# 如何安排时间英语演讲稿小学

来源：网友投稿 作者：小六 更新时间：2025-01-28

*如何安排时间英语演讲稿小学（精选21篇）如何安排时间英语演讲稿小学 篇1　　In the morning, we will gather at the plaza and sing the national anthum.After tak*

如何安排时间英语演讲稿小学（精选21篇）

**如何安排时间英语演讲稿小学 篇1**

　　In the morning, we will gather at the plaza and sing the national anthum.After taking the pledge, we will go back to class where lessons will soonbegan.

　　早晨，我们会聚集在广场并唱国歌。宣誓完后，我们就会回到教室，我们很快就要在那里上课。

　　After a few periods of classes, it’s recess! Recess is the time when we eatand play and go toilet. It’s the only time in school where all students wereenjoying school life. Too bad it’s only half an hour. After recess, we will goback to class where chucks of lessons start again.

　　上了几节课后，该休息了。休息时候是我们吃东西，玩耍和上厕所的时间。这是在学校唯一的所有学生都来享受学校生活的时间。不好的是只有半个小时。休息完后，我们会回到教室，那里是接下来要上一节又一节课的地方。

**如何安排时间英语演讲稿小学 篇2**

　　Today, I had a rich and meaningful day. My mother opened a bakery. She wasvery kind-hearted. She promised the children in the orphanage to bake for themtoday. My mother asked me to help. When we baked all the bread, we brought allof them to the orphanage. This was the first time I went to orphanage. I thoughtI couldn’t forget the smile on the children’s face when they saw us. They wereas happy as birds. They accepted the bread just as a gift from the heaven.Compared with them, I felt that I was so happy. Thanks to my parents that I canhave such happy life. I loved them. I will treasure more my life in thefuture.

　　今天，我过了充实而有意义的一天。我妈妈开了一家面包店。她很善良。她答应今天给孤儿院的孩子做面包。她叫我去帮她。我们烤好面包后，我们就把所有的面包带给孤儿院的小孩子们。这是我第一次去孤儿院。我觉得我永远都无法忘记当孩子们见到我们时脸上露出来的微笑。他们开心得就像快乐的小鸟。他们拿过面包的样子就像是天赐的礼物一样。与他们相比，我觉得我真是太幸福了。对亏了我的父母，我才能拥有这样幸福的生活。我爱他们。我以后更珍惜我的生活。

**如何安排时间英语演讲稿小学 篇3**

　　Time waits for no one. If it flows away, it will never come to us again. Wecan\'t take charge of our time but we should know the importance of time andcherish time.

　　Yesterday has become the history. Nothing we can do to save it. Tomorrow isnot within our reach. We don’t know what will happen tomorrow. So the only thingwe can do is to cherish what we have today and fight for tomorrow. Victory onlybelongs to those who work very hard! Therefore, we should make full use oftoday, fighting for what we want.

**如何安排时间英语演讲稿小学 篇4**

　　Yesterday was Saturday. It should be a leisurely day, but I was busyyesterday. I got up at eight o\'clock and then I ate breakfast. After breakfast,my mother and I went to the downtown to do some shopping. We went to thedepartmen store, because my mother wanted to buy clothes for my father. And thenwe went to supermarket. I like going to supermaket because I can buy many snacksthere. However, when we were in supermarket, my father called my mothersuddenly. My aunt visited us! Then, we just bought some foods and went home by ataxi. When we got home, it was already four o\'clock. Therefore, we had tostarted to prepare for the dinner. My aunt said that she would stay in my homefor several days. I was very happy,because I like to stay with my aunt and I didnot see her for a long time. Although I was busy yesterday, I was veryhappy.

　　昨天是星期六，应该是悠闲的一天，但是昨天我很忙。我八点起床然后吃早餐。吃完早餐，我妈妈和我就到镇上购物。我们去了百货商店，因为我妈妈想给爸爸买衣服。接着我们就去了超市。我喜欢逛超市，因为我可以在那里买很多零食。但是，当我们在超市的时候，爸爸突然打电话给妈妈说姑姑来看我们。然后，我们只买了一些晚餐的食物就打的回家了。当我们到家的时候已经将近四点了。所以我们不得不开始准备晚饭了。我姑姑说她会在我家待几天。我很高兴，因为我喜欢和姑姑待在一起，而且我很久没见她了。尽管昨天很忙，但是我还是很高兴。

**如何安排时间英语演讲稿小学 篇5**

　　since i entered college i have felt a great burden off my mind and i justwant to relax. so do my classmates. we enjoy playing cards and are very skillfulat it. we seldom work on our lessons unless there is an examination. then wework under pressure. i know it is not good， but what i lack is self control. matof us know it is a problem， and it is time we did something about it.

　　as youth， we are in the prime of our life. we should make good use of ourgolden time. the teachers take pains to teach us every day so that we canacquire more knowledge. we should not fail their expectations. i should not restcontent with what i have done. entering cnllege is just a step in the thresholdof the palace of knowledge. the road is long. the modern age needs the welleducated. the future world is highly competitive. if we idle away our time whileyoung wo shall regret it in vain when we are did.

　　from now on i will concentrate all my energy on my studies as to qualifymyself as a talent in the 21st century. time and tide wait for no man. i shouldvalue my time. what about you， my friend?

