand.

Then the father explains,\"People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more competence in you team, improve your competence. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it.\"

有一个小男孩和他的父亲走在山中。突然，孩子不小心跌倒了，痛得大叫了一声：“哎呀……”但是令他吃惊的是，他听到了一个声音从山中的某处传出来，重复着他的喊声：“哎呀……”他很好奇，大声喊道：“你是谁?”结果他得到的回答也是：“你是谁?”小男孩听了很生气，大声喊道：“胆小鬼!”结果他得到的回答也是：“胆小鬼!”他看着父亲问道：“到底是怎么回事?”父亲笑着说：“儿子，注意听。”父亲对着山大喊了一声：“我佩服你!”结果传回来的声音也是：“我佩服你!”父亲再一次大声地喊：“你是冠军!”那个声音也回答道：“你是冠军!”小孩子很惊讶，但是不明白其中的原因。

这时父亲解释说：“人们称这为‘回音’，但实际上这就是‘人生’。你说的每一句话，做的每一件事都会回应到你身上。我们的人生只不过是我们所作所为的反映。如果你要这个世界有更多的爱，那么你就要在你的心中创造更多的爱;如果你想让你的团队更优秀，那么先让你自己更优秀。这种关系对任何事情都是适用的，它适用于人生的方方面面。你给予人生的一切它都会回应给你。”

>英语演讲稿3分钟励志的篇14

no young man believes he shall ever die. it was a saying of my brother\'s, and a fine one. there is a feeling of eternity in youth, which makes us amend for everything. to be young is to be as one of the immortal gods. one half of time indeed is flown-the other half remains in store for us with all its countletreasures; for there is no line drawn, and we see no limit to our hopes and wishes. we make the coming age our own-

the vast, the unbounded prospect lies before us.

death. old age. are words without a meaning. that paby us like the idea air which we regard not. others may have undergone, or may still be liable to them-we \"bear a charmed life“, which laughs to scorn all such sickly fancies. as in setting out on delightful journey, we strain our eager gaze forward-

bidding the lovely scenes at distance hail!

and see no end to the landscape, new objects presenting themselves as we advance; so, in the commencement of life, we set no bounds to our inclinations. nor to the unrestricted opportunities of gratifying them. we have as yet found no obstacle, no disposition to flag; and it seems that we can go on so forever. we look round in a new world, full of life, and motion, and ceaseleprogress; and feel in ourselves all the vigor and spirit to keep pace with it, and do not foresee from any present symptoms how we shall be left behind in the natural course of things, decline into old age, and drop into the grave. it is the simplicity, and as it were abstractedneof our feelings in youth, that (so to speak) identifies us with nature, and (our experience being slight and our passions strong) deludes us into a belief of being immortal like it. our short-lives connection with existence we fondly flatter ourselves, is an indissoluble and lasting union-a honeymoon that knows neither coldness, jar, nor separation. as infants smile and sleep, we are rocked in the cradle of our wayward fancies, and lulled into security by the roar of the universe around us0we quaff the cup of life with eager haste without draining it, instead of which it only overflows the more-objects prearound us, filling the mind with their magnitude and with the strong of desires that wait upon them, so that we have no room for the thoughts of death.

>英语演讲稿3分钟励志的篇15

After studying a great many of historic materials , books and unearthed relics , he summarize the sani culture in yunnan as ah shi - ma culture . he points out that the traditional sani culture comprises four types , namely the hill culture represented by mizhi woods and mizhi festival , the fire culture by fire pray and torch festival , stone culture by stone worship and zulin - bimo ( priests ) culture . the author comprehensively explains the four psychological features deposit in the traditional sani culture , that is the rational tragedy consciousness , the ideal of searching for utopian home ah zhuo - di , the wise lifestyle rooted from migration and creativity , the open mind to face nonnative culture.

>英语演讲稿3分钟励志的篇16

Don’t allow your troubles to get the best of you. Instead, allow those troubles to make the best of you.

Don’t tire yourself out fighting against the challenges. Instead, find new energy by embracing1 those challenges and working through them to create real value.

Always remind yourself that discour-agement is nothing more than a response you’ve chosen. When you find that you’ve chosen to let it be, you can just as surely choose to let it go.

Replace discouragement with determin-ation. It is your life’s energy, and you can point it in whatever direction you choose. Your most powerful response is not based only on what has already happened. Your most powerful response also takes into account what you wish to make happen next.

Look forward, and envision in great detail the future you desire. Then gather all your energy, and step forward to make it be.

不要被烦恼击败,相反,要让这些烦恼磨练出更优秀的你。

不要因与挑战作斗争而身心疲惫,相反,要在接受挑战、战胜挑战的过程中找到活力去创造真正的价值。

时常提醒自己,气馁只不过是你自己的选择。当你发现是你选择了气馁,你当然也可以选择不这样。

用决心消除气馁,这就是你生命的活力,是放之四海而皆准的。你最有力的反应不仅仅受所发生的事情的影响,而且与你期待发生的事情有一定关联。

向前看,详尽地展望你所期盼的未来。然后集中你所有的精力,努力前进,让梦想成真。

>英语演讲稿3分钟励志的篇17

Compared with the forty year old shabby dormitory I am living in now, the one I lived in for three years in high school was heaven: three students shared one brand new suite with air conditioners and a bathroom.

In three years time we changed it thoroughly:the color of the floor turned from bright pink into muddy gray, and the closet a hive of insects proliferating among piles of rotten fruit.And our masterpiece was the bathroom, a never drying swamp which served as the habitat of various kinds of mold, and even rodents, rats would occasionally take the trouble to pay us a visit, and.., all three of us felt like sobbing when we at last had to say good bye to our lovely filthy dormitory. Maybe it is because that the dormitory had changed us as well as we\'d changed it.

The first lesson our dormitory taught us was to look after ourselves. Frankly speaking, we were not good students at all. I still remember the underwear that was soaked in soapy water for one and a half years before it was finally thrown away. Almost each of the boys\' dormitories had gradually developed its own unique \"fragrance\" usually a mixture of rotten fruit, unwashed socks, stunk towels and some junk food. We could tell one dormitory from another by sniffing instead of looking. Our tolerance towards untidiness was amazing.

However, in spite of all this, we really did make some progress. Bit by bit, we started to wash dirty clothes before they stunk, cleaned the garbage bin when it could hold no more trash, we even used brushes in a not-sc-successful attempt to refurbish the floor. The point was that we were not obeying any order, we did every bit of the cleaning for ourselves, because we wanted to live in a better place. Though nothing we did could be called an achievement, it was the first time we fully bore the consequences of our behavior, and took the responsibility.

Thus it was not surprising that I often found myself the only one to clean up my university dormitory which looked no better than a garbage bin when my roommates felt normal of it.

When talking about our dormitory life, and probably all the dormitory life, we should never leave out one thing. This was what we called \"bed talks\". Though it was considered \"illegal,\"there was nothing to stop us from deliberately starting a heated discussion right after lights were out. It was our favorite and the only way of ending our day, and we were as punctual for it as our parents are for work. What was the most common topic?Girls, of course! What other topics were there for three energetic adolescent males lying comfortably in bed? We judged them,ranked them, argued over them night after ni

本DOCX文档由 www.zciku.com/中词库网 生成，海量范文文档任你选，，为你的工作锦上添花,祝你一臂之力！