# 英语3分钟励志演讲稿

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*英语3分钟励志演讲稿(精品12篇)英语3分钟励志演讲稿要怎么写，才更标准规范？根据多年的文秘写作经验，参考优秀的英语3分钟励志演讲稿样本能让你事半功倍，下面分享【英语3分钟励志演讲稿(精品12篇)】，供你选择借鉴。>英语3分钟励志演讲稿篇1...*

英语3分钟励志演讲稿(精品12篇)

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>英语3分钟励志演讲稿篇1

The future can be anything we want to make

I do not know who wrote those words, but I have always liked them as a reminder that the future can be anything we want to make it.

We can take the mysterious, hazy future and carve out of it anything that we can imagine, just like a sculptor carves a statue from a shapeless stone.

We are all in the position of the farmer. If we plant a good seed, we reap a good harvest. If our seed is poor and full of weeds, we reap a useless crop. If we plant nothing at all, we harvest nothing at all.

I want the future to be better than the past. I don’t want it contaminated by the mistakes and errors with which history is filled. We should all be concerned about the future because that is where we will spend the reminder of our lives.

The past is gone and static. Nothing we can do will change it. The future is before us and dynamic. Everything we do will effect it.

Each day will brings with it new frontiers, in our homes and in our businesses, if we will only recognize them. We are just at the beginning of the progress in every field of human endeavor.

我不知道这段文字是谁写的，我一直很喜欢并用它们来提醒自己，那就是未来操之在我。

我们可以掌握神秘而不可知的未来，从中创出我们所能想象的任何东西，一如雕刻家可以将未成型的石头刻出雕像一样。

我们每个人都是农夫。我们若种下好种子，就会有丰收。倘若种子长得不良且长满杂草，我们就会徒劳无获。如果我们什么也不种，就根本不会有什么收获。

我希望未来会比过去更好。我不希望未来会被那些充斥在历史中的错误所污染。我们应关心未来，因为往后的余生都要在未来中度过。

往昔已一去不复返而且是静止的。任凭我们怎么努力都不能改变过去。未来就在我们眼前而且是动态的。我们的所作所为都会影响未来。

只要我们体会的出来，每天都可以发现新的知识领域伴随而生，可能是在家里，也可能是在我们的事业中。我们正处在人类所努力钻研的每个领域中进步的起点。

>英语3分钟励志演讲稿篇2

Surrounding you are angels, they are there to guide your path. If weakness overcomes you, they’ll give you strength if you will ask. They are your protection when life seems too hard to bear, and though you feel alone at times, the angels, they are there…

Their faces may be hidden, and their voices you might not hear, but they are always with you through your laughter or your tears.

They’ll walk along beside you, they’ll guide your steps along the way, they’ll comfort you and hold you, protect you night and day. They’ll hold to your hand tightly, and will not ever let it go, and they’ll gently lead you forward, taking each step very slow.

When life is overwhelming, and your spirit has grown tired, know that they’ll be there for you to uplift and to inspire. And when you’re torn and lonely, and you see no hope ahead, know that they will nourish you, and your spirit will be fed.

For even in the darkest hour, when all of hope seems gone, they’ll give you strength to live your life, and desire to go on. And if your faith in Heaven should ever fade away, they’ll help renew your spirit, and help you find your way.

Angles are always there; and upon their strength and guidance, you always may rely.

围绕在你身边的是天使，她们一直在那里指引着你的道路。如果软弱正吞噬着你，去请求力量吧，她们会赐予你力量。她们是你的护身符，当生活看上去非常艰难，当你有时觉得很孤独时，你的天使，她们一直就在那里……

你可能看不见她们的脸，听不见她们的声音，但她们一直都在那里，伴随着你的欢笑和泪水陪你前行。

在人生的旅途中，她们指引你前行，安慰你，拥抱你，日夜保护着你，她们永远都将紧紧握着你的手，轻柔地引导你前行，慢慢地帮助你走出每一步。

当生活变得很无奈，你的灵魂开始疲惫，你知道她们一直在那里陪着你给你重新振作起来的勇气。当你身心疲惫，感觉孤独，看不到前方是否有希望时，你知道他们会滋润你的心灵，充实你的灵魂。

即使在最黑暗的日子里，当所有的希望似乎都变得渺茫，天使会赋予你生活的力量和继续前进和动力。英语励志短文如果你所坚信的美好在现实面前有些褪色，她们会再次激励你，并帮助你找到自己的方向。

天使一直就在我们身边;有了天使赐予我们的力量和指引，你可以勇往直前。

>英语3分钟励志演讲稿篇3

Compared with the forty year old shabby dormitory I am living in now, the one I lived in for three years in high school was heaven: three students shared one brand new suite with air conditioners and a bathroom.