**如何安排时间英语演讲稿小学 篇6**

　　Time is important to everyone. Lost time will never come back. We must keep this in mind in our daily life and make the best use of our time. Only in this way can we succeed in life. How can we make full use of our time? First of all, we\'d better make a plan. We should arrange our study, work and rest.

　　We can know what we should do next so that we can save as much time as possible when we study or work, we should put our hearts into it. We should spend every minute on it.After a period of time\'s study and work we can take a good rest. I think that all of us should emphasize using our time effectively.

**如何安排时间英语演讲稿小学 篇7**

　　How to use time effectively

　　In our world, there are always existing side by side two kinds of people.On one hand, some people can do well in many things in their everyday life andthey seem to have much time than the others. On the other hand, a majority ofpeople complain about they have too much work to do and has no time to exerciseor even just sit down for a while. This difference comes from the attitudetowards time of a person. So, which way is the most effective way to usetime?

　　Firstly, the concept of the value of time in the mind of a persondetermines how he spends his time. Among my classmates, there have two studentshave two different opinions of time. One is always in diligent study for hisidea that time is flying and the past time will not come again. Therefore, hehas got good marks and achieved many accomplishments in college. In contrary,the other student does not notice the importance of time so he is occupied withnothing everyday. Obviously, he has attempted and accomplished nothing but livedhis life leisurely and carefree. Thus, a positive attitude towards time is goodfor using time effectively.

　　Secondly, reasonable arrangements of the time of a person contribute to hisuse of time effectively. Once I was busy with my daily life because I had toprepare for TEM6 of English and did sport besides took classes. However, I couldnot do them all every day. One day I discussed with my teacher about myaffliction, then I accepted his advice to arrange my time to distinguish whichthing was must to do and which was not necessary. A few days later, I did my jobwith skill and ease.

　　At last, once a person make his mind to do something, then, action. If onetakes account of too many things before to do one thing, he will waste too muchtime, even lost confidence to do it. This is one of the reasons why a largenumber of people can not use their time effectively.

　　To sum up, in order to use time effectively, one should look on his timepositively, notice the importance of it and arrange it reasonable and actionquickly. As the saying goes “An inch of time is more precious than one inch ofgold”, we should cherish time from mow.

**如何安排时间英语演讲稿小学 篇8**

　　Time change me a lot.So below the time capsule,you can follow with me,tohave a look my change.

　　When I was born,I am a happy guy.All the neighbours like me,they said:sheis beautiful,cute.

　　I look have a little fat.(You should be say:scaphium scaphigerum.)Haha.

　　And six years old,I leave my home with my mother.

　　I have no idea what will happen,but I know everything will change to mylife in the future.

　　The time capsule to help us to be the people in warm,to be knowed the godtell us what.

　　You are so cute,you know,you are unique.

**如何安排时间英语演讲稿小学 篇9**

　　hello, dear teachers and fellow students. it is my honor to be here on this beautiful friday morning to share with you my view on “me- time”. in my opinion，finding me-time is important. with the development of the modern society, we students in china have more and more pressure. we have to spare every minute to study very hard and join various kinds of out-of-class training courses to improve ourselves. so we are really in lack of me-time which is helpful to keep ourselves from being over-stressed、tired and worried.

　　i do not have as much fun as before and i always miss my childhood. three hours of homework and two piano lessons one day make me have hardly any me-time to relax myself. i was once an active basketball player on my school team. but now, basketball, my best friend, i haven’t touched it for almost two months. me- time seems to have become a luxury.

　　last week, when i heard there was going to be a basketball match between our school and no 1 middle school, i was so excited that i rushed home and told my parents the news. i asked my father, “ dad, may i play basketball after school ? the coach says i am the best guard in our school. if i join the school basketball team, we are sure to beat no 1 middle school this time.” my father showed his dispproval and said, “ of course you can’t . i’m disappointed at you. why do you have such a silly idea? don’t forget to work hard on your schoolwork and piano lessons.” in my parents’ points of view, playing basketball is a waste of time

　　as far as i’m concerned, the school assignment to the junior school students is too heavy. to grow into healthy and well-rounded adults, we should be allowed to have more me-time for relaxation. the pressure put on our students by excessive schoolwork can cause serious stress, which is unhealthy physically and mentally.

