

# Bear Grylls Quotes

*People, Home, Adventure, Running, Thinking, Heart, Men, Fire, Survival, Jobs,  
Kids, Dream, Giving, Needs, Risk, Snakes, Lines, Healthy, Journey, Trying*

I never wanted to do TV. I just did what I was trained to do through the Special Forces, and I've been doing that from a very young age.

~Bear Grylls

The rules of survival never change, whether you're in a desert or in an arena.

~Bear Grylls

Yes, the Boy Scouts of America should definitely allow gay adult leaders and I think it's really going to hold them back if they don't.

~Bear Grylls

If you risk nothing you gain nothing

~Bear Grylls

Is your ego small enough, and your backbone strong enough, to raise others up high on your shoulders?

~Bear Grylls

Sometimes an ember is all we need.

~Bear Grylls

I've seen extreme bravery from the least likely of people. Life is about the moments when it's all gone wrong. That's when we define ourselves.

~Bear Grylls

You don't need to go to the ends of the earth, you don't need to climb Everest to have a great adventure, it's invariably on our doorstep.

~Bear Grylls

Live a wild, generous full, exciting life - blessing those around you and seeing the good in all.

~Bear Grylls

A wise man knows; learn from others, never get complacent and know where the classic old dangers come from.

~Bear Grylls

There is no feeling like coming home after danger.

~Bear Grylls

You can't become a decent horseman until you fall off and get up again, a good number of times. There's life in a nutshell.

~Bear Grylls

There's no magic to running far or climbing Everest. Endurance is mental strength. It's all about heart.

~Bear Grylls

I've eaten sheep's eyes, the still hot meat from a zebra killed by a lion, and maggots which give you 70 calories to the ounce.

~Bear Grylls

Never depend on those luck moments - they are gifts - but instead always build your own back-up plan.

~Bear Grylls

A man's pride can be his downfall, and he needs to learn when to turn to others for support and guidance.

~Bear Grylls

Survival is not about being fearless. It's about making a decision, getting on and doing it, because I want to see my kids again, or whatever the reason might be.

~Bear Grylls

Make a little time to be quiet by yourself every day and just be.

~Bear Grylls

Our dreams are just wishes, if we never follow them through with action. And in life, you have got to be able to light your own fire.

~Bear Grylls

The line between life or death is determined by what we are willing to do.

~Bear Grylls

My faith isn't very churchy, it's a pretty personal, intimate thing and has been a huge source of strength in moments of life and death.

~Bear Grylls

Dreams, though, are cheap, and the real task comes when you start putting in place the steps needed to make those dreams a reality.

~Bear Grylls

Without risk, there can be no growth.

~Bear Grylls

I've had so many injuries in my life that it's ridiculous.

~Bear Grylls

Survival requires us to leave our prejudices at home. It's about doing whatever it takes - and ultimately those with the biggest heart will win.

~Bear Grylls

As a young boy, scouting gave me a confidence and camaraderie that is hard to find in modern life.

~Bear Grylls

I learnt another valuable lesson that night: listen to the quiet voice inside. Intuition is the noise of the mind.

~Bear Grylls

I miss him still today: his long, whiskery eyebrows, his huge hands and hugs, his warmth, his prayers, his stories, but above all his shining example of how to live and how to die.

~Bear Grylls

How you speak about others speaks loudest about yourself.

~Bear Grylls

Survival can be summed up in three words - never give up. That's the heart of it really. Just keep trying.

~Bear Grylls

But the wild is unpredictable, stuff does happen, and it's always when you're least expecting it.

~Bear Grylls

Both faith and fear may sail into your harbor, but only allow faith to drop anchor.

~Bear Grylls

Textbook survival tells you to stay put. Stop. Wait for rescue. Don't take any risks. But there'd been a whole host of survival shows like that and I didn't really want to do that.

~Bear Grylls

What Scouting says to people is: Every child has a right to have an adventure. Life is about grabbing opportunities

~Bear Grylls

Weather can kill you so fast. The first priority of survival is getting protection from the extreme weather.

