# 做最好的自己英语演讲稿5分钟5篇范文

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*今天的演讲稿主题是做最好的自己5分钟英语演讲稿。什么是最好的自己?就是竭尽全力去做好每一件事情。也许成果总是不尽人意，但只要尽力了，对自己来说那就是做到了最好的自己。下面是小编为大家收集有关于做最好的自己英语演讲稿5分钟，希望你喜欢。1做最...*

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**1做最好的自己英语演讲稿5分钟**

Transcr ipt of Apple CEO Tim Cook\'s commencement address at TulaneUniversity

苹果CEO蒂姆·库克杜兰大学毕业典礼演讲致词

Hello Tulane! Thank you President Fitts, Provost Forman, distinguishedfaculty, other faculty (laughs), and the entire Tulane family, including theworkers, ushers, (and) volunteers who prepared this beautiful space. And I feelduty-bound to also recognize the hard-working bartenders at The Boot. Thoughthey\'re not here with us this morning, I\'m sure some of you are reflecting ontheir contributions as well. (The Boot is a popular college bar right next toTulane\'s campus which has been around for decades.)

你好，杜兰大学!感谢菲茨校长、福尔曼教务长、尊敬的教职员工、其他教职员工[笑]以及整个杜兰大家庭，包括为这个美丽的讲堂做准备的工作人员、引座员和志愿者。我觉得我有责任也称赞一下在TheBoot工作的辛勤的调酒师。虽然他们今天早上没有和我们在一起，但我相信你们中的一些人也在反思他们的贡献。[TheBoot是一家受欢迎的大学酒吧，紧挨着杜兰大学校园，已经存在了几十年了。]

And just as many of you have New Orleans in your veins, and perhaps yourlivers, some of us at Apple have New Orleans in our blood as well. When I was astudent at Auburn, the Big Easy was our favorite getaway. It\'s amazing howquickly those 363 miles fly by when you\'re driving toward a weekend of beignetsand beer. And how slowly they go in the opposite direction. Apple\'s own LisaJackson is a proud Tulane alum. Yes. She brought the Green Wave all the way toCupertino where she heads our environment and public policy work. We\'re thrilledto have her talent and leadership on our team.

就像你们中很多人的血管里也许还有肝脏里有新奥尔良一样，我们苹果公司的一些人的血液里也有新奥尔良。当我还是奥本大学的学生的时候，我们最喜欢的度假胜地是BigEasy。非常神奇的是，当你在周末开车驶向这个胜地，想象着甜甜圈和啤酒的时候，363英里的距离似乎一闪而过;而当你返程时，路途却显得那么遥远。苹果的员工丽莎-杰克逊(LisaJackson)是一位令人骄傲的杜兰大学校友。是。她把绿色浪潮一路带到了库比蒂诺，在那里她领导着我们的环境和公共政策工作。我们很高兴她能在我们的队伍中发挥才华和进行领导。

OK, enough about us. Let\'s talk about you. At moments like this, it alwayshumbles me to watch a community come together to teach, mentor, advise, andfinally say with one voice, congratulations to the class of 20\_!

好了，别再提我们了。让我们谈谈你们。在这样的时刻，看到一个社区聚集在一起传道受业解惑，最后用一个声音说，祝贺20\_年的同学们，这让我感到很谦卑!

Now there\'s another very important group: your family and friends. Thepeople who, more than anyone else, loved, supported, and even sacrificed greatlyto help you reach this moment. Let\'s give them a round of applause. This will bemy first piece of advice. You might not appreciate until much later in your lifehow much this moment means to them. Or how that bond of obligation, love, andduty between you matters more than anything else.

