# 护士节202\_演讲稿范本（多篇）

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*前言：励志英语演讲高中生为的会员投稿推荐，但愿对你的学习工作带来帮助。　　演讲稿并不能独立地完成演讲任务，它只是演讲的一个文字依据，是整个演讲活动的一个组成部分。演讲主体、听众对象、特定的时空条件，共同构成了演讲活动的整体。共同阅读励志...*

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**励志英语演讲1**

　　What would you do if you failed? Many people may choose to give up.However, the surest way to success is to keep your direction and stick to yourgoal.

　　On your way to success, you must keep your direction.It is just like alamp, guiding you in darkness and helping you overcome obstacles on your way.Otherwise, you will easily get lost or hesitate to go ahead.

　　Direction means objectives.You can get nowhere without an objective inlife.

　　You can try to write your objective on paper and make some plans to achieveit.In this way, you will know how to arrange your time and to spend your timeproperly.And you should also have a belief that you are sure to succeed as longas you keep your direction all the time.

　　如果失败了你会怎么做?很多人可能会选择放弃。然而，要想成功，最可靠的方法就是坚持你的方向和目标。

　　在通往成功的路上，你必须坚持你的方向。它就像一盏灯，在黑暗中为你指路，帮助你度过难关。否则，你很容易就会迷失方向或犹豫不前。

　　方向意味着目标。人生如果没有目标，将一事无成。

　　你可以试着把你的目标写在纸上，并制定实现目标的计划。这样，你就会懂得如何合理安排时间，如何正确地支配时间。而且你还要有这样的信念：只要你一直坚持自己的方向，你就一定可以成功。

**励志英语演讲2**

　　Today is an excellent day for small improvements.Whatever is working foryou, find a way to improve it just a little.There’s no need to make a hugechange, just a small one, something you can do right now.

　　If you called just one additional customer each day, over the course of thenext month you would talk to about 20 new people.If you learned just one morenew word each day, in the next year you would increase your vocabulary by morethan 300 words.

　　Small improvements can add up over time into big accomplishments.Lookaround you.Consider the work you do each day.Think about how you could do itjust a little bit better.

　　In a marathon race, each step the winner takes is just a little bit longerand a little bit faster than each stride taken by the 100th place finisher.Yetover the course of the race, that small difference adds up in a big way.

　　Do just a little bit more today, and tomorrow too, and each day after that.Anyone can make just a small improvement, and that can make a big, bigdifference.

　　今天就是你可以做改进的极好的一天。无论你在做什么,找一个方法去做一点点的改进。不用做太大的改变,只要一点点——你现在可以做到的一点点。

　　如果你每天多给一个顾客打电话的话,一个月下来你会发现你又多认识了差不多二十个人。如果每天多学会一个新词,过一年,你的词汇量将会增加300多个。

　　小小的改进能够逐步积累成大的成就。观察你的周围。思考你每天所做的工作。英语短文想一下你怎么能做得更好一点。

　　在马拉松比赛中,冠军的每一步都只比第一百名的选手的步伐大一点点、快一点点。英语短文但是在比赛过程中,那些小小的不同积累成了巨大的区别。

　　今天、明天、今后的每一天尽力做更多一点点。任何人都能做一点小小的改进,但那小小的改进将会起到非常大、非常大的作用。

**励志英语演讲3**

　　Youth is not a time of life, it is a state of mind ; it is not rosy cheeks, red lips and supple knees, it is a matter of the emotions : it is thefreshness ; it is the freshness of the deep springs of life .

　　Youth means a temperamental predominance of courage over timidity of theappetite , for adventure over the love of ease.This often exists in a man of 60more than a boy of 20 .Nobody grows old merely by a number of years .We growold by deserting our ideals.

　　Years wrinkle the skin , but to give up enthusiasm wrinkles the soul .Worry , fear , self –distrust bows the heart and turns the spirit back to dust.

　　Whether 60 of 16 , there is in every human being ‘s heart the lure ofwonders, the unfailing childlike appetite of what’s next and the joy of the gameof living .In the center of your heart and my heart there’s a wireless station: so long as it receives messages of beauty , hope ,cheer, courage and powerfrom men and from the infinite, so long as you are young .

