# ted励志演讲稿范文202\_

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*TED它是美国的一家私有非盈利机构，该机构以它组织的TED大会著称。以下是乐德范文网小编分享的ted励志演讲稿范文，一起来和小编看看吧。　　>ted励志演讲稿范文篇1　　TED演讲稿 坠机让我学到的三件事\_演讲稿　　Imagine a ...*

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　　>ted励志演讲稿范文篇1

　　TED演讲稿 坠机让我学到的三件事\_演讲稿

　　Imagine a big explosion as you climb through 3,000 ft. Imagine a plane full of smoke. Imagine an engine going clack, clack, clack, clack, clack, clack, clack. It sounds scary.

　　想像一个大爆炸，当你在三千多英尺的高空;想像机舱内布满黑烟，想像引擎发出喀啦、喀啦、喀啦、喀啦、喀啦的声响，听起来很可怕。

　　Well I had a unique seat that day. I was sitting in 1D. I was the only one who can talk to the flight attendants. So I looked at them right away, and they said, \"No problem. We probably hit some birds.\" The pilot had already turned the plane around, and we weren\'t that far. You could see Manhattan.

　　那天我的位置很特別，我坐在1D，我是唯一可以和空服员说话的人，于是我立刻看着他们，他们说，“没问题，我们可能撞上鸟了。” 机长已经把机头转向，我们离目的地很近，已经可以看到曼哈顿了。

　　Two minutes later, 3 things happened at the same time. The pilot lines up the plane with the Hudson River. That\'s usually not the route. He turns off the engines. Now imagine being in a plane with no sound. And then he says 3 words-the most unemotional 3 words I\'ve ever heard. He says, \"Brace for impact.\"

　　两分钟以后，三件事情同时发生：机长把飞机对齐哈德逊河，一般的航道可不是这样。他关上引擎。想像坐在一架没有声音的飞机上。然后他说了几个字，我听过最不带情绪的几个字，他说，“即将迫降，小心冲击。”

　　I didn\'t have to talk to the flight attendant anymore. I could see in her eyes, it was terror. Life was over.

　　我不用再问空服员什么了。我可以在她眼神里看到恐惧，人生结束了。

　　Now I want to share with you 3 things I learned about myself that day.

　　现在我想和你们分享那天我所学到的三件事。

　　I leant that it all changes in an instant. We have this bucket list, we have these things we want to do in life, and I thought about all the people I wanted to reach out to that I didn\'t, all the fences I wanted to mend, all the experiences I wanted to have and I never did. As I thought about that later on, I came up with a saying, which is, \"collect bad wines\". Because if the wine is ready and the person is there, I\'m opening it. I no longer want to postpone anything in life. And that urgency, that purpose, has really changed my life.

　　在那一瞬间内，一切都改变了。我们的人生目标清单，那些我们想做的事，所有那些我想联络却没有联络的人，那些我想修补的围墙，人际关系，所有我想经历却没有经历的事。之后我回想那些事，我想到一句话，那就是，“我收藏的酒都很差。” 因为如果酒已成熟，分享对象也有，我早就把把酒打开了。我不想再把生命中的任何事延后，这种紧迫感、目标性改变了我的生命。

　　The second thing I learnt that day - and this is as we clear the George Washington bridge, which was by not a lot - I thought about, wow, I really feel one real regret, I\'ve lived a good life. In my own humanity and mistaked, I\'ve tired to get better at everything I tried. But in my humanity, I also allow my ego to get in. And I regretted the time I wasted on things that did not matter with people that matter. And I thought about my relationship with my wife, my friends, with people. And after, as I reflected on that, I decided to eliminate negative energy from my life. It\'s not perfect, but it\'s a lot better. I\'ve not had a fight with my wife in 2 years. It feels great. I no longer try to be right; I choose to be happy.

　　那天我学到的第二件事是，正当我们通过乔治华盛顿大桥，那也没过多久，我想，哇，我有一件真正后悔的事。虽然我有人性缺点，也犯了些错，但我生活得其实不错。我试着把每件事做得更好。但因为人性，我难免有些自我中心，我后悔竟然花了许多时间，和生命中重要的人讨论那些不重要的事。我想到我和妻子、朋友及人们的关系，之后，回想这件事时，我决定除掉我人生中的负面情绪。还没完全做到，但确实好多了。过去两年我从未和妻子吵架，感觉很好，我不再尝试争论对错，我选择快乐。

　　The third thing I learned - and this\'s as you mental clock starts going, \"15, 14, 13.\" You can see the water coming. I\'m saying, \"Please blow up.\" I don\'t want this thing to break in 20 pieces like you\'ve seen in those documentaries. And as we\'re coming down, I had a sense of, wow, dying is not scary. It\'s almost like we\'ve been preparing for it our whole lives .But it was very sad. I didn\'t want to go. I love my life. And that sadness really framed in one thought, which is, I only wish for one thing. I only wish I could see my kids grow up.