现在还有一个非常重要的群体：你们的家人和朋友。那些比任何人都更爱你们、更支持你们、甚至甘愿自我牺牲的人，为了帮助你们达到这一时刻，他们付出了巨大的代价。让我们为他们鼓掌。这将是我的第一条建议。直到你生命的后期，你们才会意识到这一刻对他们来说有多么重要，或者意识到你们的义务、爱和责任有多么重要。

In fact, that\'s what I really want to talk to you about today. In a worldwhere we obsessively document our own lives, most of us don\'t pay nearly enoughattention to what we owe one another. Now this isn\'t just about calling yourparents more, although I\'m sure they\'d be grateful if you did that. It\'s aboutrecognizing that human civilization began when we realized that we could do moretogether. That the threats and danger outside the flickering firelight gotsmaller when we got bigger. And that we could create more - more prosperity,more beauty, more wisdom, and a better life - when we acknowledge certain sharedtruths and acted collectively.

事实上，这就是我今天真正想和你们说的。在一个我们沉迷于记录自己生活的世界里，我们中的大多数人对我们彼此亏欠的东西没有给予足够的关注。这不仅仅是给你们的父母打更多的电话，尽管我相信如果你们会这么做，他们会很感激的。当我们意识到我们可以在一起做更多的事情时，人类文明就开始了。当我们变得更越来越强大时，在闪烁的火光之外的威胁和危险就会变得越来越小。我们可以创造更多——更多的繁荣，更多的美，更多的智慧，更美好的生活——只要我们承认某些共同的真理并采取集体行动。

Maybe I\'m biased, but I\'ve always thought the South, and the Gulf Coast inparticular, have hung on to this wisdom better than most. (Tim Cook grew up inRobertsdale, Alabama, which is about an hour from New Orleans and is similarlyclose to the Gulf of Mexico.) In this part of the country, your neighbors checkup on you if they haven\'t heard from you in a while. Good news travels fastbecause your victories are their victories too. And you can\'t make it throughsomeone\'s front door before they offer you a home-cooked meal.

也许我有偏见，但我一直认为南方，特别是墨西哥湾海岸，比大多数人更能坚持这一智慧。[库克在阿拉巴马州的罗伯茨代尔长大，那里距离新奥尔良大约一个小时的路程，同样靠近墨西哥湾。]在这个国家的这个地方，如果你们的邻居有一段时间没有你们的消息，他们会忍不住来看望你们。好消息传得很快，因为你们的胜利也是他们的胜利。在他们提供一顿热饭热菜招待你们之前，你们是不可能走出大门的。

Maybe you haven\'t thought about it very much, but these values haveinformed your Tulane education too. Just look at the motto: not for one\'s self,but for one\'s own. You\'ve been fortunate to live, learn, and grow in a citywhere human currents blend into something magical and unexpected. Whereunmatched beauty, natural beauty, literary beauty, musical beauty, culturalbeauty, seem to spring unexpectedly from the bayou. The people of New Orleansuse two tools to build this city: the unlikely and the impossible. Wherever yougo, don\'t forget the lessons of this place. Life will always find lots of waysto tell you no, that you can\'t, that you shouldn\'t, that you\'d be better off ifyou didn\'t try. But New Orleans teaches us there is nothing more beautiful ormore worthwhile than trying. Especially when we do it not in the service ofone\'s self, but one\'s own.

也许你们还没有想太多，但这些价值观也影响了你们杜兰大学的教育。看看这句座右铭：不是为了自己，而是为了自己人。你们很幸运地生活、学习和成长在一座城市里，在这个城市里，人类的潮流融合成了一种神奇的、意想不到的东西。在那里，无与伦比的美，自然的美，文学的美，音乐的美，文化的美，似乎不期而至地从河口涌出。新奥尔良的人们使用两种工具来建造这座城市：不太可能的和不可能的。无论你走到哪里，都不要忘记这个地方的教训。生活总会找到很多方法来告诉你，不，你不能，你不应该，如果你不去尝试，你会过得更好。但是新奥尔良告诉我们，没有什么比尝试更美丽和更有价值了。尤其是当我们这样做不是为自己服务，而是为自己人服务的时候。

For me, it was that search for greater purpose that brought me to Apple inthe first place. I had a comfortable job at a company called Compaq that at thetime looked like it was going to be on top forever. As it turns out, most of youare probably too young to even remember its name. But in 1998, Steve Jobsconvinced me to leave Compaq behind to join a company that was on the verge ofbankruptcy. They made computers, but at that moment at least, people weren\'tinterested in buying them. Steve had a plan to change things. And I wanted to bea part of it.

