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1150831 社會人士中翻英短文翻譯題目

新一年的開始是試著破除舊習慣和養成新習慣的好時候。要許下新年志願還有什麼更好的時候呢？不過許下志願比維持容易多了，特別是對那些意志力薄弱的人來說。那就是為什麼要用特定的策略來幫助你掌控以及讓志願能堅持是很重要的。從讓身體健康到賺更多錢，一個人的目標清單可能很長，但試圖一次達成太多事情會很容易導致失敗。把精力只集中在一項行為上會讓你的志願更容易達成。

新年志願 New Year's resolution

意志力 willpower

特定的 specific

策略 strategy

堅持 stick

達成 achieve

失敗 failure

行為 behavior



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The start of a New Year is a good time to try to break old habits and form new ones. What better time to make a New Year's resolution? But resolutions are much easier to make than to keep, especially for those with weak willpower. That's why it's important to use specific strategies to help you stay in control and make your resolutions stick. From getting fit to making more money, one's list of goals may be long, but trying to achieve too many things at once can easily lead to failure. Make your resolution easier to keep by focusing your energy on just one behavior.