

# Clara Hughes

## Quotes

*Sports, Jobs, Years, Athlete, People, Heart, Ice, Teenager, Baby, Goes On,  
Goal, Who I Am, Infinite Possibilities, Overcoming, Diesel, Dream, Eye,  
Average, Kind, Helping*

If you dream and you allow yourself to dream you can do anything.

~Clara Hughes

I had some experience in dealing with people who have mental illness and depression, but I didn't see the signs in myself. I couldn't ask for help because I didn't know I needed help.

~Clara Hughes

I am nowhere near my limit. I just want to see if there are such things as limits. I want to go and find out.

~Clara Hughes

I've learned what it truly means to be Canadian and in turn I've been inspired to make a difference in the world, however small it's been.

~Clara Hughes

All the physical comes from the mental.

~Clara Hughes

The only reason I've shared my story is to take that tiny baby step of breaking down the stigma attached to depression.

~Clara Hughes

The struggle I went through has value.

~Clara Hughes

I'll skate on concrete if I have to. I'm not worried about how fast the ice is. I'm worried about how fast I can go on the ice.

~Clara Hughes

That's what is most satisfying, is having overcome that pain. Pain that is so intense that when you finish, it feels like you're going to die. That's what I wanted, and that's what I got.

~Clara Hughes

I still can't believe I won the Olympics. That's what I feel right now - completely alive as a human being. It's a really beautiful moment.

~Clara Hughes

I love skating so much and I feel like every time I step out onto the ice, that's what I'm meant to do.

~Clara Hughes

I am kind of like a diesel. It is the cyclist in me.

~Clara Hughes

For 20 years I've had the privilege of representing Canada around the globe... first on the bike and then on my blades. The experiences have shaped me into who I am today.

~Clara Hughes

I was, without exaggeration, a delinquent teenager.

~Clara Hughes

I love working with kids and I want to just be able to do it from my heart and not as a job.

~Clara Hughes

My goal is to try to avoid a regular job.

~Clara Hughes

With athletes, it's never fully understood the level to which we push ourselves. Especially in an endurance sport.

~Clara Hughes

**Related Links:**

- Sports Quotes
- Jobs Quotes
- Years Quotes
- Athlete Quotes
- People Quotes
- Heart Quotes
- Ice Quotes
- Teenager Quotes
- Baby Quotes
- Goes On Quotes
- Goal Quotes
- Who I Am Quotes
- Infinite Possibilities Quotes
- Overcoming Quotes
- Diesel Quotes
- Dream Quotes
- Eye Quotes
- Average Quotes
- Kind Quotes
- Helping Quotes