

# Bethany Hamilton

## Quotes

*Inspirational, People, Ocean, Thinking, Surfing, Jesus, Passion, Fun, Art, Fall, Arms, Unique, Sharks, Running, Giving, Parent, Home, Inspiration, Easy, Real*

I don't need easy, I just need possible.

~Bethany Hamilton

Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you.

~Bethany Hamilton

People can do whatever they want if they just set their heart to it, and just never give up, and just go out there and do it.

~Bethany Hamilton

Life is a lot like surfing! When you get caught in the impact zone, you've got to just get back up. Because you never know what may be over the next wave.

~Bethany Hamilton

Life is full of what-ifs. You can't let it hold you back. If you do, you're not really living at all! just kind of going through the motions with no meaning

~Bethany Hamilton

Love is bigger than a tsunami, stronger than any fear.

~Bethany Hamilton

Being creative on the waves is challenging, but we each create art in our own way.

~Bethany Hamilton

Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That's what little girls are made of; the heck with sugar and spice.

~Bethany Hamilton

We all go through rough times. We have those obstacles that seem too

large to overcome or that current that you never seem to swim out of. We have to decide what matters most to us - our passions.

~Bethany Hamilton

My strength came from my relationship with Christ and from the love and encouragement of my family and friends.

~Bethany Hamilton

I wouldn't change what happened to me because then I wouldn't have this chance, in front of all of you, to embrace more people than I ever could have with two arms.

~Bethany Hamilton

God has a lot more to give and to offer than the world has to give.

~Bethany Hamilton

I don't want easy, just possible.

~Bethany Hamilton

There's no such thing as a handicap - it's all in your head

~Bethany Hamilton

You don't need easy, you just need possible.

~Bethany Hamilton

I think passion is something that's more powerful than even love. It's something that you're not willing to let go of, and you'll work really hard to make sure that stays a part of your life.

~Bethany Hamilton

Love God; love others; do your best in all you do, even if you fall short!

~Bethany Hamilton

I guess I just like to challenge myself and push myself harder to do

things that I don't think I can, to do things that other people do not think I can. It pushes me. I push my own personal limits.

~Bethany Hamilton

I'm just waiting for God to tell me what to do, but whatever it is, I want to be doing something like I am doing now-serving God and helping people.

~Bethany Hamilton

I don't really want people looking to me for inspiration. I just want to be a sign along the way that points toward Heaven.

~Bethany Hamilton

God created the heavens and the earth, the oceans and the waves for our enjoyment. Surfing is just my way of worshipping Him.

~Bethany Hamilton

Being able to turn to Jesus after the shark attack kept me alive.

~Bethany Hamilton

Compassion can drive us to do amazing things and give us perspective.

~Bethany Hamilton

Your looks do not define who you are.

~Bethany Hamilton

None of us are going to have perfect lives. Our own vision of what we think is good maybe different from what He [God] thinks. And we forget that. We think we know what's best and we don't.

~Bethany Hamilton

In the end, my love for surfing helped me overcome my fear of sharks.

~Bethany Hamilton

I believe in Jesus Christ, and I believe He gave me the passion and determination to continue surfing. You fall off the horse, and you get back on. I had to go for it.

~Bethany Hamilton

I could never have embraced this many people with two arms.

~Bethany Hamilton

I can't change it, That was God's plan for my life and I'm going to go with it.

~Bethany Hamilton

The paramedic whispered in my ear 'God will never leave you or forsake you.'

~Bethany Hamilton

Being out there in the ocean, God's creation, it's like a gift He has given us to enjoy.

~Bethany Hamilton

Doing everything with one arm, being well-known, and having a book and a movie, it's fairly abnormal. As far as just not having to worry about past experiences, I've healed very well.

~Bethany Hamilton

Strive to find things to be thankful for and just look for the good in who you are!

~Bethany Hamilton

Love is bigger than any tidal wave or fear.

~Bethany Hamilton

Getting back on the surfboard after the [shark] attack was the hardest thing and I did it! After that, the hardest thing was my first competition.

~Bethany Hamilton

It's been amazing to touch people's lives.

~Bethany Hamilton

Besides surfing, I play tennis, volleyball, I swim, I run hills, or I do high-intensity, high-interval workouts. I'm up at 5 A.M. every day.

~Bethany Hamilton

Fear is something that can really hold us all back from different things in life. It's important to notice what your fears are and try to conquer them.

~Bethany Hamilton

Both of my parents are surfers, of course, so they understood where my passion for surfing was at and I guess they saw the talent that I had.

~Bethany Hamilton

I just love being on the ocean and being creative on the waves and the feeling you get when you're surfing. All around it's beautiful and fun.

~Bethany Hamilton

I enjoy hanging out with friends, going on hikes and playing tennis. I also enjoy Bible study and making dinners. I have a pretty mellow life away from the water.

~Bethany Hamilton

Surfing for me is more than my lifestyle; it's my passion, my love and it's a part of me.

~Bethany Hamilton

You fall off the horse and you get back on.

~Bethany Hamilton

I don't know how long I'll be competing but I'll always be surfing. I'll be surfing until I'm old.

~Bethany Hamilton

I'm a surfer at heart. Both my parents moved to Hawaii in the 1970s, where they met and became Christians. Then they taught me and my two brothers how to love the Lord - and how to surf!

~Bethany Hamilton

We all need that extra friend outside of our immediate family to talk about that extra stuff you wouldn't normally talk to your parents about.

~Bethany Hamilton

To lose your everyday life of surfing and being creative on waves, enjoying the ocean - that's scary to me. It was essential to at least try surfing again and get out there and see how it went.

~Bethany Hamilton

My belief is where I get my strength. When I'm struggling with something, I can go to him for help and I'm excited to share that.

~Bethany Hamilton

I'm actually not star-struck... I like to give people their own space and admire them from a distance.

~Bethany Hamilton

My favorite thing [about surfing] is being creative on waves; it's like an art form. You can do whatever you want on that wave if you work hard at it and just have fun out there.

~Bethany Hamilton

The media can be challenging, but at the same time, without the media, I would not have been able to share my personal story. Often the media can bring beauty and encouragement to people's lives...

~Bethany Hamilton

Learning how to deal with people and their reactions to my life is one of the most challenging things... people staring at me, people asking rude questions, dealing with media, stuff like that.

~Bethany Hamilton

The end...is just the beginning

~Bethany Hamilton

Losing an arm is kinda lame at one point, but at the same time, so much good has come out of it.

~Bethany Hamilton

That's really what ultimately matters - the emotions and feelings that you experienced and people around [whom] you experienced [them].

~Bethany Hamilton

I just try to be myself and not conform to something I'm not and just continue doing what I do. I just try not to think about the fact that I'm an inspiration for people.

~Bethany Hamilton



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