

实现人生目标，永不放弃！ (2-1)

Discovering Your Life Purpose-(2-1)-You're only limited by what you do with your dreams

关键字: pianist, knitting, objective, evaluate, motivate

- 1 Hello, and welcome to Studio Classroom.
- 2 My name is Gabe.
- 3 My name is Carolyn.
- 4 And I'm Rebecca.
- 5 Today we're going to be discussing how you can discover your life purpose.
- 6 We are also going to talk about the importance of dreaming about things that
- 7 you never thought would be possible.
- 8 So open your magazine to the first day of the article, "Discovering Your Life
- 9 Purpose," and let's begin this journey of discovering your purpose in life.
- 10 Discovering Your Life Purpose.
- 11 You're only limited by what you do with your dreams.
- 12 As a child, I would spend hours dreaming about my future.
- 13 I imagined having a beautiful home and family with lots of children.
- 14 I also dreamed of being a teacher, pianist, world traveler, baker or doctor.
- 15 Dreaming motivated me to set goals that could make my dreams come true.
- 16 It also encouraged me to learn new skills like painting, knitting and cooking.
- 17 (Chinese).
- 18 Today's lesson takes us to the topic of discovering your purpose in life.
- 19 Many people around the world have asked the question: Why am I here?
- 20 What am I supposed to be doing with my life?
- 21 And those are definitely some of the most difficult questions to answer.
- 22 Everybody has a purpose for living.
- 23 And yet, oftentimes people don't always know what their purpose is.
- 24 In this lesson, I say that as a child, I used to spend hours dreaming about my
- 25 future.

26 And Rebecca, that is a very easy thing to do.
27 You just go to sleep at night, and then you unknowingly start dreaming about
28 anything.
29 It really is out of your control.
30 It doesn't seem like you have to try very hard to dream.
31 So Rebecca, you would dream about your future every night?
32 Ah, you're thinking of a different type of dreaming.
33 Dreaming while you're sleeping and dreaming about your future are two
34 different forms of the word "dreaming."
35 Let's talk about some of the differences.
36 When you have a dream at night, you might experience different activities.
37 You may even see images of things and people that you recognize.
38 Uh, yes. Sometimes I have dreams while I am sleeping.
39 At times they feel so real, almost as if I were really there and experiencing what
40 I am dreaming about.
41 I tend to dream a lot at night.
42 If I... if the dream seems really important to me, I might even write that dream
43 down in my journal.
44 Sometimes I like to go back years later and read about that dream.
45 It can be very encouraging.
46 That is good, Rebecca.
47 And in our lesson, we use the phrase: I am dreaming about my future.
48 This phrase has a very different meaning than when we're talking about a dream
49 at night.
50 Well, by definition, "a dream" is something that you hope might someday
51 happen.
52 It might not be tomorrow or the day after, perhaps it is even five years down the
53 road.
54 It is something that you want to see happen.
55 And you can dream all you want.
56 As our lesson says, you're only limited by what you do with your dreams.
57 A dream may seem impossible.
58 But it only becomes impossible if you choose not to do anything with that dream.
59 As a child, I would spend hours dreaming about my future or thinking about what

60 I wanted to do with my life.

61 What would you dream about, Rebecca?

62 I used to dream about all kinds of things.

63 We'll discuss more about dreaming and finding out our purpose in life in just a
64 bit.

65 But right now it looks like it is time to learn something with Liz in the Grammar
66 Gym.

67 Welcome to the Grammar Gym, friends.

68 I hope you're doing well today.

69 My name is Liz.

70 Here's our Grammar Tip sentence for today:

71 "As a child, I would spend hours dreaming about my future."

72 Our Grammar Tip focus today is on the pattern: As a [some kind of position],
73 [someone] would spend [amount of time] + [verb-ing].

74 This sentence pattern is not too complicated.

75 We all have different responsibilities, and sometimes certain roles or
76 responsibilities will put us in situations where we use a lot of time to get
77 something done.

78 In the case of today's sentence, the writer is saying that when she was a child,
79 **she would** dream about her future, and this was something that she could do for
80 many hours.

81 Let's have a look at some example sentences with this pattern.

82 As a member of his school team, Henry would spend hours training with his
83 teammates.

84 Besides "hours," we can also use other units of time.

85 For example:

86 As a dancer, Ginger would spend days practicing before a public performance.

87 Or: As an artist, Paulo would spend weeks working on a new painting.

88 And friends, that's all the time we have for today.

89 If you have a copy of this month's magazine with you, be sure to check out
90 today's Grammar Tip section for more information.