　　my dear teachers, i hope you can assign less homework so we students can enjoy a period of me-time. my dear parents, would you please not follow me and remind me of study all the time? please trust me that i will do my best. my dear friends, why not stop for a while from your heavy homework and do anything you like? it’s me-time. i do think, that a reduction of the current heavy load would be beneficial to us students and to the society as a whole. finding me-time will make our life rich, colorful and rewardingthank you for your attention

　　finding me time is important

　　hello, my dear friends, it is my great honor to be here and give a speech. today i want to talk about the importance of finding \*me time

　　may i begin my speech by asking you a question? do you often feel tired, stressed or worried? if you do have these problems, you are lack of me-time to relax yourself. psychologist tell us that stress is caused by too much work or study , heavy responsibilities , and quickened pace of life . in my point of view, if you want to have a healthy mind and body, having your own me-time is very important

　　let me take myself as an example. i was a carefree and outgoing girl before i entered the junior high school. i had much me-time and did anything i like after class. i kept a lovely pet and whenever i have time i played with her happily. however, the situation is quite different now. when i want to turn on the tv、surf on the internet or go out shopping with my friends, my parents always look at me seriously and say “ don’t forget to spend more time on your lessons. if you don’t cherish every minute of your time, other students will catch up with you.”

　　so, every day, every moment, i am overwhelmed by all kinds of assignments. i become more and more silent and can’t sleep well before the exams because i’m dressed and worried about my results. i feel so tired and how i want to have me time to relax myself. i long for a period of time that i could walk in a small path in the countryside, sing my favourite song and smell the essence of nature

　　my dear friends, having your own me-time is important. i firmly believe that achievements depend on our health. if we want to have a more harmonious state to work better, we should find more \*me time\* and keep off the overwhelm stresses. talks, jokes, games, fresh air or beautiful scenes will be helpful for you. trust me, you’ll be more refreshable and energetic.

　　thank you for your attention.

**如何安排时间英语演讲稿小学 篇10**

　　I am a senior school student。 Now，I am in grade two。 To be honest，I\'m notagood child or student。 I aiways think studying is very boring 。 And I \'m alsolazy in my subjects。 But on the other hand，I never want to be a girl who has noknowledge for some things。Believe it or not， I \'m looking forward to being adiplomat of elact。 So I know I can not waste m y time to do something awful andterrible。。And frow now on ，I\'ll do what Ican to learn much better! I am so intoEnglish ，I hope you are the same as me 。

　　我是一名高中学生。现在，我在2年级。老实说，我不是agood儿童或学生。余aiways觉得学习是很枯燥。我\'米也懒，我科目。但另一方面，我从未想成为一个女孩谁没有一些things。Believe与否的知识，我\'米期待着身为elact外交官。所以我知道我不能浪费我的时间做一些可怕，可怕。。而佛柔现在开始，我将做什么ICAN在学习得更快!我成英文的话，我希望你像我一样。

**如何安排时间英语演讲稿小学 篇11**

　　As a popular saying goes, Time is money. But does time definitely meanmoney? I don\'t think so. First of all, time is more precious than money. Whenmoney is spent, you can earn it back if you want to. However,when time is gone,it will never come back. To some extent, time is priceless. Second, not all timecan be turned into money in the end. Some persons are idling all the time. Theirtime is just for wasting, not for earning money. They will end in nothing atlast. So be sure to remember that time can be turned into money only with hardwork involved in it.

　　有句老话是时间等于金钱。但时间真的一定等于金钱吗?未必。首先时间比金钱宝贵。金钱花完还可以再挣，而时间如果浪费了就一去不复返了。因此某种程度上，时间是无价的。其次，并不是所有的时间都能变为金钱。有些人整日游手好闲，他们的时间是用来浪费的，而不是用来挣钱的，最终将一无所得。因此务必要记住，只有努力工作，时间才能等于金钱。

**如何安排时间英语演讲稿小学 篇12**

　　Time is money,which means time is limited and everyone should save it.Howto make full use of time:

　　Firstly,you should make a good plan.You maybe have many things to do in aday.It is necessary to make a plan,which help you what time you will dosomething,which make you do everything in a good order.

　　Secondly,do what you have made the plan.It is very important to doeverything according to your plan.If you don\'t do so,everything that you haveplanned won\'t be finished,and you\'ll put off everything that you\'ll dotomorrow.

　　Thirdly,giving up something that you can\'t do even if you have made everyeffort,which doesn\'t mean your failure,because,sometimes,giving up somethingwill make you get more things.

　　Fourthly,it is necessary for you to make a scientific time arrangement.Youshould know you well so that you can arrange time reasonably.When the place youstudy is noisy,you can make notes and go over what you have learned.When theplace you study is very peaceful,you can do the most important things,forexample,do mathmatics and so on.

　　In a word,you will make great progress if you make use of your timefully.

**如何安排时间英语演讲稿小学 篇13**

　　Time change me a below the time capsule,you can follow with me,tohave a look my change.

　　When I was born,I am a happy the neighbours like me,they said:sheis beautiful,cute.

　　I look have a little fat.(You should be say:scaphium scaphigerum.)Haha.

　　And six years old,I leave my home with my mother.

　　I have no idea what will happen,but I know everything will change to mylife in the future.

　　The time capsule to help us to be the people in warm,to be knowed the godtell us what.

　　You are so cute,you know,you are unique.

**如何安排时间英语演讲稿小学 篇14**

　　During the summer vacation, I went back to my hometown with my father andmother. My hometown is in the countryside, where there is a beautiful sceneryand fresh air.

