

注意语法和逻辑，需要每空尽力，可以多次听全篇或一部分，一定尽力减少错误。

填空词和红色词尽力背记，优先填空词。

## 《高级听力》 礼物篇 《人生的四大阶段》

### 第三章

#### STAGE THREE: COMMITMENT

Once you've pushed your own boundaries and either found your limitations (that is, athletics, the culinary arts) or found the diminishing returns of certain activities (that is, partying, video games) then you are left with what's both <A> actually important to you, and <B> what you're not terrible at. Now it's time to make your dent in the world.

Stage Three is the great consolidation of one's life. Outgo the friends who are draining you and holding you back. Outgo the activities and hobbies that are a mindless waste of time. Outgo the old dreams that are clearly not coming true anytime soon.

Then you double down on what you're best at and what is best to you. You double down on the most important relationships in your life. You double down on a single mission in life, whether that's to work on the world's energy crisis or to be a bitching digital artist or to become an expert in brains or have a bunch of snotty, drooling children. Whatever it is, Stage Three is when you get it done.

**Stage Three is all about maximizing your own potential in this life. It's all about building your legacy. What will you leave behind when you're gone? What will people remember you by? Whether that's a breakthrough study or an amazing new product or an adoring family, Stage Three is about leaving the world a little bit different than the way you found it.** 漂亮的句子建议多读读。



Stage Three ends when a combination of two things happen: No.1) you feel as though there's not much else you are able to accomplish, and No.2) you get old and tired and find that you would rather sip martinis and do crossword puzzles all day.

In "normal" individuals, Stage Three generally lasts from around 30-ish-years-old until one reaches retirement age.

People who get lodged in Stage Three often do so because they don't know how to let go of their ambition and constant desire for more. This inability to let go of the power and influence (这个位置的定语从句引导词 that 被省略) they crave counteracts the natural calming effects of time and they (这些人) will often remain driven and hungry well into their 70s and 80s.

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