~Bear Grylls

The SAS Reserve tends to be made up of former paratroopers and

commandos who still want a challenge, but it is open to civilians.

~Bear Grylls

That feeling when you're so cold you'd give anything to be warm - I've had it before, literally huddled around a candle flame on an ice sheet.

~Bear Grylls

The appeal of the wild for me is its unpredictability. You have to develop an awareness, react fast, be resourceful and come up with a plan and act on it.

~Bear Grylls

It is only when You really STEP OUT of Your comfort zone that You GROW.

~Bear Grylls

As a society, we've become terrified of failure, but you can't grow without risking it.

~Bear Grylls

All my life the only thing I've been good at has been climbing and throwing myself off big things.

~Bear Grylls

Sometimes it's hard for us to believe, really believe, that God cares and wants good things for us and doesn't just want us to go off and give everything up and become missionaries in Burundi.

~Bear Grylls

Our achievements are generally limited only by the beliefs we impose on ourselves.

~Bear Grylls

Adventure should be 80 percent 'I think this is manageable,' but it's

good to have that last 20 percent where you're right outside your comfort zone. Still safe, but outside your comfort zone.

~Bear Grylls

You only get one chance at life and you have to grab it boldly.

~Bear Grylls

Accidents on big mountains happen when people's ambitions cloud their good judgment. Good climbing is about climbing with heart and with instinct, not ambition and pride.

~Bear Grylls

Change the way you use your time, and you change your life.

~Bear Grylls

Life is an adventure that is best lived boldly

~Bear Grylls

Don't be scared to dream big, and don't be afraid to be close to people. And never give up! It's the tenacious not the talented that win.

~Bear Grylls

The extremes of jungles, mountains, and deserts are inherently dangerous places.

~Bear Grylls

I was always brought up to have a cup of tea at halfway up a rock face.

~Bear Grylls

My favorite moments? Where it's all going swimmingly, the sun's out and I've got a fire going and a nice snake on the barbecue.

~Bear Grylls

You're not human if you don't feel fear. But I've learnt to treat fear as an

emotion that sharpens me. It's there to give me that edge for what I have to do.

~Bear Grylls

Our fate is determined by how far we are prepared to push ourselves to stay alive - the decisions we make to survive. We must do whatever it takes to endure and make it through alive.

~Bear Grylls

The lesson is, the rewards in life don't always go to the biggest, or the bravest, or the smartest. The rewards go to the dogged; and when your going through hell, to the person who just keeps going.

~Bear Grylls

My work is all about adventure and teamwork in some of the most inhospitable jungles, mountains and deserts on the planet. If you aren't able to look after yourself and each other, then people die.

~Bear Grylls

I am not fearless. I get scared plenty. But I have also learned how to channel that emotion to sharpen me.

~Bear Grylls

The truth is, I need 10 lifetimes to scratch the surface of the things I'd love to do.

~Bear Grylls

You can't live someone else's expectations in life. It's a recipe for disaster.

~Bear Grylls

In the British Special Air Service, combat fitness is all about running.

~Bear Grylls



Always keep the big picture in mind- you are greatly loved by Jesus and your job is to love Him and others in return. The rest is detail.

~Bear Grylls

Being brave isn't the absence of fear. Being brave is having that fear but finding a way through it.

~Bear Grylls

The special forces gave me the self-confidence to do some extraordinary things in my life. Climbing Everest then cemented my belief in myself.

~Bear Grylls

And if you give your heart to a goal, it will repay you. It's the law of the universe.

~Bear Grylls

I didn't want to do eight seasons of How To Build A Fire. The intention was to make something fun and dynamic and about self rescue, not about whittling.

~Bear Grylls

Scouts should be progressive and should be adapting. If you're gay or not it's irrelevant, Scouting values respect.

~Bear Grylls

I'm probably going to be the scruffiest Chief Scout you've ever had and my health and safety policy is non-existent.

~Bear Grylls

I think it's fun running with dogs. They're always so fit and fast.

