# 英语3分钟演讲稿简单励志

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*英语3分钟演讲稿简单励志(通用12篇)英语3分钟演讲稿简单励志要怎么写，才更标准规范？根据多年的文秘写作经验，参考优秀的英语3分钟演讲稿简单励志样本能让你事半功倍，下面分享【英语3分钟演讲稿简单励志(通用12篇)】，供你选择借鉴。>英语3分...*

英语3分钟演讲稿简单励志(通用12篇)

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>英语3分钟演讲稿简单励志篇1

Enjoy that uniquenesss1. You do not have to pretend in order to seem more like someone else. You do not have to lie to hide the parts of you that are not like what you see in anyone else.

You were meant to be different. Nowhere, in all of history, will the same things be going on in anyone’s mind, soul and spirit as are going on in yours right now.

If you did not exist, there would be a hole in creation, a gap2 in history, and something missing from the plan for humankind. Treasure your uniqueness. It is a gift given only to you. Enjoy it and share it!

No one can reach out to others in the same way that you can. No one can speak your words. No one can convey your meanings. No one can comfort others with your kind of comfort. No one can bring your kind of understanding to another person. No one can be cheerful and light-hearted3 and joyous4 in your way. No one can smile your smile. No one else can bring the whole unique impact of you to another human being.

Share your uniqueness. Let it flow out freely among your family and friends, and the people you meet in the rush and clutter of living, wherever you are. That gift of yourself was given to you to enjoy and share. Give yourself away!

See it! Receive it!

Let it inform you, move you and inspire you!

You are unique!

请欣赏你自己的独特吧!你不用伪装自己以使你看起来和别人一样,也无需掩藏你在别人看来所具有的独特性。

你生来与众不同。现在你所拥有的思想,灵魂,精神是任何时刻、任何地点的其他人都不曾拥有的。

如果你不存在了,那么上帝的作品中就有了一个缺憾,历史也不再完整,人类发展也有了缺失。

珍惜你所拥有的独特性。这是上天给你的礼物,请欣赏并学会分享它。

没有人能像你一样乐于帮助别人。没有人能像你一样表达自己。也没人能够表达你想传达的意思。没有人能用你所特有的方式来安慰别人。也没有人能够像你一样善解人意。没有人能像你一样感受快乐、无忧无虑,也没有人能像你一样微笑。总而言之,没有人能够把你的特性展示给其他人。

分享你的独特性吧!尽情地将你的独一无二展示给其他人,英语短文不管是你的亲人和朋友还是你在纷繁复杂的生活中所遇到的路人。请欣赏并分享上帝给你的这份独特的礼物吧。释放你自己!

感知它并且接受它!

听从你的独特性,让它影响你、感动你并且激励你前进!

你是独一无二的!

>英语3分钟演讲稿简单励志篇2

This is a multiple choice questions, could you tell me: senior year, I use the attitude of how to grow? Answer: happy, pessimistic, make public, positive, rebellious, forbear, stick to, give up and shake of hardship and struggle... You may meet the challenge in the storm, can also learn to strong and enduring in failure. No matter what your choice is, three high, this is the growth of a struggle process.

Mr Yu has been in the \"win in China\" issued a theory of the grass tree: \"there are two kinds of people\'s way of life, the first is like grass alive: growing up again, you still grow up, people can tread you, won\'t produce the pain, because people itself didn\'t see you, so every one of us should grow like a tree. Even if we now are nothing, but as long as you have the tree seed, even if you are stepped on earth the middle, you still can absorb soil nutrients. You maybe two years three older is not big, but a decade eight years twenty years you can grow into towering trees. Tree, alive is a beautiful scenery, dead still is pillars just. Living dead are useful.\" In three of this article is a bit bumpy road, we should all in everyone\'s heart with the seed of a tree. Regardless of wind and rain wet eyes or wind broken skin, should be stalked a steadfast head high to meet belong to high in the thorns. Then, we slowly have a tree trunk, forceful and vigorous. Although there are some see rough arm scar, but was poured with envious eyes.

Perhaps, three journey, we can not long be great trees like Mr Yu said, but, as long as we always have the dream of tree species, we will be able to wait until that day, the sun is shining, shining on us on the green leaves of flashing bright green light.

>英语3分钟演讲稿简单励志篇3

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3分钟演讲稿简单励志篇4

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3分钟演讲稿简单励志篇5

the importance of time good morning,dear teacher and my friends!

my name is ----.i’m a student of great 7 from --xmiddle school. i ’m very glad to stand here and give you a short speech today. my topic is “the importance of time”.

someone says: “time is money!” but i think time is even more important than money. why? because when money is spent, we can get it back. however, when time is gone,it will never return no matter how rich you are.

but it is a pity that there are a lot of people who do not know the importance of time . they spend all day on smorking, drinking and playing.they do not know that wasting time means wasting life.

as to us, a middle schoole student, school time is a very important period for our growing up. we should make full use of it to do something usefull, just like learning different kinds of knowledge , taking exercise for a good health and so on.

in a word , we should save time.time is limited and so，very precious. it will not return any more when it is gone.

that’s all for my speech.thank you!(或者 thanks for your listening!)

>英语3分钟演讲稿简单励志篇6

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3分钟演讲稿简单励志篇7

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3分钟演讲稿简单励志篇8

The first time in life? Then grasp your chance with your perfect performance on the dating night, by learning the following principle in heart.