对我来说，正是为了追求更伟大的目标，我才第一次来到苹果。我曾在一家叫康柏(Compaq)的公司找到了一份舒适的工作，在当时看来，这份工作将永远是的工作。事实证明，你们中的大多数人可能还太年轻，甚至不记得它的名字。但在1998年，史蒂夫-乔布斯说服我离开康柏，加入一家濒临破产的苹果公司。他们制造电脑，但至少在那一刻，人们对购买这些电脑并不感兴趣。史蒂夫有个改变一切的计划。我也想成为其中的一员。

It wasn\'t just about the iMac, or the iPod, or everything that came after.It was about the values that brought these inventions to life. The idea thatputting powerful tools in the hands of everyday people helps unleash creativityand move humanity forward. That we can build things that help us imagine abetter world and then make it real.

这不仅仅是iMac，或者iPod，或者之后的一切，而是使这些发明创意复活的价值观念。把强大的工具放在普通人手中将有助于释放创造力和推动人类向前发展。我们可以建造一些东西来帮助我们想象一个更美好的世界，然后让它成为现实。

There\'s a saying that if you do what you love, you\'ll never work a day inyour life. At Apple, I learned that\'s a total crock. You\'ll work harder than youever thought possible, but the tools will feel light in your hands. As you goout into the world, don\'t waste time on problems that have been solved. Don\'tget hung up on what other people say is practical. Instead, steer your ship intothe choppy seas. Look for the rough spots, the problems that seem too big, thecomplexities that other people are content to work around. It\'s in those placesthat you will find your purpose. It\'s there that you can make your greatestcontribution. Whatever you do, don\'t make the mistake of being too cautious.Don\'t assume that by staying put, the ground won\'t move beneath your feet. Thestatus quo simply won\'t last. So get to work on building something better.

有句谚语说，如果你做你喜欢做的事，你的人生中将永远不会有一天是在工作。在苹果公司，我知道了这是一个彻头彻尾的谎言。你会比你想象的更努力工作，但你却一点也不觉得费劲。当你走进这个世界的时候，不要把时间浪费在已经解决的问题上。不要为别人所说的是实际的情况而心烦意乱。相反，引导你的船进入波涛汹涌的大海。寻找那些蛮荒之地，那些看起来还很难解决的问题，那些其他人乐于解决的复杂问题。在那些地方，你会找到你的目标。在那里你可以做出你的贡献。无论你做什么，都不要犯太谨慎的错误。不要以为原地不动，地面就不会在你脚下移动。现状根本不会持久。所以开始做些更好的事吧。

In some important ways, my generation has failed you in this regard. Wespent too much time debating. We\'ve been too focused on the fight and notfocused enough on progress. And you don\'t need to look far to find an example ofthat failure. Here today, in this very place, in an arena where thousands oncefound desperate shelter from a 100-year disaster, the kind that seem to behappening more and more frequently, I don\'t think we can talk about who we areas people and what we owe to one another without talking about climatechange.

在某些重要的方面，我们这代人辜负了你们。我们花了太多时间辩论。我们一直太专注于斗争，而没有把足够的注意力放在进步上。你不需要看太远就能找到失败的例子。今天，就在这个地方，在这个成千上万人曾经绝望地躲避百年灾难的地方，这种灾难似乎变得越来越频繁。我认为，如果我们不谈论气候变化，我们就无法谈论我们是谁，以及我们彼此亏欠了什么。

(applause) Thank you. Thank you.

谢谢!谢谢!

This problem doesn\'t get any easier based on whose side wins or loses anelection. It\'s about who has won life\'s lottery and has the luxury of ignoringthis issue and who stands to lose everything. The coastal communities, includingsome right here in Louisiana, that are already making plans to leave behind theplaces they\'ve called home for generations and head for higher ground. Thefishermen whose nets come up empty. The wildlife preserves with less wildlife topreserve. The marginalized, for whom a natural disaster can mean enduringpoverty.