　　When the aerials are down , and your spirit is covered with snows ofcynicism and the ice of pessimism, then you are grown old ,even at 20 , but aslong as your aerials are up ,to catch waves of optimism , there is hope you maydie young at 80.

　　Thank you!

　　青春不是指岁月，而是指心态。粉嫩的脸，红润的唇，矫健的膝并不是青春。青春表现在意志的坚强与懦弱。想象的丰富与苍白、情感的充沛与贫乏等方面。青春是生命深处清泉的喷涌。

　　青春是追求。只有当勇气盖过怯弱、进取压倒苟安之时，青春才存在。果如此，则60见之长者比20岁之少年更具青春活力。仅仅岁月的流逝并不能使他们衰老。而一旦抛弃理想和信念，则垂垂老也。

　　岁月只能使皮肤起皱。而一旦丧失生活的激情，则连灵魂枯老，使人生枯如死水，毫无活力。

　　60岁长者也好，16岁少年也罢，每个人的内心深处都渴望奇迹，都如孩子一般眨着期待的双眼，期待着下一次，期待着生活的情趣，你我灵魂深处都有一座无线电中转站------只有你我年轻，则总能听到希望的呼唤，总能发出喜悦的欢呼，总能传达勇气的讯号，总能表现出青春的活力………

　　一旦青春的天线倒下，你的灵魂即为玩世不恭之雪、悲观厌世之冰覆盖;即使你年方20.其实你已垂垂老也。而只要你青春的天线高高耸起，就可以随时接收到乐观的电波-----即使你年过八旬，行将就木，而你却仍然拥有青春，你仍然年轻。

　　谢谢!

**励志英语演讲4**

　　Since we have received education, we are told that drugs are horrible andthey can destroy our life completely.In the TV, the news reported the disastersthat drugs would bring, but still there were so many young people had beenseduced to take drugs.During recent years, some famous stars were caught by thepolicemen.They took drugs and brought the negative information to the public.As a result, their career was ended and they couldn\'t appear in the screen.Theyoung people is the future of a country, but they are easy to be seduced bycriminal behaviors.They want to try something new and go against the law.It isunwise to try drug, because it is hard to recover.Without strong will, lifewill be ruined.We should stay away from drugs.

　　我们所接受的教育都是告知我们毒品是可怕的，它们可以彻底摧毁我们的生活。在电视上，新闻报道了毒品会带来的灾难，但仍然有很多年轻人被\_去吸毒。近年来，一些著名的明星因吸毒被警察抓住了，也把这负面信息带给了公众。结果，他们的职业生涯就结束了，再也不能出现在屏幕上。年轻人是一个国家的未来，但是他们很容易被犯罪行为所\_。他们想尝试新事物，违反法律。尝试毒品是不明智的，因为它很难戒掉。如果没有坚强的意志，生活将会被毁灭。我们应该远离毒品。

**励志英语演讲5**

　　Youth has been praised by many people.They believe that it is the mostprecious time of one\'s lifetime, because youth stands for young age and energy.So we should cherish youth and do whatever we like.In my opinion, when we areyoung, the first thing we need to do is to fight for our future.So we spend alot of time studying and gain much knowledge.The store of knowledge helps ussolve all kinds of problems.When we have enough ability, we are no longerafraid of meeting difficulties.The second thing we need to do is to broaden ourvision.As we are young and full of energy, it is the best time to see morescenery.Don\'t wait for retirement to explore the world.What we see will makeus mature and stronger.Let\'s enjoy the beautiful youth.

　　青春一直都受到许多人的称赞，他们认为青春是一个人一生中最宝贵的时间，因为青春代表着年轻和活力。所以我们应该珍惜青春，做我们想做的事情。在我看来，年轻时候需要做的第一件事就是为我们的未来而努力。所以我们花了很多时间去学习、获得更多的知识。知识的储备可以帮助我们解决各种各样的问题。当我们能力足够强大的时候，就不再害怕困难了。我们需要做的第二件事就是扩大视野。因为我们年轻，充满活力，所以此时是的时间去看更多的风景，不要等到退休后才去探索世界。我们的所见所闻会让我们变得成熟和强大。让我们享受美好的青春吧。

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