　　我所学到的第三件事是，当你脑中的始终开始倒数“15，14，13”，看到水开始涌入，心想，“拜托爆炸吧!” 我不希望这东西碎成20片，就像纪录片中看到的那样。当我们逐渐下沉，我突然感觉到，哇，死亡并不可怕，就像是我们一生一直在为此做准备，但很令人悲伤。我不想就这样离开，我热爱我的生命。这个悲伤的主要来源是，我只期待一件事，我只希望能看到孩子长大。

　　About a month later, I was at a performance by my daugter - first-grade, not much artistic talent... yet. And I \'m balling, I\'m crying, like a little kid. And it made all the sense in the world to me. I realized at that point by connecting those two dots, that the only thing that matters in my life is being a great dad. Above all, above all, the only goal I have in life is to be a good dad.

　　一个月后，我参加女儿的表演，她一年级，没什么艺术天份，就算如此。我泪流满面，像个孩子，这让我的世界重新有了意义。当当时我意识到，将这两件事连接起来，其实我生命中唯一重要的事，就是成为一个好父亲，比任何事都重要，比任何事都重要，我人生中唯一的目标就是做个好父亲。

　　I was given the gift of a miracle, of not dying that day. I was given another gift, which was to be able to see into the future and come back and live differently.

　　那天我经历了一个奇迹，我活下來了。我还得到另一个启示，像是看见自己的未来再回來，改变自己的人生。

　　I challenge you guys that are flying today, imagine the same thing happens on your plane - and please don\'t - but imagine, and how would you change? What would you get done that you\'re waiting to get done because you think you\'ll be here forever? How would you change your relationtships and the negative energy in them? And more than anything, are you being the best parent you can?

　　我鼓励今天要坐飞机的各位，想像如果你坐的飞机出了同样的事，最好不要-但想像一下，你会如何改变?有什么是你想做却没做的，因为你觉得你有其它机会做它?你会如何改变你的人际关系，不再如此负面?最重要的是，你是否尽力成为一个好父母?

　　Thank you.

　　谢谢。

　　>ted励志演讲稿范文篇2

　　【采访导读】1993年，比尔·盖茨夫妇把在海滩上散步，做了一个重大的决定：将微软公司挣得的财富回报社会。在与克里斯安德森的谈话中，夫妇俩谈论了他们在比尔和梅琳达·盖茨基金会的工作，他们的婚姻，他们的孩子，他们的失败，还有他们回馈社会获得的满足感。

　　【采访内容节选】

　　Melinda Gates: This is in Africa, our very first trip, the first time either of us had ever been to Africa, in the fall of 1993. We were already engaged to be married. We married a few months later, and this was the trip where we really went to see the animals and to see the savanna. It was incredible. Bill had never taken that much time off from work. But what really touched us, actually, were the people, and the extreme poverty. We started asking ourselves questions. Does it have to be like this?

　　梅琳达·盖茨：这是我们第一次旅行，在非洲拍的。我们俩都是第一次去非洲，那是1993年的秋天，我们已经订婚。几月后，我们结婚了，我们想通过这次旅行看看野生动物和热带草原。真是太美了。比尔和我从来没有放过这么长的假。但是真正让我们深受触动的是那儿的人，那儿的贫穷。我们开始扪心自问，一切只能是这样吗?

　　Bill Gates: Well, we decided that we\'d pick two causes, whatever the biggest inequity was globally, and there we looked at children dying, children not having enough nutrition to ever develop, and countries that were really stuck, because with that level of death, and parents would have so many kids that they\'d get huge population growth, and that the kids were so sick that they really couldn\'t be educated and lift themselves up. So that was our global thing, and then in the U.S., both of us have had amazing educations, and we saw that as the way that the U.S. could live up to its promise of equal opportunity is by having a phenomenal education system, and the more we learned, the more we realized we\'re not really fulfilling that promise.

　　比尔·盖茨：我们决定选择两个方面：任何世界上最不公平的事，这指的是垂死的儿童，营养跟不上的儿童，因为高死亡率发展停滞不前的国家，国家人口剧长，孩子病得太重，他们没法受教育养活自己。这是世界的情况，而在美国，我们夫妻俩都受过良好的教育，我们看到美国实现“机会平等”这一承诺的途径就是其良好的教育体系。我们了解的越多，就越深刻地意识到我们并没有完全兑现我们的承诺。

　　So this is a story largely of vaccines. Smallpox was killing a couple million kids a year. That was eradicated, so that got down to zero. Measles was killing a couple million a year. That\'s down to a few hundred thousand. Anyway, this is a chart where you want to get that number to continue, and it\'s going to be possible, using the science of new vaccines, getting the vaccines out to kids. We can actually accelerate the progress.

　　所以这个故事主要说的是疫苗。以前，每年有几百万的儿童死于天花。现在我们摆脱它了，死亡数变成了零。每年有百万人死于麻疹，现在这个数字是几十万。总之，在这张图表中，如果你让数字继续下去，就有可能利用新疫苗技术为儿童提供疫苗。我们可以加快这个进程。

　　Because we built this thing together from the beginning, it\'s this great partnership. I had that with Paul Allen in the early days of Microsoft. I had it with Steve Ballmer as Microsoft got bigger, and now Melinda, and in even stronger, equal ways, is the partner, so we talk a lot about which things should we give more to, which groups are working well? She\'s got a lot of insight. She\'ll sit down with the employees a lot. We\'ll take the different trips she described. So there\'s a lot of collaboration. I can\'t think of anything where one of us had a super strong opinion about one thing or another?