　　In my hometown, I have many friends, they are all very cute, I like to playgames with them, I have a good time everyday.

　　One of the most interesting things about summer vacation is fishing. Onthis day, my father and I had nothing to do at home. So I proposed to gofishing, my father promised me. I excitedly look for a fishing net and a smallbucket of fish. We came to the river happily, the water was clear, the fish swamin the water, very lovely. When he got out of the river and went to the shallowwater, he got the net and landed on the shore. To get the fish to surf theInternet, we went up to the river and took small stones and put them into theriver. The little fish was frightened and wandered about, and accidentally goton the net. After a while, there were fish all over the Internet. I was sohappy. My father and I quickly put the net away, carefully taking the fish andputting it into a small bucket of water. The fish happily swam about in thebucket and was very happy. Then we caught a lot of fish, and it was late, and myfather and I went home happily.

　　This summer holiday, I am very happy and happy every day!

**如何安排时间英语演讲稿小学 篇15**

　　I always think there is not enough time. For example，I have just taken athree-day holiday. But when I look back，I just feel that it‘s only one day.There goes a proverb，“Time is money”。 Now I want to say，time is more preciousthan money，because when money is spent，we can earn some more again. However，when time is gone or lost，never will it return.

　　我总是认为没有足够的时间。例如，我只有三天的假期。但当我回首,我觉得这只是一天。有一个谚语,“时间就是金钱”。现在我想说的是,时间比金钱更珍贵,因为当钱花了,我们可以在多赚一些。然而,当时间流逝了,永远不会回来。

　　Time goes without being noticed. The time for our study and work is usuallylimited. So I think we must make full use of our time. But it‘s a pity that I amalways not aware of the importance of time until it’s too late.

　　时间悄无声息的流逝。我们学习和工作的时间都是有限的。所以我认为我们必须充分利用我们的时间。但遗憾的是,直到很晚我知道，之前总是不能意识到它的重要性

　　So I think，I should get into the good habit of saving time because wastingtime is equal to wasting one‘s life. Do not put off what can be done today tilltomorrow!

　　所以我认为,我应该养成节约时间的好习惯,因为浪费时间等于浪费生命。不要把今天能完成的事拖到明天!

**如何安排时间英语演讲稿小学 篇16**

　　I always think there is not enough time. For example， I have just taken athree-day holiday. But when I look back， I just feel that it‘s only one day.There goes a proverb， “Time is money”。 Now I want to say， time is more preciousthan money， because when money is spent， we can earn some more again. However，when time is gone or lost， never will it return.

　　Time goes without being noticed. The time for our study and work is usuallylimited. So I think we must make full use of our time. But it‘s a pity that I amalways not aware of the importance of time until it’s too late.

　　So I think， I should get into the good habit of saving time because wastingtime is equal to wasting one‘s life. Do not put off what can be done today tilltomorrow!

　　我总是认为没有足够的时间。例如，我刚刚完成了一个三天的假期。但当我回头看时，我只是觉得它只是一天。俗话说“时间就是金钱”，现在我想说的是，时间比金钱更宝贵，因为当钱花了，我们可以再挣一些。但是，当时间消失或失去，永远不会返回。

　　时间不被注意。我们学习和工作的时间通常是有限的。所以我认为我们必须充分利用我们的时间。但遗憾的是，我始终没有意识到时间的重要性，直到为时已晚。

　　所以我想，我应该养成节约时间的好习惯，因为浪费时间等于浪费生命。不要把今天能做的事拖到明天!

**如何安排时间英语演讲稿小学 篇17**

　　Time is precious. A famous Chinese saying goes like this, \"Time can not bepurchased with gold.\" Time is so valuable that nothing can buy it. So it\'s a bigpity if we waste time. The lost time can\'t come back. Life is limited, which isjust as long as several decades. So we shouldn\'t waste time. We must realizethat wasting time means wasting our lives.

　　Unfortunately, although people know the value of time, they have beenalways wasting time. Some people squander even all their time watching TV,surfing on the Internet, playing video games and so on. As a result, they failto do anything well.

　　Time is our wealth. Therefore, we should make good use of time to domeaningful things, such as studying, working, doing exercises, instead of lyingin bed, looking at the ceiling, In short, we should devote our\' time to therealization of our dreams and thus make contributions to our society.

**如何安排时间英语演讲稿小学 篇18**

　　Johnson went to the Hunan Provincial Museum yesterday and shocked by thesplendid Chinese Culture.

　　The Mummified corpse left him a great imprssion.

　　Some picture are following below,which are the TIME CAPSULE from thepast!

　　A time capsule is a historic cache of goods and/or information, usuallyintended as a method of communication with people in the future.

　　Time capsules are sometimes created and buried with much hoopla duringcelebrations such as a World Fair, cornerstone laying for a building or otherevent.

　　They can also be unintended caches such as at Pompeii.

　　The phrase \"time capsule\" has been in use since about 1937, but the idea isas old as the earliest human civilizations in Mesopotamia.