In three years time we changed it thoroughly:the color of the floor turned from bright pink into muddy gray, and the closet a hive of insects proliferating among piles of rotten fruit.And our masterpiece was the bathroom, a never drying swamp which served as the habitat of various kinds of mold, and even rodents, rats would occasionally take the trouble to pay us a visit, and.., all three of us felt like sobbing when we at last had to say good bye to our lovely filthy dormitory. Maybe it is because that the dormitory had changed us as well as we\'d changed it.

The first lesson our dormitory taught us was to look after ourselves. Frankly speaking, we were not good students at all. I still remember the underwear that was soaked in soapy water for one and a half years before it was finally thrown away. Almost each of the boys\' dormitories had gradually developed its own unique \"fragrance\" usually a mixture of rotten fruit, unwashed socks, stunk towels and some junk food. We could tell one dormitory from another by sniffing instead of looking. Our tolerance towards untidiness was amazing.

However, in spite of all this, we really did make some progress. Bit by bit, we started to wash dirty clothes before they stunk, cleaned the garbage bin when it could hold no more trash, we even used brushes in a not-sc-successful attempt to refurbish the floor. The point was that we were not obeying any order, we did every bit of the cleaning for ourselves, because we wanted to live in a better place. Though nothing we did could be called an achievement, it was the first time we fully bore the consequences of our behavior, and took the responsibility.

Thus it was not surprising that I often found myself the only one to clean up my university dormitory which looked no better than a garbage bin when my roommates felt normal of it.

When talking about our dormitory life, and probably all the dormitory life, we should never leave out one thing. This was what we called \"bed talks\". Though it was considered \"illegal,\"there was nothing to stop us from deliberately starting a heated discussion right after lights were out. It was our favorite and the only way of ending our day, and we were as punctual for it as our parents are for work. What was the most common topic?Girls, of course! What other topics were there for three energetic adolescent males lying comfortably in bed? We judged them,ranked them, argued over them night after night without feeling the slightest sense of boredom for three whole years. Were we

maniacs? Who is not a maniac at eighteen?

>英语3分钟励志演讲稿篇4

Franklin’s life full of charming stories which all young men should know —how he sold books in Boston， and became the guest of kings in Europe; how he was made Major General Franklin， only to quit1 because， as he said， he was no soldier， and yet helped to organize the army that stood before the trained troops of England and Germany。

富兰克林的一生充满了迷人的传奇故事， 年轻人都应当明白:他如何在波士顿大街上兜售图书，而之后又怎样成为了欧洲各国君主的座上客;他如何被授予少将军衔，但他却辞职不干，因为他说他没有军人气度，然而正是他帮忙组建了同训练有素的英德联军相抗衡的联邦。

Th poor Boston boy， without a day’s schooling， became master of six languages and never stopped studying; th neglected apprentice conquered the lightning， made h name famous， received degrees and diplomas from many colleges， duanwenw。 and became forever remembered as \"Doctor Franklin\"， philosopher， scientt and political leader。

这个波士顿穷孩子几乎没有上过一天学，之后却掌握了六种语言，并且他终身都在锲而不舍地学习。这个不受人重视的学徒制服了闪电，扬名天下，获得了很多学位和证书，成为了流芳百世的\"富兰克林博士\"、哲学家、科学家和政治家。

Self-made， self-taught， the candle maker’s son gave light to all the world; the street bookseller set all men singing of liberty; the apprentice became the most sought after man across the world， and brought h native land to prae and honor him。

这个蜡烛制造商的儿子自我奋斗、自学成才，给全世界带来了光明;这个街头叫卖者让全人类唱起了自由之歌;这个学徒成了全世界的人们都仰慕的人物，使他的祖国对他赞美不绝、崇敬备至。

He built America， for what our nation today largely due to the management， the forethought， the wdom， and the ability of Benjamin Franklin。 duanwenw。 He belongs to the world， but especially he belongs to America。 The people around the world honored him while he was living; he still regarded as the loftiest man by the mon people today after h death。 And he will live in people’s hearts forever。