　　因为我们从零开始建立了它，这是一种绝妙的伙伴关系。微软早期，我曾和保罗·艾伦有那种伙伴关系。微软的成长期我有史蒂夫·巴摩，现在微软更强了，梅琳达以一种更稳固，更平等的方式成为了我的伙伴。我们谈论了很多，哪些事情更应该重视，哪一个团队运作的很好?她有很多深刻见解。她能和员工打成一片。我们各自出行，就像她说的，我们也有很多合作。我想不出有哪件事一方的主张特别强烈。

　　Well, I would say a huge lesson for us out of the early work is we thought that these small schools were the answer, and small schools definitely help. They bring down the dropout rate. They have less violence and crime in those schools. But the thing that we learned from that work, and what turned out to be the fundamental key, is a great teacher in front of the classroom. If you don\'t have an effective teacher in the front of the classroom, I don\'t care how big or small the building is, you\'re not going to change the trajectory of whether that student will be ready for college.

　　我想说的是一个深刻的教训，工作早期，我们以为小规模的学校就是解决办法，当然小规模学校有一定作用，可以减少辍学率。学校内的暴力事件和犯罪比较低。但是我们从工作中学到的，也是最重要的一件事就是课堂上必须有个好老师。如果没有有效率的老师，无论教室大或小，你都不可能改变学生是否已经准备好上大学的轨迹。

　　>ted励志演讲稿范文篇3

　　邹奇奇，一个华裔小姑娘。12岁的时候在 TED 发表演讲，名字叫：What adults can learn from kids? 大人应当从小孩身上学习什么?演讲中，她代表孩子们发声，希望大人可以相信孩子、给孩子们期待，因为他们将是这个世界的引领者。以下是本次演讲的节选。

　　【演讲节选】

　　I appreciate your attention today, because to show that you truly care, you listen. But there\'s a problem with this rosy picture of kids being so much better than adults. Kids grow up and become adults just like you. (Laughter) Or just like you, really?

　　我非常感谢你们今天来听我的演讲，因为那说明你们真的在乎，你们在倾听。但是对于“孩子比大人好太多” 这件事仍有一个问题。孩子们长大会变成像你们一样的成人。(笑声)就像你们这样，真的吗?

　　The goal is not to turn kids into your kind of adult, but rather better adults than you have been, which may be a little challenging considering your guys credentials, but the way progress happens is because new generations and new eras grow and develop and become better than the previous ones.It\'s the reason we\'re not in the Dark Ages anymore. No matter your position of place in life, it is imperative to create opportunities for children so that we can grow up to blow you away.

　　最终的目标并不是把孩子变成你们这种大人，而是变成比你们更好的大人，考虑到你们已经是比较成功的成人，这可能有一点难度。但是这个过程在发生，因为新的一代的成长和发展并变得比前一辈更好。这就是我们不再处于黑暗时代的原因。不论你处于生生活中何种状态，为你的孩子创造机会很重要，这样他们才能超越你们。

　　Adults and fellow TEDsters, you need to listen and learn from kids and trust us and expect more from us. You must lend an ear today, because we are the leaders of tomorrow, which means we\'re going to be taking care of you when you\'re old and senile. No, just kidding. No, really, we are going to be the next generation, the ones who will bring this world forward.

　　大人和TED的关注者们，你们需要从孩子那里倾听和学习，相信我们并且给我们更多期待。你们今天必须倾听我们，因为我们是明天的领导者，因为我们会在你们年老力衰的时候照顾你们。不，开个玩笑。不，说真的，我们将会成为推动这个世界前进的下一代。

　　And, in case you don\'t think that this really has meaning for you, remember that cloning is possible, and that involves going through childhood again, in which case, you\'ll want to be heard just like my generation. Now, the world needs opportunities for new leaders and new ideas. Kids need opportunities to lead and succeed. Are you ready to make the match? Because the world\'s problems shouldn\'t be the human family\'s heirloom.

　　然而，如果您认为这个对您来说没有意义，请记住克隆是可能的，那意味着你们将再次体验童年，您会像我们这一代人一样，渴望被倾听。现在，世界应当为新的领导者和新思想提供机会。孩子们需要机会去领导和成功。你准备好与时俱进了吗?因为我们不应当将前人的错误传递给下一代。

　　【演讲者介绍】

　　Adora Svitak: A prolific short story writer and blogger since age seven, Adora Svitak (now 16) speaks around the United States to adults and children as an advocate for literacy.

　　邹奇奇：一个多产的短篇故事作者，自7岁起便开始写博客，邹奇奇(今年16岁)作为文学爱好者巡回美国各地演讲。

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