**如何安排时间英语演讲稿小学 篇19**

　　When people find out I write about time management, they assume two things. One is that I\'m always on time, and I\'m not. I have four small children, and I would like to blame them for my occasional tardiness, but sometimes it\'s just not their fault. I was once late to my own speech on time management.

　　当人们发现我写关于时间管理的文章时，他们都会假设两件事：第一，我永远都准时，但我并不是。我有四个小孩，我偶尔将迟到归咎于他们，不过有时候真的不是因为他们。我有一次在去我的一个关于时间管理的演讲时迟到了。

　　We all had to just take a moment together and savor that irony.

　　我们都需要一点时间去好好地体味一下这有多么讽刺。

　　The second thing they assume is that I have lots of tips and tricks for saving bits of time here and there.Sometimes I\'ll hear from magazines that are doing a story along these lines, generally on how to help their readers find an extra hour in the day. And the idea is that we\'ll shave bits of time off everyday activities, add it up, and we\'ll have time for the good stuff.

　　第二，人们总是假设我有很多关于如何节省时间的贴士和技巧。有时候我听说一些杂志 在写这方面的故事，通常都是关于教读者如何在一天中获得额外一个小时。基本思路就是从日常的每个活动中挤出一点时间，加起来，然后我们就有时间去做更有意思的事情了。

　　I question the entire premise of this piece, but I\'m always interested in hearing what they\'ve come up with before they call me. Some of my favorites:doing errands where you only have to make right-hand turns.

　　我对这个说法持保留意见，不过我还是愿意听听他们在找我之前有什么想法。我最喜欢的几个是：只完成那些只需要右转的事;

　　Being extremely judicious in microwave usage: it says three to three-and-a-half minutes on the package, we\'re totally getting in on the bottom side of that. And my personal favorite, which makes sense on some level, is to DVR your favorite shows so you can fast-forward through the commercials.

　　在用微波炉时，要极度审慎：当食物包装上面写了3到3.5分钟时，我们要挑时间最短的那个。我个人最喜欢的是，录下你最喜欢看的电视剧，然后你就可以跳过广告了。其实在某个程度上，还是挺有道理的。

　　That way, you save eight minutes every half hour, so in the course of two hours of watching TV, you find 32 minutes to exercise.

　　这样，你每半个小时就可以挤出八分钟。那么你葱用来看电视的两个小时中，可以挤出32分钟锻炼的时间。

　　Which is true. You know another way to find 32 minutes to exercise? Don\'t watch two hours of TV a day, right?

　　倒的确是这么回事儿。你还知道其他可以找到32分钟锻炼时间的\'方法吗?不要每天都看两个小时电视就行了，对吧? (笑声)

　　Anyway, the idea is we\'ll save bits of time here and there, add it up, we will finally get to everything we want to do. But after studying how successful people spend their time and looking at their schedules hour by hour, I think this idea has it completely backward.

　　总之，就是要在各处都省点时间，加起来就有时间做我们想做的事了。但在我了解成功的人如何分配时间，并看过了他们的时间表后，我觉得这个想法是完全本末倒置的。

　　We don\'t build the lives we want by saving time. We build the lives we want, and then time saves itself.

　　我们不是通过节省时间来打造我们想过的生活。我们应该先建立我们想要的生活，时间就会自然而然节省出来。

　　Here\'s what I mean. I recently did a time diary project looking at 1,001 days in the lives of extremely busy women. They had demanding jobs, sometimes their own businesses, kids to care for, maybe parents to care for, community commitments -- busy, busy people.

　　我来解释一下。我最近有个时间日记项目，观察最忙碌的女士生命中的1001天。她们工作繁忙，有时候是自己的生意，有时候要照顾自己的孩子，或者是照顾父母，还有服务社区等等——都是一些很忙的人。

　　I had them keep track of their time for a week so I could add up how much they worked and slept, and I interviewed them about their strategies, for my book.

　　我让她们记录了一星期的行程，计算她们工作和睡觉的时间，为了我的书，我还采访 了解了她们的常用策略。

　　One of the women whose time log I studied goes out on a Wednesday night for something. She comes home to find that her water heater has broken, and there is now water all over her basement. If you\'ve ever had anything like this happen to you, you know it is a hugely damaging, frightening, sopping mess.

　　其中一个被我研究过时间表的女士，在一个周三晚上出去了一趟，回家发现她的热水器坏了，地下室都被水淹了。如果你也遇到过这种事儿的话，你会知道眼前的景象多么令人崩溃和沮丧。

　　So she\'s dealing with the immediate aftermath that night, next day she\'s got plumbers coming in, day after that, professional cleaning crew dealing with the ruined carpet. All this is being recorded on her time log. Winds up taking seven hours of her week. Seven hours. That\'s like finding an extra hour in the day.

