

中心：_____

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1150914 社會人士中翻英短文翻譯題目

規畫的另一部分是把你的行動拆解成容易做到的小部分。如果你已決心要在年底前跑完長途賽跑，就從每週三次、每次慢跑十分鐘開始吧。如果你想要存夠錢付一間房子的頭期款，就每個月先存一定的金額。雖然這些步驟也許看似沒什麼，但它們會增加長遠成功的可能性。真正重要的不是你有多成功，而是知道你能掌控自己的行為。一旦你瞭解那一點，要戒除壞習慣、過一個更健康快樂的生活就會變得更容易。

容易做到的 easy-to-manage 小部分 segment 決心 resolve

頭期款 down payment 長遠的 long-term



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Another part of planning is to break down your actions into small, easy-to-manage segments. If you've resolved to run a long-distance race by the end of the year, start by going for a 10-minute jog three times a week. If you aim to save up enough money for a down payment on a house, put aside a certain amount each month. While these steps may not seem like much, they increase the possibility of long-term success. What truly matters isn't the extent of the success you have, but the awareness that you're in control of your actions. Once you realize that, it becomes much easier to break bad habits and live a healthier and happier life.