

# HSIN YE TAIWANESE MANDARIN



Cathy 哈囉Cindy, 新年已經過了一陣子了, 妳對這一年有什麼特別的期許嗎?  
Hello Cindy, the New Year has already passed for a while. Do you have any special expectations for this year?

Cindy  
特別的期許嗎...好像沒有欸, 唯一的期許就是我可以順利完成論文然後早點畢業吧!  
Special expectations... not really. The only one is that I hope I can successfully complete my thesis and graduate soon!

Cathy  
哈哈, 其實我也沒對這一年有什麼特別的想法。我曾經在網路上看到一個說法就是如果你的生活一直沒有變化的話, 其實新年是沒有意義的。  
Haha, actually, I don't have any special thoughts about this year either. I once saw online that if your life doesn't change, the New Year doesn't really have any meaning.

Cindy  
這句話蠻有道理的欸, 因為過新年如果沒有伴隨著改變的話, 好像過年的意義也不大。  
That statement makes a lot of sense. If the New Year doesn't bring any changes, it seems that the significance of the New Year is diminished.

Cathy  
不過我還是有給自己訂一些需要完成的目標跟計劃啦! 像是持續運動、多吃蔬菜跟找新工作等等。  
However, I've still set some goals and plans for myself! Like continuing to exercise, eating more vegetables, and finding a new job.

Cindy  
我覺得每個人的新年目標都差不多是這些欸, 很少改。  
I think everyone's New Year goals are pretty similar, and they rarely change.

Cathy  
大家都希望成為更好的人~  
Everyone hopes to become a better person~

Cindy

那你有想到要怎樣才能執行這些計畫嗎?

Have you thought about how you will execute these plans?

Cathy

做一個甘特圖然後每天追蹤吧!

我覺得有一張圖表讓我追蹤我做了哪些事情還蠻有用的。

Make a Gantt chart and track it daily!

I think having a chart to track what I've done is quite useful.

Cindy

但你不覺得畫甘特圖蠻麻煩的嗎?

But don't you think making a Gantt chart is quite troublesome?

Cathy

對阿, 所以我都去網路上找現成的。我看很多Youtuber都有推薦, 所以就下載來用了, 到目前是覺得不錯。

Yes, so I look for ready-made ones online. I've seen many YouTubers recommend them, so I downloaded one and so far, it's been good.

Cindy

那我或許也可以來試試看。話說回來, 妳從之前到現在的新年新希望都有完成嗎?

Maybe I should try that too. By the way, have you completed your New Year's resolutions from previous years?

Cathy

好像都沒有欸, 所以我才會在新的年開始之前買一本手帳來記錄我的生活, 雖然這本手帳真的超級貴, 但我覺得裡面的設計跟細節都跟其他手帳很不一樣, 所以蠻喜歡的。

Not really, so I bought a planner before the new year to record my life. Although this planner was really expensive, I like it because the design and details are different from other planners.

Cindy

我記得妳上次有給我看過, 我蠻喜歡的, 但我比較喜歡多一點自由發揮的空間, 所以如果紙上有太多代辦清單的格子或者欄位要填的話, 我會覺得很有壓力, 然後慢慢的就越來越沒動力繼續下去。

I remember you showed me that planner last time, and I liked it. But I prefer having more free space, so if there are too many to-do list boxes or sections to fill in, I feel pressured, and eventually, I lose motivation to continue.

Cathy

我懂~我以前買過很多手帳,一開始寫的時候超有動力的,但後面就不了了之。  
I understand~ I've bought many planners before. I was very motivated at first, but then it fizzled out.

Cindy

大家都這樣吧!所以我很佩服那些可以把手帳整本寫完的人。  
I think everyone is like that! So I admire those who can fill out an entire planner.

Cathy

完整記錄人生聽起來超酷的,以後老了還可以常常拿出來看。  
Recording life completely sounds really cool. When we're older, we can often look back at it.

Cindy

這就是紙本日記跟電子日記的不同吧!我之前試過把Google日曆當成日記來寫,但後來看著覺得超有壓力的,而且好無趣,所以最後還是買了日記本跟手帳來寫。  
That's the difference between paper diaries and digital ones! I tried using Google Calendar as a diary before, but it felt really stressful and boring, so I ended up buying a diary and planner to write in.

Cathy

比較有溫度感吧!我之前也做過一樣的事,把自己的心情跟代辦事項全部記錄在手機的app裡,但後來就會忘記記錄,然後慢慢的就沒記了。  
It has more warmth! I did the same thing before, recording my feelings and to-do items in a mobile app, but then I started forgetting to record and eventually stopped.

Cindy

日記也是一種需要靜下心來寫的東西吧!我其實覺得這是生活中的一種儀式,所以會特別安排一段時間給這段活動。打開手機寫日記感覺就很像在打發時間,慢慢的就會不認真寫,最後就整個忘記。  
A diary is something that requires sitting down and writing! I actually think it's a ritual in life, so I set aside special time for this activity. Opening my phone to write a diary feels like just passing time, and gradually, I write less seriously and eventually forget altogether.

Cathy

對阿,有些東西還是用紙筆紀錄會比較有效果。在大學的時候我是用紙筆的方式作筆記的。  
Yes, for some things, using paper and pen is more effective. I used paper and pen for taking notes in college.

Cindy

恩恩, 我也是, 各位聽眾朋友們, 你們喜歡用紙筆還是手機紀錄生活呢? 歡迎大家留言跟我們分享喔!

Yes, me too. Listeners, do you prefer using paper and pen or your phone to record your life? Feel free to leave a comment and share with us!

**Cathy**

那今天的podcast就到這邊囉! 各位聽眾朋友們下次見, 掰掰!

That's it for today's podcast! See you next time, everyone. Bye-bye!