　　于是那个晚上她立刻着手处理，第二天她找了一个水管工，第三天找了专业的清理人员 来处理损坏的地毯。所有这些都算在了她的时间表内。总共花了她一周中的七个小时。七个小时。这就等于一周七天每天都要挤出一个小时。

　　But I\'m sure if you had asked her at the start of the week, \"Could you find seven hours to train for a triathlon?\" \"Could you find seven hours to mentor seven worthy people?\" I\'m sure she would\'ve said what most of us would\'ve said, which is, \"No -- can\'t you see how busy I am?\" Yet when she had to find seven hours because there is water all over her basement, she found seven hours.

　　但是假如你在这一周刚开始时就问她，“你能在这周抽出七个小时来参加铁人三项吗?”，“你能在这周抽出七个小时指导七个有潜力的人吗?“ 我确定她会像大多数人一样， 说，”怎么可能，你看不出我有多忙吗?“ 但是她最后不得不抽出七个小时，因为她的地下室都被水淹了， 她挤出了这七个小时。

　　And what this shows us is that time is highly elastic. We cannot make more time, but time will stretch to accommodate what we choose to put into it.

　　这件事告诉我们：时间是有弹性的。我们不能创造更多时间，但是时间会自己调整去适应我们选择去做的事情。

　　And so the key to time management is treating our priorities as the equivalent of that broken water heater. To get at this, I like to use language from one of the busiest people I ever interviewed. By busy, I mean she was running a small business with 12 people on the payroll, she had six children in her spare time.

　　所以时间管理的关键，就是对待最重要的事情应该像对待那个坏了的热水器一样。要做到这一点，我要借用我采访过最忙的人的话。她经营着一个小企业，请了十二名员工，空余时间她还要照顾六个孩子。

　　I was getting in touch with her to set up an interview on how she \"had it all\" -- that phrase. I remember it was a Thursday morning, and she was not available to speak with me. Of course, right?

　　我联系上了她，想要采访她关于她是怎么做到“无所不能”的。我记得那是一个星期四的早晨，她没时间和我说话。当然了，她很忙。

　　But the reason she was unavailable to speak with me is that she was out for a hike, because it was a beautiful spring morning, and she wanted to go for a hike. So of course this makes me even more intrigued, and when I finally do catch up with her, she explains it like this. She says, \"Listen Laura, everything I do, every minute I spend, is my choice.\"

　　但是她没时间和我说话的原因是，她去远足了。因为那是春季一个美丽的清晨，所以她去远足了。这样的她让我变得更感兴趣了，当我最终联系上她时，她说：“听我说，劳拉，我做的所有的事情，我花的每分每秒，都是我的选择。

　　And rather than say, \"I don\'t have time to do x, y or z,\" she\'d say, \"I don\'t do x, y or z because it\'s not a priority.\" \"I don\'t have time,\" often means \"It\'s not a priority.\"

　　”所以与其说， ”我没有时间做这个，这个，或者那个。” 她会说：”我不做这些事情因为这些不是我的首要任务。““我没有时间”的意思通常是 ”那不是我的首要任务”。

　　If you think about it, that\'s really more accurate language. I could tell you I don\'t have time to dust my blinds, but that\'s not true. If you offered to pay me $100,000 to dust my blinds, I would get to it pretty quickly.

　　其实你想想， 那的确是更准确的说法。我可能会告诉你我没有时间清理百叶窗，但那不是真的。假如你愿意付我10万美金让我给百叶窗除尘，我会马上就去做。 (笑声)

　　Since that is not going to happen, I can acknowledge this is not a matter of lacking time; it\'s that I don\'t want to do it. Using this language reminds us that time is a choice. And granted, there may be horrible consequences for making different choices, I will give you that.

　　既然那不可能发生，我可以说不是因为时间不够，而是我不想做。这么说提醒了我们， 时间是一种选择。我会告诉你，当然，不同的选择有时候会带来可怕的后果。

　　But we are smart people, and certainly over the long run, we have the power to fill our lives with the things that deserve to be there.

　　但是我们都是聪明人，从长远来看，我们有能力去选择一些值得做的事，来填补我们生命中的时间。那么我们应该怎么做呢?

　　So how do we do that? How do we treat our priorities as the equivalent of that broken water heater?

　　我们要如何像对待那个坏了的热水器一样对待我们的首要任务?首先，我们需要找出哪些事最重要。

　　Well, first we need to figure out what they are. I want to give you two strategies for thinking about this.The first, on the professional side: I\'m sure many people coming up to the end of the year are giving or getting annual performance reviews. You look back over your successes over the year, your \"opportunities for growth.\" And this serves its purpose, but I find it\'s more effective to do this looking forward.

　　我想给你们分享两个技巧。第一个，从职业的角度来说：我相信许多人在年底的时候，会发出或者收到年度绩效审查。你回头看看这一年的成功和 “成长的机会”。这的确起到了它的作用，但是我发现往前看会更有效。

　　So I want you to pretend it\'s the end of next year. You\'re giving yourself a performance review,and it has been an absolutely amazing year for you professionally. What three to five things did you do that made it so amazing? So you can write next year\'s performance review now.

