# 英语演讲稿1000字

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*演讲稿也叫演讲词，它是在较为隆重的仪式上和某些公众场合发表的讲话文稿。整理的范文“英语演讲稿1000字”，供大家阅读参考。查看更多相关内容 ，请访问演讲稿频道。 篇一 Hold Fast To Your Dreams 　　I have a ...*

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篇一

Hold Fast To Your Dreams

　　I have a dream today。

　　I have a dream that one day every vally shall be exalted， every hill and mountain shall be made low， the rough places will be made plain， and the crooked places will be made straight， and the glory of the Lord shall be revealed， and all flesh shall see it together。

　　Wow， what a dream it has been for Martin Luther King。 But the changing world seems telling me that people gradually get their dreams lost somehow in the process of growing up， and sometimes I personally find myself saying goodbye unconsciously to those distant childhood dreams。

　　However， we meed dreams。 They nourish our spirit; they represent possibility even when we are dragged down by reality。 They keep us going。 Most successful people are dreamers as well as ordinary people who are not afraid to think big and dare to be great。 When we were little kids， we all dreamed of doing something big and splashy， something significant。 Now what we need to do is to maintain them， refresh them and turn them into reality。 However， the toughest part is that we often have no ideas how to translate these dreams into actions。 Well， just start with concrete objectives and stick to it。 Don’t let the nameless fear confuse the eye and confound our strong belief of future。 Through our talents， through our wits， through our endurance and through our creativity， we will make it。

　　Hold fast to dreams， for if dreams die， life is a broken-winged bird that cannot fly。 Hold fast to dreams， for when dreams go， life is a barren field frozen with snow。 So my dear friends， think of your old and maybe dead dreams。 Whatever it is， pick it up and make it alive from today。

　　译文

　　抓牢你的梦想

　　我这天有一个梦想。

　　我梦想有一天，幽谷上升，高山下降，崎岖之地变平原，曲折之路成坦途。圣光展露，满照人间。

　　这对马丁路德金是怎样的一个梦想啊。但是这个变化着的世界似乎在告诉我，在成长的过程中，人们却不知不觉把他们的梦想弄丢了，而我自我也有时会觉得在告别很多童年的梦。

　　然而，我们是需要梦想的。梦想滋养我们的灵魂，梦想代表着我们被现实拉垮时依然具有的期望。它鼓励我们不断前进。大多数成功人士都是梦想家，同时也是普通人，只是他们敢于梦想敢于成就伟大。当我们还是孩子的时候，我们都梦想过做

　　做一番大事业，此刻应当做的就是保存好那些梦想，再度恢复它们，并将它们实现。但是最难的是我们通常不明白怎样付诸实施。那么，就从体的目标开始，坚持去做吧。不要让那些莫名的恐惧迷惑了我们的双眼，影响了我们对未来的信念。用我们的天资和智慧，用我们的耐力和创造力，我们必须会实现梦想。

　　抓牢你的梦想，因为如果梦想死亡，生活就成了一只折断翅膀的鸟再也不能飞翔。抓牢你的梦想，因为如果失去梦想，生命就成了一块覆盖着冰雪的贫瘠的冻土。亲爱的朋友们，想想那些过去的或已经死去的梦想吧。不管是什么，重新将它捡起，并从这天开始让它重生。

篇二

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