他缔造了美国，因为我们的国家能有今日，在很大程度上归功于本杰明·富兰克林的治国之术、远见卓识、大睿大智和精明能干。他属于全世界，但他更属于美国。他在世时，各国民众尊敬他;他去世后，仍然是普通百姓心中最高尚的人。他将永远活在人们的心中。

>英语3分钟励志演讲稿篇5

a poet leads me to a branch road: on one side, there are lots of sweet apples, lovely and charming; on the other, there is a patch of thorn, what hides behind the success of struggling against the thorn is a splendid palace. i deeply know that if i choose the apples, i will give up a precious opportunity of becoming a queen; while if i choose to challenge, i have to say farewell to the apples. which one should i choose?

just like the branch road, we have to make a lot of choices during our lifetime. it is usually considered that we are choosing what to gain, to own, but in my opinion, we are just choosing to give up.

choosing to be a teacher means giving up the life as rich as a business man;

choosing to be a top student means giving up much leisure time in front of the tv.

sure, it\'s a torture, but we must judge carefully what is more important, then give up the others. don\'t think of them any more, just focus all your spirit on what you are doing.

i myself, who is standing here, have already chosen to challenge in such a great competition, so i have to give up ten days of normal classes in school and relaxation without pressure. but i am still pleased, because giving up properly makes me stick to my choice.

let\'s return to our branch road, which one will your choose? i choose to challenge here!

>英语3分钟励志演讲稿篇6

eagle acquired in a strong wind and rain in the wings, the plum blossom in full bloom in the cold weather assail the nostrils of the fragrance. in today\'s competitive times, we will not be timid, looking over, we will learn to survive in the competition, in the face of adversity in life to write music. as a philosopher said: the above on the fate of the people, confidence is the key to the fate! thorns in front of any problems, we will hold it constant. xue-hai vast, we have to do down the brave sailors, wind and the waves, the future together, the ancient saying goes: the trials and tribulations, as in ru yu. \"youth in the footsteps of firms such as flow goes, the prime years of fighting can not afford to waste points. fellow students, let us seize the good life every day, towards the other side of the gold before. pro-yuan xian fish, it is better still active and networks. we use the wisdom and courage raised the ideal of sailing, with our youth and life played a strong tone of the times! when we abandoned the confusion, take the course; ground when we blinded, tireleyaojiang, the fate of the gates will be open to us, tempting time will come! the future is not a dream today, in our hands!

if i were a boy again, i would practice perseverance(毅力)more often, and never give up a thing because it was hard or inconvenient. if we want light, we must conquer darkness. perseverance can sometimes equal genius in its results. “there are only two creatures,” says a proverb, “who can surmount the pyramids—the eagle and the snail.”

if i were a boy again, i would school myself into a habit of attention; i would let nothing come between me and the subject in hand. i would remember that a good skater never tries to skate in two directions at once. the habit of attention becomes part of our life, if we begin early enough. i often hear grown-up people say “i could not fix my attention on the lecture or book, although i wished to do so” , and the reason is, the habit was not formed in youth.

if i were to live my life over again, i would pay more attention to the cultivation of the memory. i would strengthen that faculty by every possible means, and on every possible occasion. it takes a little hard work at first to remember things accurately; but memory soon helps itself, and gives very little trouble. it only needs early cultivation to become a power.

if i were a boy again, i would look on the cheerful side. life is very much like a mirror: if you smile upon it, i smile back upon you; but if you frown and look doubtful on it, you will get a similar look in return.

inner sunshine warms not only the heart of the owner, but of all that come in contact with it. “who shuts love out ,in turn shall be shut out from love.”

finally, instead of trying hard to be happy, as if that were the sole purpose of life, i would, if i were a boy again, i would still try harder to make others happy.

>英语3分钟励志演讲稿篇7

When someone looks into your eyes they should see something alive within you. Having a dream is like owning a lighthouse1 which directs you on your journey.

At every turn we come across its mystery. At each new level we become more of the person we were meant to become. In lonely times, when we pass through a storm of disappointment, we find our faith is unshaken, our strength still strong.

Believe in your faith. Set the vision before your eyes. Write down your most sincere dreams and when the opportunity comes, step into your dream. It may take one season or more, but the result is the same. Make big dreams and then go out and make them realities. The highest hopes of the dreamer are revealed with every step taken in their journey to the impossible. For a season we must protect the dream so that it can grow quietly on the inside. But if we tenderly care for our deepest expectations, slowly but surely the dream will become new life.

