

Chris Sharma

Quotes

Climbing, Rocks, Creative, Motivation, Sports, Fun, Body, Unique, Thinking, Appreciation, Beautiful, Running, Art, Strong, Appreciate, Stronger, Needs, Years, Girl, Powerful

The best climbers have the will to hold on. They won't give up and keep trying over and over.

~Chris Sharma

One of the things that separates climbing from other sports is how independent and personal it is. With most sports, you either win or lose, but climbing is about your own personal experience.

~Chris Sharma

The rock still has something to teach me.

~Chris Sharma

That's what's so amazing about climbing - it's not just a sport. It's a lifestyle, it's a way of being creative, of connecting with yourself and with nature.

~Chris Sharma

Keep it fun. Don't take it too seriously. At the same time, when you do feel inspired, take it seriously, too.

~Chris Sharma

With climbing you can go to the most beautiful places on the planet and practice. Anywhere there is rock, you can climb.

~Chris Sharma

They kind of go hand-in-hand. Following your motivation, resting when you need to rest, and going for it when you feel inspired.

~Chris Sharma

There's a balance. Time and place for everything.

~Chris Sharma

There are strong people who aren't able to climb. It's about reading the rock, knowing how to position your body and having the tenacity to not

let go.

~Chris Sharma

I think I'm a pretty creative person. I love building things. I love working on my house. Landscaping, stuff like that.

~Chris Sharma

Every climb is different, has its own unique set of movements and body positions. Climbing and my appreciation for nature are totally intertwined.

~Chris Sharma

Climbing is a process - like yoga or running. We want to go to the spots where we're barely able to hold on. Those are the climbs that force us to become better athletes and grow as climbers.

~Chris Sharma

I really learned to approach climbing not just with a pure athletic mentality, but also to appreciate all these beautiful places we get to go to.

~Chris Sharma

Climbing is so fun and such a good experience, that I think it's important not to take it too seriously. It's not the end of the world - or the entire world either.

~Chris Sharma

As climbers, we need to learn to be good stewards of the land and take care of these places where we are spending so much time.

~Chris Sharma

I've been climbing for almost twenty years now. I'm more inspired and more motivated. I feel stronger than I ever have. I feel like that's worked up until now.

~Chris Sharma

Climbing is this lifestyle activity that really works every muscle in your body.

~Chris Sharma

I'm going to be climbing for my whole life.

~Chris Sharma

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