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1120508 大專院校畢業生中翻英短文翻譯題目

一旦你選定了想要改變的行為，就該設定一個實際可行又具體的目標。舉例來說，不要跟自己說：「我想變健康」，你也許要說：「我想要在年底前能完成一場長途賽跑。」與其發誓要完全戒除甜點，不如考慮允許自己每週只吃一份甜點。有了實際而具體的目標，你就更能規劃行動方針並且更有機會履行你的志願。要達成人生中的任何目標，你需要有計畫，所以花時間擬定一個吧。

行為 behavior

實際可行的 realistic

具體的 specific

發誓戒除 swear off

達成 achieve

擬定 draw up

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Once you've chosen a behavior you'd like to change, it's time to set a goal that's both realistic and specific. For example, rather than telling yourself, "I want to get fit," you might say, "I want to be able to finish a long-distance race by the end of the year." Instead of swearing off dessert completely, consider allowing yourself only one dessert a week. With realistic and specific goals, you can better plan your course of action and have a greater chance of keeping your resolutions. To achieve any goal in life, you need to have a plan, so take the time to draw one up.