这个问题不会因为谁胜谁负而变得简单，这是一个关乎谁赢了人生彩票、谁有忽视这个问题的能力、谁会失去一切的问题。沿海社区，包括路易斯安那州的一些社区，已经在计划离开世代以来被称为“家园”的地方，前往更海拔更高地方。如今渔民的渔网空空如也、野生动物生计萧条。对于生存在边缘地区的人来说，自然灾害往往就意味着持久的贫困。

Just ask Tulane\'s own Molly Keogh, who\'s getting her Ph.D. this weekend.Her important new research shows that rising sea levels are devastating areas ofSouthern Louisiana more dramatically than anyone expected. Tulane graduates,these are people\'s homes. Their livelihoods. The land where their grandparentswere born, lived, and died.

问问杜兰大学的莫莉·基奥(MollyKeogh)就知道了，她这个周末就要拿到博士学位了。她的一项重要新研究表明，海平面上升对路易斯安那州南部地区造成的破坏比任何人预想的都要严重。杜兰大学的毕业生们，这些地方都是人们的家园、他们的生计、他们祖父母出生、生活和去世的地方。

When we talk about climate change or any issue with human costs, and thereare many, I challenge you to look for those who have the most to lose and findthe real, true empathy that comes from something shared. That is really what weowe one another. When you do that, the political noise dies down, and you canfeel your feet firmly planted on solid ground. After all, we don\'t buildmonuments to trolls, and we\'re not going to start now.

当我们谈论气候变化或任何与人类成本有关的问题时，我有很多问题希望你们能够着手去做：去寻找那些因此损失的人，并从一些共同的东西中找到真正的、真正的同理心，这才是我们真正亏欠彼此的东西。当你这样做的时候，政治上的喧嚣就会平息下来，你会感到自己的脚牢牢地踩在了坚实的土地上。毕竟，我们从来不为巨魔建造纪念碑，也不会现在开创这个先例。

If you find yourself spending more time fighting than getting to work, stopand ask yourself who benefits from all the chaos. There are some who would likeyou to believe that the only way that you can be strong is by bulldozing thosewho disagree or never giving them a chance to say their peace in the firstplace. That the only way you can build your own accomplishments is by tearingdown the other side.

如果你发现自己花在斗争上的时间比上班的时间还多。那么停下来，问问自己谁能从所有这些混乱中受益。有些人想让你相信，你能变得强大的方法，就是制服那些不同意你观点的人，或者从一开始就不给他们机会表达自己的机会。他们想让你相信，你能成就自己的方法就是摧毁对方。

We forget sometimes that our preexisting beliefs have their own force ofgravity. Today, certain algorithms pull toward you the things you already know,believe, or like, and they push away everything else. Push back. It shouldn\'t bethis way. But in 20\_, opening your eyes and seeing things in a new way can be arevolutionary act. Summon the courage not just to hear but to listen. Not justto act, but to act together.

我们有时会忘记，我们先前存在的信念有其自身的引力。今天，某些算法会把你已经知道、相信或喜欢的东西主动拉向你，而把其他的东西推开，但事情本不应该如此。然而在20\_年，睁开眼睛、以一种全新方式看待事物可能是一种革命性的行为。你不仅要鼓起勇气去听，还要有勇气去听。不仅仅是行动，而是要一起行动。

It can sometimes feel like the odds are stacked against you, that it isn\'tworth it, that the critics are too persistent and the problems are too great.But the solutions to our problems begin on a human scale with building a sharedunderstanding of the work ahead and with undertaking it together. At the veryleast, we owe it to each other to try.

有时候你会觉得机会对你不利、觉得这么做不值得、觉得批评之声太过顽固，亦或觉得问题太大(超出了自己的处理能力)。但是，解决我们当下问题的办法首先就是在人类范畴内建立对今后工作的共同理解，并着手共同解决这一问题。至少，我们也应该放手一搏。

It\'s worked before. In 1932, the American economy was in a free-fall.Twelve million people were unemployed, and conventional wisdom said the onlything to do was to ride it out, wait, and hope that things would turn around.But the governor of New York, a rising star named Franklin Roosevelt, refused towait. He challenged the status quo and called for action. He needed people tostop their rosy thinking, face the facts, pull together, and help themselves outof a jam.

