

# Cat Deeley Quotes

*Hair, Looks, Thinking, People, Eye, Giving, Girl, Men, Kids, Needs, Hate, Home,  
Feet, Lucky, Jobs, Party, Names, Way, Moments, Hard Work*

Everybody has a bad hair day, but us girls still like to be told we look nice even if we don't feel like we do.

~Cat Deeley

A girl's got to do what she's got to do to make somebody pay her a compliment. If that means moaning 'til the cows come home, then so be it.

~Cat Deeley

You've got to have a sense of humour about sex. When you look at it, it's all pretty ridiculous, isn't it?

~Cat Deeley

I don't shop because I need something, I just shop for shopping's sake.

~Cat Deeley

It's quite nice to have something where you can be a bit naughty if you have a twinkle in your eye and you can get away with things a bit more and that's what 'The Choice' is about.

~Cat Deeley

As long as you smile, have sparkly eyes and stick your shoulders back, nobody's going to notice your bum or your waist or your feet, for that matter.

~Cat Deeley

My friend made me a leather dress for the MTV awards. It gives you confidence, wearing something you love.

~Cat Deeley

I have the biggest hair in the world - and that's official!

~Cat Deeley

I enjoyed school, I was a bit of a square. I did very well in exams. I was

quite lucky I was academic.

~Cat Deeley

I hate last-minute shopping, it's always unsuccessful.

~Cat Deeley

It's great to admire other people's fashion choices, but I don't think you should idolise anyone.

~Cat Deeley

I love bold, colorful party dresses because they don't need accessories. Just throw one on and you're done.

~Cat Deeley

You are so much better off on your own than with the wrong person.

~Cat Deeley

I hate birthdays. I hate birthday parties. I hate them. I don't know what it is, anybody's only got to come wafting near me with a piece of cake with a candle on and I break out in hives.

~Cat Deeley

I think that if you keep your eyes and your ears open and you are receptive to learning, there are skills you can get from any job at all.

~Cat Deeley

Success is hard in general for most women. We now have such busy lives, and we're told we can do everything - you know, we can have the relationship and the marriage and the kids and the career.

~Cat Deeley

I find great lighting and a squint of the eyes makes anyone look better.

~Cat Deeley

Being famous hasn't changed my perception of myself - I've just grown up.

~Cat Deeley

My house feels like a proper home. It's very relaxed with a hippyish vibe.

~Cat Deeley

Never work with kids or animals.

~Cat Deeley

The good show is not about people fighting or getting drunk or throwing up on each other, or hating each other - it's about celebrating people's talent.

~Cat Deeley

I don't host a show and go, 'Have you got my best angle?'

~Cat Deeley

I don't feel any pressure to lose weight - and in any case, if I didn't have my food I'd be a nasty piece of work and wouldn't be able to function.

~Cat Deeley

I don't even own my own name on the internet - somebody else bought it.

~Cat Deeley

I choose what to wear depending on how I feel and what I'm comfortable in. That's when you look your best.

~Cat Deeley

I can't dance at all by myself.

~Cat Deeley

I just don't crave junk food.

~Cat Deeley

I'm getting comfortable with West Coast style, which is more laid-back than British style.

~Cat Deeley

I wouldn't say pop stars hit on me - that's just stuff the papers make up.

~Cat Deeley

The only time I ever look good dancing is if I'm next to my dad at a wedding.

~Cat Deeley

Stylists aren't for me. I tried to use one when I first started working in the US, but I didn't click with anyone.

~Cat Deeley

Maybe I see myself with kids, given the right place and right moment, with the right person.

~Cat Deeley

I'm just incredibly interested in people.

~Cat Deeley

I understand how important hair is to a woman's self-esteem and confidence.

~Cat Deeley

I support British designers as much as I can.

~Cat Deeley

I started off doing live TV, so I kind of learnt that if I get myself into trouble, I get myself out of it.

~Cat Deeley

I'll never stop appreciating how lucky I am.

~Cat Deeley

I'm a great swimmer, probably due to the size of my feet.

~Cat Deeley

The trouble is that as women we try to take care of everybody else before we take care of ourselves.

~Cat Deeley

There actually isn't anything better than a noble failure. It will always teach you something and you will always learn from the experience.

~Cat Deeley

Style is a very personal thing and women should develop their own individual look.

~Cat Deeley

Listen, I would love to win an Emmy at some stage or another. I can't pretend not to.

~Cat Deeley

There are fit men everywhere, so I'm working my way through them, one at a time!

~Cat Deeley

Nothing gets you to mend your heart quicker than throwing yourself into work.

~Cat Deeley

To have family behind you who love you more than words can say gives you so much confidence, because it allows you to go off and be

who you want to be.

~Cat Deeley

In Britain, it's almost as if we're ashamed of having ambition and drive.

~Cat Deeley

Jewellery is a great way to take your look from day to night.

~Cat Deeley

I've been out with men who have literally had an argument with the mirror because they couldn't get their hair right. When I was younger, I might have reassured him, but I can't do that anymore.

~Cat Deeley

I have a Damien Hirst spot painting which I love. It has pride of place over my dining-room table.

~Cat Deeley

I love a glass of champagne. It can make even the most average Monday seem like a Saturday night. I always say there's happiness in every bubble!

~Cat Deeley

I can't lie... My face always gives me away. I'm also pathetically bad at poker!

~Cat Deeley

I used to say I wanted somebody funny and intelligent, but kindness is the most important quality in a man.

~Cat Deeley

I love people who are very honest and very open and don't pretend to be anything they're not.

~Cat Deeley

All great reality shows have a very, very similar format. That's why it was so easy to parody.

~Cat Deeley

I'm in an on-off relationship at the moment.

~Cat Deeley

If I'm interviewing someone I need to know everything about them - I do these massive spider diagrams. Everything under different categories, and certain questions in other categories.

~Cat Deeley

I am addicted to 'Vogue' magazines, be they French, British - I adore, adore, adore.

~Cat Deeley



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