91 This is Liz from the Grammar Gym.

92 See you next time.

93 Dreaming is such an important part of life.

94 If you don't have dreams, life can start to feel as if it doesn't have any purpose.

95 I know for me, dreaming about the future rejuvenates me and helps me feel more
96 excited about living.

97 I also enjoy thinking about what seems impossible and looking for ways to make
98 it possible.

99 **All right.** Well, before we continue our lesson about finding our life purpose,
100 Rebecca, you brought up a very important word: "rejuvenate."

101 It's kind of a long word.

102 It isn't in our lesson, but this would be a great word to add to our vocabulary.

103 "Rejuvenate" means that you begin to feel young, refreshed and even energetic
104 again.

105 Wow! I want to be rejuvenated.

106 That means every year on my birthday, I will get younger, right?

107 Not quite, Gabe.

108 It doesn't really mean that you will get younger.

109 "Rejuvenate" just means that you start to feel refreshed.

110 Sometimes people will say, "When I go to the beach, I feel rejuvenated."

111 Or you could also say, "I felt so rejuvenated after my vacation."

112 Here's another example:

113 After a long day at work, I need to take a walk to get rejuvenated.

114 Those are excellent examples.

115 Can you think of times when you feel rejuvenated?

116 Talk about it in English.

117 Share with your friends different ways that you may start to feel more energized.

118 Let's continue talking about the importance of dreaming.

119 What are some of the things that you would dream about, Gabe?

120 Some things I would dream about?

121 Well, of course at night I like to dream about all kinds of things.

122 But when I was younger, I would dream about maybe growing up to be an actor.

123 I've loved acting for a long time.

124 That is one of the things I would dream about.

125 Well, those are great dreams.

126 I know for me, growing up, I used to think that one day I will be a teacher, pianist,

127 maybe even a world traveler, baker or even a doctor.

128 Well, it looks like your dream of becoming a teacher is happening right now.

129 Yeah.

130 I definitely realized that I could dream about anything that I wanted to and there
131 was no holding me back.

132 There were no limits.

133 However, I also learned that just because I have a dream doesn't necessarily
134 mean that that dream will actually happen.

135 What do you mean by the dream might not actually happen?

136 Well, we see there are no limits to what you could dream about.

137 You might dream about becoming a concert pianist.

138 But this dream might not necessarily come to pass or happen.

139 Hmm. You could dream about going to the moon, but that doesn't mean that
140 you're going to actually go to the moon.

141 Exactly.

142 However, dreaming about things that seem impossible helped me to set goals
143 that I was able to reach.

144 Well, what did you find to be most advantageous about dreaming and setting
145 goals, Rebecca?

146 As I say in our lesson, dreaming also motivated me to learn new skills.

147 Before we continue, let's discuss the word "skills."

148 "A skill" is a special ability to do something like painting, knitting or cooking.

149 And sometimes people don't even realize that they have certain special skills.

150 Sometimes people spend so much time comparing themselves to other people
151 that they don't even see their own abilities.

152 For example, perhaps you see that your friend is a great artist, you might think
153 that you should be a great artist as well.

154 However, every **person** has their own special skills.

155 Perhaps you enjoy reading, writing or photography.

156 Those are great skills.

157 Every **person** is one-of-a-kind.

158 Nobody is completely the same.

159 This is another phrase that we can talk about.

160 Take a moment and imagine if everybody were exactly the same.

161 What if you look exactly like your friend?
162 What if you have the same nose, the same eyes, mouth, ears?
163 This could make life extremely boring.
164 What if you all did exactly the same activity?
165 Exactly. Life wouldn't be very interesting.
166 So this phrase means that every **person** is unique and special in their own way.
167 Gabe plays the drums, and I don't.
168 However, I enjoy reading and singing.
169 Carolyn, you have so many other skills that Gabe doesn't have.
170 Yeah.
171 And for myself, I love to do Irish dancing.
172 This is a skill that is unique to me.
173 **All right.**
174 Well, we also know that you have a heart for animals, Carolyn.
175 Oh, yes. I am known for also knowing lots of random facts about animals.
176 **All right.** Well, I love talking about setting life goals.
177 And we'll **continue** doing that in just a moment.