　　我想让你们把这当做下一年的年底。你在给自己做年度绩效审查，在专业方面，这一年的表现非常出众。是哪三到五件事使这一年变得如此出众?你现在就可以写明年的绩效审查。

　　And you can do this for your personal life, too. I\'m sure many of you, like me, come December, get cards that contain these folded up sheets of colored paper, on which is written what is known as the family holiday letter.

　　你也可以在个人生活方面这么做。我相信你们许多人，包括我，在十二月，都会收到这种夹着彩色纸的卡片。上面写着“家庭假日信件”。

　　Bit of a wretched genre of literature, really, going on about how amazing everyone in the household is,or even more scintillating, how busy everyone in the household is. But these letters serve a purpose,which is that they tell your friends and family what you did in your personal life that mattered to you over the year.

　　听起来像是一个挺悲惨的文学题材，谈论家里每个人有多了不起，或者更精彩点，家里每个人有多忙。但是这些信有它们的用处，它们告诉你的朋友和家人你这一年里做了什么对个人生活有意义的事。

　　So this year\'s kind of done, but I want you to pretend it\'s the end of next year, and it has been an absolutely amazing year for you and the people you care about. What three to five things did you do that made it so amazing? So you can write next year\'s family holiday letter now. Don\'t send it.

　　那么今年快要结束了，我想让你假装这是明年的年底，对你和你在乎的人来说，这都是无与伦比的一年。哪三到五件事让你这一年表现如此出色?其实你现在就可以写明年的家庭假日信件了。先不要发出去。

　　Please, don\'t send it. But you can write it. And now, between the performance review and the family holiday letter, we have a list of six to ten goals we can work on in the next year.

　　真的，不要发出去。但是你可以写。现在，有了绩效评估和写给家人的信，我们就有了六到十个明年可以努力的目标。我们需要先把他们分成可行的阶段性任务。

　　And now we need to break these down into doable steps. So maybe you want to write a family history.First, you can read some other family histories, get a sense for the style. Then maybe think about the questions you want to ask your relatives, set up appointments to interview them. Or maybe you want to run a 5K. So you need to find a race and sign up, figure out a training plan, and dig those shoes out of the back of the closet.

　　或许你要写一个家族传记。首先吗，你可以读读别人的家族历史，了解一下大概的风格 然后可以想象你要问亲戚的问题，约定和他们见面谈话的时间。或者你想要参加一个五千米的短程马拉松。你需要先找一个竞赛报名，再做一个培训计划，从衣柜底下翻出你的运动鞋。

　　And then -- this is key -- we treat our priorities as the equivalent of that broken water heater, by putting them into our schedules first. We do this by thinking through our weeks before we are in them.

　　然后——这是关键——我们将我们的首要事件视为那个坏掉的热水器，将它们优先放入我们的日程表里。我们要在事情发生的几周前就先想好。

　　I find a really good time to do this is Friday afternoons. Friday afternoon is what an economist might calla \"low opportunity cost\" time. Most of us are not sitting there on Friday afternoons saying, \"I am excited to make progress toward my personal and professional priorities right now.\"

　　我发现周五的下午最适合处理这事儿。周五的下午是被经济学家称为“低机会成本”时间。我们大部分人不会在周五下午想着，“我要朝我的个人和职业生涯的首要事件迈进了， 所以很兴奋。“

　　But we are willing to think about what those should be. So take a little bit of time Friday afternoon, make yourself a three-category priority list: career, relationships, self. Making a three-category list reminds usthat there should be something in all three categories.

　　但是我们愿意去想那些事是什么。所以在周五下午花一点时间，为自己做一个分成三类的首要事件的列表：事业、人际关系、个人。这样的三项分类列表提醒了我们每一个类别都应该有一些事。

　　Career, we think about; relationships, self -- not so much. But anyway, just a short list, two to three items in each. Then look out over the whole of the next week, and see where you can plan them in.

　　事业，我们经常考虑;人际关系，个人——很少会想。无论如何，只要一个短短的列表，每个都包含两到三件事。它们会帮助我们看清下周，如何在下周计划这些事情。你可以决定如何计划。

　　Where you plan them in is up to you. I know this is going to be more complicated for some people than others. I mean, some people\'s lives are just harder than others. It is not going to be easy to find time to take that poetry class if you are caring for multiple children on your own. I get that. And I don\'t want to minimize anyone\'s struggle. But I do think that the numbers I am about to tell you are empowering.

　　这可能对一些人来说会比较困难一点。我的意思是，有些人的人生就是比较复杂。如果你自己有好几个要照顾的小孩，想要找时间去参加诗歌班一定不容易。我懂。我不想轻视任何人的困难。但是我觉得我接下来要说的数字，是会改变你的想法的。

　　There are 168 hours in a week. Twenty-four times seven is 168 hours. That is a lot of time. If you are working a full-time job, so 40 hours a week, sleeping eight hours a night, so 56 hours a week -- that leaves 72 hours for other things. That is a lot of time.