Dreaming is an act of faith. The light of your expectations will cast off the shadows of a disbelieving world. God has given us the dreamer as a gift to light an unbelieving world.

Find your treasure within and cherish2 it. Tomorrow is waiting for you to take the first step.

别人看你的眼睛时,他应当体会到你内心的活力。怀揣梦想就像是拥有一座引领你前行的灯塔。

每个转折关头,它给我们带来奇迹。每个新的起点,我们脱胎换骨,焕然一新。孤独中我们挺过失望的阴霾,发现我们的信念不曾动摇,我们的力量依然强大。

秉持信念,期盼未来。许下你最真诚的梦想,一旦机会来临,就为之拼搏。也许要花一季甚或更多的时间,但结局不会改变。立大志,倾全力,成现实。前途未卜,唯有一步一个脚印,梦想者的至高希冀才会实现。我们必须珍存梦想,给它一季的保护,让它在内心悄然生发。然而我们还得温柔呵护我们内心至深的期许,慢慢地梦想必将成就新的生命。

梦想是实现信仰的第一步。你的期待熠熠光辉,它会驱逐不信的阴影。上帝赋予我们梦想的天资,去点亮不曾确信的世界。让梦想的财富寄于心中,珍爱它,明天正等着你跨出第一步。

>英语3分钟励志演讲稿篇8

In spring, seedling ground, frantically grow taller, that is they dream in the dance; Summul, lian lian, blue light quiver decorated, that is the heart of the wind in the dance; Autumn, yellow leaves, so complex, that is Ye Zaiyong life dance; Winter, snow flying, hovering circle again, that is Snow White in the dance with soul.

Three is the dance of Ruth, wearing chains want to dance.

Out of the higher carelessly, faded high impetuous, we lit candles dream, shine the light of hope, in this play rhythm of light and shade easy start.

18 years old, no longer complain about the heavy chains. Parents\' expectation, the teacher\'s hands, the good tomorrow, generally in the third year in the night sky the stars shine. We are willing to bear the weight, because of the thickness of that there is life; Our whole heart cherish the heavy, because it is in the life most the genial spring scenery.

18 years old, no longer complain in chains. Began to pay attention to his father\'s white hair, wrinkles began to love his mother, began to understand the teacher\'s painstaking. 18 years old birthday, don\'t party, don\'t cake, don\'t gift, just want to a person coagulation cautious but dozens of years, eight years lost, cherish, thirsty... We are willing to accept the bondage, because that is the gift of the creator; We appreciate those bound by heart, because that is the most happiness in life.

Three is a dance, dance of life chain!

We are not afraid to take responsibility, we are not afraid of the challenge of fate, we will use shackles on the musical rhythm, in the time of the fly with the wind...

>英语3分钟励志演讲稿篇9

Nick, a 25-year-old Australian, was born without limbs. He used to be made fun of for looking like a monster. Everything seemed impossible to him. However, Nick never gave up. With great efforts, he finally learned to swim, fish and even surf. What surprised me is that he completed a university education and got two degrees. And now he is the CEO of two companies. Nick believes: Attitude is altitude. In his eyes, nothing is impossible. He thinks a positive attitude is the key to success.

After reading Nick’s story, I have been feeling inspired by his spirit. Compared with him, we are healthy enough to enjoy life. Somehow, we are always frustrated facing difficulties. I think Nick has set a good example to us. Try to appreciate what we do have and be more persevering and we will achieve success in the end.

>英语3分钟励志演讲稿篇10

It is not easy to think positive thoughts when the world around you appears to be so negative。 In fact， it can be as difficult as anything you’ve ever done。 However， it is absolutely possible to fill your mind with positive thoughts no matter what the environment is。 Doing so makes you powerful like nothing else can。

To think positively is to alignyourselfwith1 the truth that you’re immersed2 in limitless， growing abundance。 To think positively is to pleasantly accept that your life is full of meaningful and unique achievements。

Instead of placing a judgement on your situation， apply your most positive purposes to that situation。 Instead of seeing the world as negative， see yourself as a powerful agent of the positive possibilities。

If you find yourself giving in to negativity， you are selling yourself short。 The moment you feel the slightest pain of a negative thought， stop and remind yourself how powerful you are。 Do the intentional work of keeping your thoughts positive。 Because whatever you always think is where your life will surely and steadily go。