178 Welcome back.
179 Today we have been discussing how to find your life purpose.
180 We have also been talking about how every individual **person** is completely
181 unique and one-of-a-kind.
182 In this lesson, we are going to continue our journey on discovering your life
183 purpose.
184 We will also discover some of the differences between "a dream" and "a goal."
185 Let's start with the next part of our reading.
186 Discovering Your Life Purpose.
187 Without any goals or dreams, my life would have been empty.
188 When I dreamed, I realized that the opportunities in life were endless.
189 A dream is something that you imagine might happen.
190 There are no limits.

191 Once you have a dream, you can create a goal.

192 A goal is a specific objective that you can work toward.

193 It has a plan and time limit, so you know when you reach it.

194 Goals turn dreams into reality.

195 Write your dreams down and evaluate whether or not they are realistic.

196 (Chinese).

197 And now let's go back to our teachers.

198 Without goals or dreams, I realized that my life would start to feel completely
199 empty.

200 You know, that's an interesting word to use, Rebecca.

201 Why did you choose to use the word "empty"?

202 You know, when I think of empty, I think of a cup like this that doesn't have
203 anything in it, just... just nothing.

204 It's empty.

205 Well, Gabe, a cup that doesn't have anything in it is definitely empty.

206 However, "empty," like many English words, has several different meanings.

207 In this case, "empty" also means that something doesn't have any meaning or
208 purpose.

209 When you say that your life is empty without dreams or goals, you're saying that
210 your life would have no purpose or meaning.

211 Exactly. Everyone needs a goal that they feel like they're working toward.

212 It makes their life feel full.

213 Well, in the same way that a glass that is filled to the top with water is full, our
214 lives also feel full when we can dream.

215 As our lesson says, when I started dreaming, I realized that the opportunities in
216 life were completely endless.

217 And here's another good word to add to our list: "endless."

218 When we say that something is endless, we are saying that it continues for a long
219 time without an end in sight.

220 Can we think of some more examples where we can use the word "endless"?

221 I have an example:

222 While in school, sometimes the school day felt endless.

223 And here's another one:

224 Sometimes it feels like the days leading up to **Chinese** New Year vacation are
225 endless.

226 Those are great examples.

227 When you dream, you realize that there is so much more in life than we can
228 actually see.

229 Well, Steve and Ken have more to share with us in the Information Cloud about
230 different types of dreams.

231 I'm sure you all know what a dream is.

232 But what about "a daydream"?

233 Well, you're forgiven if you think a daydream is a dream you have during the day,
234 but it's not.

235 In fact, you don't even have to be asleep to have a daydream.

236 A daydream happens when you think about something so intently that you lose
237 track of space and time.

238 Daydreamers unconsciously stare into space like a schoolboy who constantly
239 thinks about the girl he loves.

240 Oh.

241 Our next dream is the "pipe dream."

242 This word came about in the 1870s to describe the fantasies people experienced
243 while they smoked opium.

244 Hmm. Today, "a pipe dream" means an impossible plan or a fantastic hope.

245 I might say Ken's plan to play in the NBA is a pipe dream.

246 After all, he is kind of short.

247 Not funny.

248 OK. Our final dream truly is a dream that happens when you sleep, but it's a bad
249 dream, a terrifying dream, something we call "nightmares."

250 The word "mare" is an old word for a female evil spirit.

251 Years ago, it was believed mares disturbed people in their sleep, making them
252 feel like they were suffocating.

253 **(Chinese)**.

254 Thank you, guys.

255 As we can see, there are so many opportunities to dream.

256 As the saying goes, when you dream, the sky is the limit.

257 Hold on a second.

258 This is a great phrase to discuss here, Carolyn.

259 "The sky is the limit" is a phrase which means that someone's abilities or
260 potential is limitless.

261 In the same way that the sky never seems to end, this phrase means that there's
262 no limit to what you can dream or imagine.