~Bear Grylls

I don't like expeditions where it is a total lottery whether you live or die.

You have to keep those sort of good luck cards for rare occasions!

~Bear Grylls

The only difference between 'try' and 'triumph' is varying degrees of 'umph'

~Bear Grylls

I love home cooking, and I'm not a great one for fast food.

~Bear Grylls

Alpha was the best thing I ever did. It helped answer some huge questions and to find a simple empowering faith in my life.

~Bear Grylls

I do see a lot of the hard end of ecology, and my feeling is that we live on a super-exciting planet but a super-fragile one.

~Bear Grylls

I always had a really natural faith as a kid. Where I knew God existed and it felt very free and pretty wild and natural, and it wasn't religious.

~Bear Grylls

The difference between ordinary and extra-ordinary is so often just simply that little word - extra.

~Bear Grylls

Christianity is not about religion. It's about faith, about being held, about being forgiven. It's about finding joy and finding home.

~Bear Grylls

Many great people over the centuries have depended on their faith- it is a sign of great strength to need Jesus in your life.

~Bear Grylls

As for my diet, I try to eat lean, clean and healthy - nothing too surprising. And I avoid too much meat or dairy because they slow you down.

~Bear Grylls

Some of the greatest survivors have been women. Look at the courage so many women have shown after surviving earthquakes in the rubble for days on end.

~Bear Grylls

I joined the Army at 19 as a soldier and spent about four and a half years with them. Then I broke my back in a freefall parachuting accident and spent a year in rehabilitation back in the U.K.

~Bear Grylls

Americans are cool, if you show just a chink of vulnerability, they respond so much. They'll pat you on the arm and say, 'Hey kid, you're all right'. Brits will respond but they are much more cynical.

~Bear Grylls

One killer exercise that's really great is pull-ups with your legs out level. That's my favourite. It's such functional core strength, and that's why I can climb up trees and down vines.

~Bear Grylls

To me, adventure has always been to me the connections and bounds you create with people when you're there. And you can have that anywhere.

~Bear Grylls

I hang out all the time with kids and young scouts and I never meet kids who don't want adventure.

~Bear Grylls

Look, sometimes, no matter how hard you try, sometimes you need a bit of luck.

~Bear Grylls

I train five days a week hard - but it is short and sharp - 30 to 40 minutes of functional and pretty dynamic body-strength circuits, then I do a good yoga session on the sixth day, then I rest.

~Bear Grylls

One thing I know for sure: it is only by doing what we fear that we can ever truly learn to be brave.

~Bear Grylls

Faith is personal if it's to be real.

~Bear Grylls

I come from a line of self-motivated, determined folk - not grand, not high society, but no-nonsense, family-minded go-getters.

~Bear Grylls

All worthwhile journeys have big obstacles. It's the way of the world. The rewards go to those who can push through those trying moments and still manage to keep a smile on their face.

~Bear Grylls

Success almost always follows great attitude. The two attract each other!

~Bear Grylls

I love making healthy lean foods delicious - that's an art!

~Bear Grylls

I said no to the Born Survivor producer three times because I've never aspired to be a TV man.

~Bear Grylls

I had many opportunities to get behind products in the past, and I was always careful to evaluate all of them. I will not put my name to shoddy items.

~Bear Grylls

And Jesus, the heart of the Christian faith is the wildest, most radical guy you'd ever come across.

~Bear Grylls

Exercise helps my back. If I don't exercise, that's when it starts to hurt. The pain is a good motivator to run and exercise.

~Bear Grylls

People ask me, "How do I succeed?" Whatever it is they do, I say, "Go and find 20 ways of messing it up. By 21, you'll be getting there." Life is an adventure, go back with cuts, scars and bruises.

~Bear Grylls

Unless you have shelter, fire is going to be very hard and if you have fire, but no water, you're going to die. They're all super important.

~Bear Grylls

I love Ray Mears. He's brilliant. He's so rude about me in the press, it's outrageous!

~Bear Grylls

I've never really had a TV career. I've been a soldier and a climber.

~Bear Grylls

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