Dress properly. While everyone wants to give an impressive debut on the first date, you should avoid wearing something too bizarre to be accepted. If you are still in school, a sportswear can fulfill your purpose. For businessman or grownups, casual clothes are recommended. Never put up your working uniforms,no matter how well you like that Armani suit. It is no work. A few accessories such as a pair of sunglasses or silver loops on the wrist can add up to the romance sphere.

Take a bath before dating. And if you like, spray a little perfume, but unless you\'re sure that he or she likes the smell,don\'t use ones that are too strong.

Watch your manner. You\'re no prince of the Scotland nor Cinderella in the legend. Proper manners will ensure a lasting relationship while bad ones scare away your sweetheart. And do make sure you do not boast about your fortune, for, not everyone are green addicts. And your way of smiling, or your greatestoath, should neither be \"coy\" nor \"by St. Loy!\" after the nun in Chaucer.

Be a little sensitive than merely innocent. Do make sure you do not intrude his or her privacy on the first date. For there maybe something deeply concealed within the inner core of every heart, of which the owner doesn\'t share often with anyone but his intimacy.

Finally, wish you good luck. May you get your hearts combined and start a new journey in the miracle of life and love. Stay tuned till a borderline is reached, and keep on through out the whole way.

简评 看来第一次约会真是令人兴奋并紧张期待的。为第一次约会所提出的建议也是仁者见仁、智者见智。王永同学用词简单、结构精炼，读起来节奏快，例如：“Dress Properly....If you are still in school，a sportswear can fulfill your purpose.For businessman Orgrowmups，casual clothes are recommended.”这样的文章结构像是在提醒我们时不我待，要抓住机会，抓紧时间。

>英语3分钟演讲稿简单励志篇9

In the State of Zheng. There was a man who wanted to go into town to buy a pair of new shoes.

郑国，有个人想去城里买一双新鞋子。

Before leaving home, he measured his foot with a piece of straw for size. After he arrived at the town and entered a shoe shop, he put his hand into his pocket only to find that in his haste he had left the measurement at home. Thereupon, he turned round and started for home. But when he rushed back to the shoeshop with the measurement, the shop had closed. As a result, he had suanwenw busied himself for nothing.

他离家前先用一根稻草量了自己的脚，把他当作尺码。他到了城里，走进鞋店，伸手摸口袋，从发现因为急着赶路，把尺码忘在家里了。于是，他转身就往家里跑。可是等他拿着尺码赶回鞋店的时候，店已经关门了。结果，他白忙了一阵子，还是没有买到鞋子。

Later, someone asked him:” Were you buying shoes for yourself or for others? ”

后来，有人问他：“你是给自己买鞋，还是给别人买鞋?”

He answered:” For myself.”

他回答说：“是给我自己。

Someone else asked him:” Don’t you have your feet on yourself? You need only to Try on shoes with your feet to get the right size. Why did you go back home to fetch the measurement? “

别人又问他：“脚不是长在你自己身上吗?英语小短文只要用你的脚去试试鞋子的大小，不就可以了吗?为什么还要回家去拿尺码呢?“

The man of Zheng insisted:” I would rather trust the measurement than my own feet.”

那个郑国人坚持说：“我宁愿相信尺码，也不相信自己的脚。“

>英语3分钟演讲稿简单励志篇10

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3分钟演讲稿简单励志篇11

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 to challenges of hardships.

you will never waver 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, 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!

>英语3分钟演讲稿简单励志篇12

Surrounding you are angels, they are there to guide your path. If weakness overcomes you, they’ll give you strength if you will ask. They are your protection when life seems too hard to bear, and though you feel alone at times, the angels, they are there…

Their faces may be hidden, and their voices you might not hear, but they are always with you through your laughter or your tears.

They’ll walk along beside you, they’ll guide your steps along the way, they’ll comfort you and hold you, protect you night and day. They’ll hold to your hand tightly, and will not ever let it go, and they’ll gently lead you forward, taking each step very slow.

When life is overwhelming, and your spirit has grown tired, know that they’ll be there for you to uplift and to inspire. And when you’re torn and lonely, and you see no hope ahead, know that they will nourish you, and your spirit will be fed.

For even in the darkest hour, when all of hope seems gone, they’ll give you strength to live your life, and desire to go on. And if your faith in Heaven should ever fade away, they’ll help renew your spirit, and help you find your way.

Angles are always there; and upon their strength and guidance, you always may rely.

围绕在你身边的是天使，她们一直在那里指引着你的道路。如果软弱正吞噬着你，去请求力量吧，她们会赐予你力量。她们是你的护身符，当生活看上去非常艰难，当你有时觉得很孤独时，你的天使，她们一直就在那里……

你可能看不见她们的脸，听不见她们的声音，但她们一直都在那里，伴随着你的欢笑和泪水陪你前行。

在人生的旅途中，她们指引你前行，安慰你，拥抱你，日夜保护着你，她们永远都将紧紧握着你的手，轻柔地引导你前行，慢慢地帮助你走出每一步。

当生活变得很无奈，你的灵魂开始疲惫，你知道她们一直在那里陪着你给你重新振作起来的勇气。当你身心疲惫，感觉孤独，看不到前方是否有希望时，你知道他们会滋润你的心灵，充实你的灵魂。

即使在最黑暗的日子里，当所有的希望似乎都变得渺茫，天使会赋予你生活的力量和继续前进和动力。英语励志短文如果你所坚信的美好在现实面前有些褪色，她们会再次激励你，并帮助你找到自己的方向。

天使一直就在我们身边;有了天使赐予我们的力量和指引，你可以勇往直前。

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