263 Can you think of an example where you can use this phrase, Carolyn?

264 Sure.

265 If the sky were the limit, where would you travel?

266 In other words, if money wasn't an issue or time, where in the world would you
267 like to visit?

268 I have another example:

269 There is no limit to what you can do with your life.

270 The sky is the limit.

271 It can be very difficult to dream or imagine that our lives can be different.

272 It is so easy to put a limit on what we can do based on the circumstances around
273 us.

274 But remember, when it comes to dreaming, the sky is the limit.

275 Once you have a dream, you can create a goal that has a very specific objective.

276 A goal has a specific plan and time limit.

277 So as our lesson says, setting a deadline will help you know when you've reached
278 your goal.

279 And there is another great phrase that also refers to the sky: reach for the sky.

280 That means to set your sights high or dream big.

281 So the things you imagine for yourself are big and wonderful.

282 They aren't limited by what other people say you can or cannot do.

283 Carolyn, can you give us an example with how you can use this phrase?

284 Sure.

285 Don't feel discouraged. Reach for the sky.

286 You can do anything if you work hard toward your goals.

287 Telling someone to reach for the sky is a great way to encourage a **person** to not
288 give up on their dreams.

289 It's also a good way to encourage them to "dream big," which is a phrase I used
290 earlier.

291 But what exactly does that mean?

292 If you dream big, you don't limit yourself or your dreams.
293 You allow yourself to set goals that might be possible to achieve, but you don't
294 worry about not reaching them.
295 Instead, you look for ways to make them come true.
296 One example of dreaming big would be for a **person** from a poor village or town
297 dreaming of becoming **president**.
298 That is a very big dream.
299 And while they might not become **president** in the future, having this big dream
300 could help them to succeed in other ways.
301 It's true that not all dreams can be turned into realistic goals.
302 We will talk more about how to take a dream and turn it into a goal tomorrow.
303 For now, let's join Linda for the Editor's Summary.
304 The author of our PSYCHOLOGY article talks about something we all do or have
305 done: dream about the future.
306 Her dreams motivated her to set goals to reach those dreams.
307 Her dreaming also encouraged her to learn new skills like knitting and painting.
308 She realized that her dreams made her see endless opportunities in life.
309 We also set our goals in life from our dreams.
310 A goal is a specific objective with a plan and a time limit.
311 So, one way to accomplish your goal is to write your dreams down and evaluate if
312 they are realistic.
313 Thank you, Linda.
314 We have had a great lesson today talking about setting goals and discovering our
315 life purpose.
316 And discovering your purpose in life is certainly a journey that takes time.
317 It doesn't happen overnight.
318 Talk about some of your dreams in English.
319 We'll see you tomorrow...
320 ... right here on Studio Classroom.
321 (Music).

2014-06-23 !"#%&'()*+(2-1)

发现你的人生目标-(2-1)-你只受你如何对待梦想的限制钢琴家，编织，目标，评估，激励大家好，欢迎来到 Studio Classroom。

1 我叫 Gabe。2 我叫 Carolyn。3 我是 Rebecca。4

今天我们将讨论如何发现你的人生目标。

5

我们还将讨论梦想那些你从未想过可能实现的事情的重要性。

6

所以，打开杂志，翻到第一天的文章“发现你的人生目标”，让我们开始这段发现你人生目标的旅程。

9

发现你的人生目标。

10

你只受你如何对待梦想的限制。

11

小时候，我会花好几个小时梦想我的梦想。未来。

12

我想象自己拥有一个美丽的家和一个有很多孩子的家庭。

13

我也梦想成为一名教师、钢琴家、世界旅行者、面包师或医生。

14

梦想激励我设定目标，使我的梦想成真。

15

梦想还鼓励我学习绘画、编织和烹饪等新技能。

16 (中文)。17

今天的课程将我们带到发现人生目标的话题。

18

世界各地的许多人都问过这个问题：我为什么在这里？

19

我应该如何度过我的一生？

20

这些绝对是最难回答的问题。

21

每个人都有生活的目的。

22

然而，人们往往并不总是知道他们的目标是什么。

23

在这节课中，我说当我还是个孩子的时候，我常常花几个小时梦想我的

24 未来。25

丽贝卡，这是一件非常容易的事情。

26

你只是在晚上睡觉，然后不知不觉地开始梦到

27 任何事情。28

这真的不受你的控制。

29

似乎你不必非常努力地做梦。

30

那么丽贝卡，你每晚都会梦到你的未来吗？

31

啊，你在想一种不同类型的梦。

32

睡觉时做梦和梦到你的未来是“做梦”这个词的两种不同形式。

34

让我们谈谈其中的一些区别。

35

当你晚上做梦时，你可能会经历不同的活动。

36

你甚至可能会看到你认识的事物和人的图像。

37

嗯，是的。有时我在睡觉时会做梦。

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/285301133044011301>