当你周围的人或物都看似消极时，让你持有乐观思想并非是件容易的事。实际上，这和你做过的任何一件事一样难。然而，无论身处怎样的环境，用乐观的思想填充你的大脑是完全可能的。这样做会使你变得无比强大。

乐观地思考就是在证明一个事实――你的生活正处于日益丰盈的状态。乐观地思考也是在欣然理解一个事实――你的生活充满着意义深远、与众不一样的成就。

不要只顾着对你所处的形势作出评价，要把你的进取目标付诸于实际。不要只看到世界的消极一面，要看到自我能够创造进取可能性的强大力量。

如果你发现自我正向消极屈服，那么你就是在轻视自我。在你感受到消极思想所带来的一丝疼痛的那一刻，停下来吧，提醒自我你是多么强大。做一些有利于塑造进取思想的事情，因为你的思想正引领着你生活稳步前行的方向。

>英语3分钟励志演讲稿篇11

The first time in life? Then grasp your chance with your perfect performance on the dating night, by learning the following principle in heart.

Dress properly. While everyone wants to give an impressive debut on the first date, you should avoid wearing something too bizarre to be accepted. If you are still in school, a sportswear can fulfill your purpose. For businessman or grownups, casual clothes are recommended. Never put up your working uniforms,no matter how well you like that Armani suit. It is no work. A few accessories such as a pair of sunglasses or silver loops on the wrist can add up to the romance sphere.

Take a bath before dating. And if you like, spray a little perfume, but unless you\'re sure that he or she likes the smell,don\'t use ones that are too strong.

Watch your manner. You\'re no prince of the Scotland nor Cinderella in the legend. Proper manners will ensure a lasting relationship while bad ones scare away your sweetheart. And do make sure you do not boast about your fortune, for, not everyone are green addicts. And your way of smiling, or your greatestoath, should neither be \"coy\" nor \"by St. Loy!\" after the nun in Chaucer.

Be a little sensitive than merely innocent. Do make sure you do not intrude his or her privacy on the first date. For there maybe something deeply concealed within the inner core of every heart, of which the owner doesn\'t share often with anyone but his intimacy.

Finally, wish you good luck. May you get your hearts combined and start a new journey in the miracle of life and love. Stay tuned till a borderline is reached, and keep on through out the whole way.

简评 看来第一次约会真是令人兴奋并紧张期待的。为第一次约会所提出的建议也是仁者见仁、智者见智。王永同学用词简单、结构精炼，读起来节奏快，例如：“Dress Properly....If you are still in school，a sportswear can fulfill your purpose.For businessman Orgrowmups，casual clothes are recommended.”这样的文章结构像是在提醒我们时不我待，要抓住机会，抓紧时间。

>英语3分钟励志演讲稿篇12

today i am very glad to be here to share with you my ideas of success. what is success? it is what everyone is longing for.sometimes success would be rather simple. winning a game is success; getting a high grade in the exam is success; making a new friend is success; even now i am standing here giving my speech is somehow also success.

however, as a person\'s whole life is concerned, success becomes very complicated. is fortune success? is fame success? is high social status success? no, i don’t think so. i believe success is the realization of people\'s hopes and ideals.nowadays, in the modern society there are many people who are regarded as the successful. and the most obvious characteristics of them are money, high position and luxurious life. so most people believe that s success and all that they do is for this purpose. but the problem is wether it is real success. we all know there are always more money, higher position and better condition in front of us. if we keep chasing them, where is the end? what will satisfy us at last? therefore, we can see, to get the real success we must need something inside, which is the realization of people\'s hopes and ideals.

different people have different ideas about success; cause people\'s hopes and ideas vary from one another. but i am sure every success is dear to everybody, cause it is not easy to come by, cause in the process of our striving for success, we got both our body and soul tempted, meanwhile we are enlightened by the most valuable qualities of human beings: love, patient, courage and sense of responsibility. these are the best treasures. so now i am very proud that i have this opportunity to stand here speaking to all of you. it is my success, cause i raise up to challenge my hope.

what is success? everyone has his own interpretation as i do. but i am sure every success leads to an ever-brighter future. so ladies and gentlemen, believe in our hopes, believe in ourselves, we, every one of us, can make a successful life!

wish you all good success!

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