　　我们每周都有168个小时，24乘以7是168个小时。这是一段很长时间。假如你有一个全职的工作，一周是40个小时，每晚睡八个小时，一周是56个小时，我们有剩下72个小时来做其他事情。这是一段很长的时间。

　　You say you\'re working 50 hours a week, maybe a main job and a side hustle. Well, that leaves 62 hours for other things. You say you\'re working 60 hours. Well, that leaves 52 hours for other things. You say you\'re working more than 60 hours. Well, are you sure?

　　假如你说你每周工作50个小时，比如一份全职和一份兼职。这样你还是有60小时去做其他的事情。假如你说你每周工作60个小时，你还是有52个小时去做其他的事情。你说你每周工作超过60个小时，你确定吗?

　　There was once a study comparing people\'s estimated work weeks with time diaries. They found that people claiming 75-plus-hour work weeks were off by about 25 hours.

　　曾经有一个研究对比了人们估计的工作时间，和实际的工作日记。他们发现那些表示工作超过75小时的人，有25小时的误差。

　　You can guess in which direction, right? Anyway, in 168 hours a week, I think we can find time for what matters to you.

　　你可以猜到这个误差是多了还是少了吧?无论如何，在一周的168个小时里，我觉得我们总可以找到时间做我们想做的事。

　　If you want to spend more time with your kids, you want to study more for a test you\'re taking, you want to exercise for three hours and volunteer for two, you can. And that\'s even if you\'re working way more than full-time hours.

　　如果你想花时间陪陪你的孩子，或者准备你即将到来的考试，你想锻炼两三个小时或者 做两个小时志愿者，你都可以的。即便你的工作时间远超过法定时间。

　　So we have plenty of time, which is great, because guess what? We don\'t even need that much time to do amazing things. But when most of us have bits of time, what do we do? Pull out the phone, right?Start deleting emails. Otherwise, we\'re puttering around the house or watching TV.

　　所以我们有很多时间，这很好。但是你知道吗?我们根本不需要那么多时间去完成一个大目标。但当我们有一点空闲时间的时候，我们会做什么?拿出手机，是吧?开始删除邮件。或者在家里闲逛，看电视。

　　But small moments can have great power. You can use your bits of time for bits of joy. Maybe it\'s choosing to read something wonderful on the bus on the way to work.

　　但是每个不起眼的时刻都潜力无限。你可以用零星的时间，来获得零星的快乐。比如说在去上班的公车上读一些精彩的东西。

　　I know when I had a job that required two bus rides and a subway ride every morning, I used to go to the library on weekends to get stuff to read. It made the whole experience almost, almost, enjoyable. Breaks at work can be used for meditating or praying. If family dinner is out because of your crazy work schedule, maybe family breakfast could be a good substitute.

　　当我以前的工作需要我每天早上乘两趟公车和一趟地铁的时候，我周末会去图书馆找东西来读。这几乎，几乎让我的生活更丰富了。工作间隙的休息时间可以用来冥想或者祷告。如果你因为工作忙而不能吃家庭晚餐，试一下家庭早餐。

　　It\'s about looking at the whole of one\'s time and seeing where the good stuff can go. I truly believe this.There is time. Even if we are busy, we have time for what matters. And when we focus on what matters, we can build the lives we want in the time we\'ve got.

　　这就是看着一个人所有的时间，然后找到什么时候可以做想做的事。我真的相信，我们都有充分的时间。就算我们很忙，我们仍然有时间去做重要的事。当我们关注在重要的事上时，我们可以用所拥有的时间创造我们想要的生活。

　　Thank you.

　　谢谢。

**如何安排时间英语演讲稿小学 篇20**

　　We live in a busy society. We may have demanding jobs, children, familiesand many other \"important\" things that hoover up all of our time, and before weknow it, Christmas is looming once more and we\'re muttering about another yearjust passing us by.

　　How many times do you say, \"I\'ll read that book later when I have moretime\" or \"I\'ll finish listening to that audio program when I have more time\" orsomething very similar?

　　You may want to create the life of your dreams, but it just seems so verydifficult with so many other things that just have to be dealt with. You may nothave the time to spend an hour a day meditating and an hour a day working onyour personal development and an hour a day working on your business. In fact,for some of us, we\'re lucky if we can even find time to sleep!

　　However, the key is not the spend time \"doing\" personal development work,but to just do it!

**如何安排时间英语演讲稿小学 篇21**

　　July 22 20\_\_

　　Today I found time was a cruel thing. Whatever man is, time always goes on.It won’t stay to wait for somebody. You can’t use anything to exchange time.Time is also a fair thing. Although you have a lot of money or you enjoy highreputation, time won’t leave them more. Today I found I hadn’t enough time.Although I have 50-day holiday, but I found I had a lot of things to do. I had alot of homework to do and I had something necessary to do.

　　【参考翻译】

　　20\_\_年7月22日

　　今天，我发现时间是一个残忍的事情。无论是男人，总是对的时间。它不会留下来等待某人。你不能用什么来交换时间。时间也是公平的事。虽然你有很多钱，或者你享有较高的声誉，时间不会离开他们更多。今天，我发现我已经没有足够的时间。虽然我有50天假期，但我发现我有很多事情要做。我有很多功课要做，我有必要做.

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