



中心：_____ 姓名：_____

1150126 高中職生中翻英短文翻譯題目

我們在舒適圈裡感到安全且不想改變，因此要做一件陌生或困難的事情對我們來說並不容易。然而，你我都需要跳脫舒適圈。要跳脫舒適圈，你可以每天做一點不同於以往的事。你可以提早起床，或是走別條路上班或上學。你也可以做些難度較高的事情。你可以面對你的恐懼，比方說，你可能是個害羞的人，但你可以試著先去跟別人說話。當你跳脫舒適圈，你會成長和改變；你學會去面對新事物，進而樂在其中。只須記得踏出你的一小步！

舒適圈 comfort zone 恐懼 fear 踏出一小步 take baby steps



中心 : _____

姓名 : _____

1150126 高中職生中翻英短文翻譯參考答案

We feel safe in our comfort zones and don't want to change. So, it's not easy for us to do new or hard things. However, we all need to get out of our comfort zones. To get out of your comfort zone, you can do something a little different each day. You can get up early or take a different road to work or school. You can also do the hard things. You can face your fears. For example, you may be shy, but you can try talking to other people first. When you get out of your comfort zone, you grow and change. You learn to face new things and even like them. Just remember to take baby steps!