这样的方式在之前曾成功过。1932年，当时的美国经济一落千丈，有1200万人失业。传统观点认为，我们能做的就是撑过这段时间、等待，并希望情况会有所好转。但当时政途冉冉升起的纽约州州长富兰克林o罗斯福(FranklinRoosevelt，后就任美国第32任总统，美国历连任超过两届的总统)拒绝等待。他敢于挑战现状，呼吁采取行动。他呼吁人们停止继续抱有乐观的想法，面对现实、齐心协力，帮助自己摆脱困境。

He said: \"The country demands bold, persistent experimentation. It iscommon sense to take a method and try it. If it fails, admit it and try another.But above all, try something.\"

他说：“这个国家需要一些大胆、持续的尝试。采取一种方法并加以尝试是再正常不过的事情。如果失败了，我们就承认失败，然后再试一次。但最重要的是，我们需要尝试一些东西。”

This was a speech to college students fearful about their future in anuncertain world. He said: \"Yours is not the task of making your way in theworld, but the task of remaking the world.\"

这是一场对大学生的演讲，他们担心自己在一个不确定世界里的未来。他(罗斯福)说：“你们的任务不是在世界上开辟自己的道路，而是改造世界。”

The audacious empathy of young people, the spirit that says we should livenot just for ourselves, but for our own. That\'s the way forward. From climatechange to immigration, from criminal justice reform to economic opportunity, bemotivated by your duty to build a better world. Young people have changed thecourse of history time and time again. And now it\'s time to change it oncemore.

年轻人无畏的同情心告诉我们，我们不仅要为努力生活，而且要为自己而活。这是一条前进的道路，从气候变化到移民、从刑事司法改革到经济机遇，我们都要以建设一个更美好世界的责任为动力。此前的年轻人一次又一次地改变了历史的进程，现在是时候再次改变了。

I know, I know the urgency of that truth is with you today. Feel bigbecause no one can make you feel small. Feel brave because the challenges weface are great but you are greater. And feel grateful because someone sacrificedto make this moment possible for you. You have clear eyes and a long life to usethem. And here in this stadium, I can feel your courage.

我知道，今天你们所接触到真相带来的紧迫性。大胆一些，因为没有人能让你感到弱小。勇敢一些，因为我们面临的挑战是巨大的，但你们将更加伟大。懂得感恩，因为已经有人为你们生活在的当下做出了牺牲，让这一刻成为可能。你们拥有一对清澈的眼睛，人生的道路也还很长。在这个体育场，我能感受到你们的勇气。

Call upon your grit. Try something. You may succeed. You may fail. But makeit your life\'s work to remake the world because there is nothing more beautifulor more worthwhile than working to leave something better for humanity.

呼唤你的勇气。尝试，你可能会成功，也可能会失败。但是，请让改造世界成为你自己的人生工作，因为没有什么比为人类留下更好的东西更具价值。

Thank you very much, and congratulations class of 20\_!

非常感谢，祝贺20\_届的毕业生们!

**2做最好的自己英语演讲稿5分钟**

Dear teachers, dear students:

Hello everyone! Today, my topic is \"I love reading.\"

Golgi said, \"Im on the book like a hungry man on the bread.\" We cant goaround the world, but, can bring us to every corner of the earth. A classic bookis a perfect world. In this world, there are mountains and sea in the classroom;there are clouds and days that are not seen on the playground; there is no coloron the blackboard; there are pictures that can not be turned out in thetextbooks.

I love reading, and with good books, is a very happy thing. When I gottogether with my good friends and read a good book, when my mother and I wereattracted by the plot in the book, the happiness was that chocolate and Princessskirts were far from being replaced. Having books is like having good teachersand helpful friends. They accompany me, and they make me happy and grow up withme!

