

# Carl Lewis

## Quotes

*Athlete, People, Running, Sports, Thinking, Years, Track, Want, Motivational,  
Long, Kids, Needs, Chance, Believe, The End Of The Day, Country, Two, Doe,  
Focus, Goal*

If you don't have confidence, you'll always find a way not to win.

~Carl Lewis

Scientists have proven that it's impossible to long-jump 30 feet, but I don't listen to that kind of talk. Thoughts like that have a way of sinking into your feet.

~Carl Lewis

My best year of track competition was the first year I ate a vegan diet.

~Carl Lewis

I want to be remembered as a person who felt there was no limitation to what the human body and mind can do and be the inspiration to lead people to do things they never hoped to do.

~Carl Lewis

Channel your energy. Focus.

~Carl Lewis

It's all about the journey, not the outcome.

~Carl Lewis

Life is about timing and overcoming difficult things.

~Carl Lewis

My thoughts before a big race are usually pretty simple. I tell myself: Get out of the blocks, run your race, stay relaxed. If you run your race, you'll win... channel your energy. Focus.

~Carl Lewis

Join me in the final race to smash poverty and achieve the UN Millennium Development Goals

~Carl Lewis

The trials on the road to world harmony are no greater than the courage of those who accept the challenge.

~Carl Lewis

I never competed against athletes. I competed against perfection.

~Carl Lewis

I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet.

~Carl Lewis

Every New Year's Eve, I have a pact to do something I never thought I'd do. So I created this list. You have to free your mind to do things you wouldn't think of doing. Don't ever say no.

~Carl Lewis

I know there are a lot of people out there who have the best intentions but not the voice, so it's about people like me to give them a voice and hear their ideas.

~Carl Lewis

The people are fed up with their elected officials playing the blame game and treating their political counterparts as enemies.

~Carl Lewis

When I decided to go for four gold medals I planned it out over a few years. It was in four different events and there was a lot to it.

~Carl Lewis

I want to be a millionaire, and I don't ever want a real job.

~Carl Lewis

There is no correlation between a childhood success and a professional

athlete.

~Carl Lewis

An athlete and actor are really two different temperaments, night and day. As an athlete you really keep things out and as an actor you really bring things in.

~Carl Lewis

Whether I'm 40, 50 or 60, I'm going to be as physically strong as I am able.

~Carl Lewis

I'm not running for state Senate because I wanted to become a politician. I'm running because I wanted to serve.

~Carl Lewis

You're not going to get a chance to vote for me on the ballot, but you can actually vote for what I believe in.

~Carl Lewis

My life isn't interesting! It's my mom. You need to write her life and put me in it. I'm a cameo in her life.

~Carl Lewis

I'm very serious about becoming a dramatic actor. I don't want to play cameo parts walking on as Carl Lewis the athlete. I want to go on stage or screen and be taken seriously.

~Carl Lewis

By carrying the torch, you will be bridging cultural and social barriers, and all the boundaries that separate nation from nation.

~Carl Lewis

After I left the podium in Atlanta, I felt so fulfilled in my career that I lost

my desire to compete at that level again.

~Carl Lewis

I wouldn't be surprised if one day Carl's halo slipped and choked him.

~Carl Lewis

I work with the Carl Lewis Foundation focusing on youth from high school down.

~Carl Lewis

I'm a fast learner. I may not run as fast as I used to, but I think I still learn as fast.

~Carl Lewis

We cannot rest until we make sure that our families can afford to live and raise their kids here, that our seniors can remain in their homes and afford their health and pharmaceutical costs.

~Carl Lewis

Track and field is the best way to reach out for kids. It doesn't matter how fast you are. You always want to beat someone.

~Carl Lewis

Our message of the day is service does not need a title.

~Carl Lewis

I like the pressure of having to perform so people will come to me.

~Carl Lewis

My best performances were when I was 30 years old, and I was a vegan.

~Carl Lewis

I found the emotion that as an athlete you block out, and it really helped

me to understand myself as a person. I'm a really emotional person and it helped make me a better person.

~Carl Lewis

I don't intend to stay around any longer than I feel I can be No. 1.

~Carl Lewis

I always wanted to be wealthy. I did.

~Carl Lewis

Any press is good press. So keep on ragging me.

~Carl Lewis

I'm not a coach and I know it. I'm too busy and it doesn't pay. I'm expensive. But I would always advise.

~Carl Lewis

I'm not Carl Lewis the athlete any more. I'm growing into a new person with new interests and new goals.

~Carl Lewis

Countries like Jamaica do not have a random program, so they can go months without being tested. I'm not saying anyone is on anything, but everyone needs to be on a level playing field.

~Carl Lewis

People have always thought of me as being something, but I'm just a human being like everyone else.

~Carl Lewis

Some Americans just shouldnt leave the country.

~Carl Lewis

I have no intention of lingering through a season, just to have a chance

to be an alternate on a relay. I don't want that.

~Carl Lewis

I always separated sports and my personal life.

~Carl Lewis

When I run - you can see my record - I run to win.

~Carl Lewis

To this day, most people think of me as the fastest human. They don't really think me as a long jumper, although that's the event I had more success in.

~Carl Lewis

You can't live your life through your children.

~Carl Lewis

I'm a businessman and actor and I still make appearances.

~Carl Lewis

I enjoy my life, I love track, I'm set for life financially.

~Carl Lewis

I'm not supposed to be able to speak clearly, and decipher what's going on in the media. I'm supposed to be the typical amateur who's 22 and scared to death and can't believe he won the Olympics.

~Carl Lewis

I don't feel I'm qualified to be a coach outside the high school level. I think I would need to do more education to really be a good coach.

~Carl Lewis

At the end of the day, if you're a professional athlete in track and field you are the CEO of your company.

~Carl Lewis



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