I love reading, as Gerd said, \"read a good book, and one.\"

**3做最好的自己英语演讲稿5分钟**

Hello, everyone：

My name is Billy, I am ten years old. I am from Pei Yuan Primary School.Today, I want to introduce my family.

There are three people in my family, my father, mother and I. we live inYixing.

My father works in the Bank of China. He is busy, so he often gets homevery late, but he will come to my bedroom and say “good night” to me everydaywhenever how late.

My mother is a beautiful middle-aged woman. She has short hair and wears apair of glasses. I love my mother, because she does most of the housework in myhome and she does everything for me. Every day she spends some time with me onmy study. She is a good teacher as well as my dear mother.

I am thin and not tall, but I like sports. I can skate, play badminton andswim. My favorite sport is playing badminton. I usually play it with my motherevery Sunday. I believe playing badminton will bring me good health.

This is my family, father, mother and I. I love my family very much,because “be it every so humble, there is no place like home.”

At last I am going to sing for everyone, “you are my sunshine.”

**4做最好的自己英语演讲稿5分钟**

Everyone wants success. But what is success? Generally, people thinksuccess is a great deal of money, high position, academic achievement, and soon. However, most of these people never really define what success means tothem. In my opinion, success is a feeling, which makes you happy andcontent.

Success is a feeling, that means success is not considered as big or small,high or low. It is just a good mood from your heart. Maybe passing a final testis a success for a student, learning to walk is a success for a little child,marrying a beautiful girl is a success for a lad, signing a contract is asuccess for a company. Success varies from inpidual to group.

Success is a feeling, that means success is changing since your childhood.While you were a little child, you thought it was a success that your parentsfinally bought you lovely toys after you begged again and again. Success is thefeeling you had when you were told that you won the contest. After graduation,you started working.

you were successful when you finished a complicated task very well and youwere praised. When married, maybe a happy marriage and a happy family meantsuccess for you. When your child grew up, you hoped he or she attend a famousuniversity or go abroad to study or work, at that time you considered that wasyour success. When you were old enough and couldn\'t work at all, success was afeeling that your children and grandchildren came to see you from a longdistance. Actually, success always accompanied you in your growth.

However, we have to admit that you can\'t be successful all the time. Wealways meet many difficulties on the way to success. The more difficult it is,the much happier we are when we succeed.

To be successful, we should have a clear aim and then try our best to reachit. Wherever you go, whatever you are, your success belongs to yourself. It is agood feeling that you love it very much, and it really can make you laugh fromthe heart.

**5做最好的自己英语演讲稿5分钟**

Dear students,

Our way of life is always sunny, blue skies, which in theend the mostdazzling ray of sunlight? it was said to be excellent academicperformance, itwas said to be given to help others ... ... and i think that ourway of life ofthe most pilliant sunshine should be reported to belong to thetemple map, helpus to grow thanks to everyone. yes, the institute ofthanksgiving is a feeling,the institute of thanksgiving, but also acharacter.

As teachers and our students, the most important gratitude is aschool.schools to give us a big growth stage of life: pight and spaciousclassrooms,new desks and chairs, air-conditioned and well-being, as well asmulti-mediafacilities, has provided us with an attractive learning environment.read onebook pight and clean rooms, provides us with knowledge of the marinetour; flatbeautiful big playground, provided us with a good place for theexercise, andpottery room, computer room, dance room, multi-purpose hall, and soon, noschool is not out of devotion to our selfless love!

However, in these beautiful places, often with some notes of discord.readbooks in one room, some students read the book, abandonment, i do not knowtheoriginal release, there is more tear, using the phenomenon of the book; whenthered and green and white artificial big playground to open it selflessempace,and some of the scenes of discord hurt our eyes: a wide range ofconfetti,colorful tang zhi, and scattered in all corners of the shell seeds,chewing gum,etc. the list goes on of these!

Students, please put your hand on his chest ask ourselves: \"i doathanksgiving school?

Students, let us now work together, with their good health habits toschoolthanksgiving, thanksgiving, so that the flowers on campus and openmorebeautiful.

**英语发言稿**

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