

Claudia Black Quotes

*People, Home, Forgiving, Inspirational, Way, Honest, Needs, Care, Letting Go,
Thinking, Want, Giving, Junk, Love You, Guts, Past, Matter, Meaningful, Eating,
Radical*

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.

~Claudia Black

Surround yourself with people who respect and treat you well.

~Claudia Black

Support renewable energy. Recycle. Reuse. Restore. Replenish.

~Claudia Black

Saying no can be the ultimate self-care.

~Claudia Black

Forgiving is not forgetting. It is remembering and letting go.

~Claudia Black

To free yourself from the past you must break the rules of silence and compliance.

~Claudia Black

Sisterhood is magical and medicinal - use it as a lifelong resource.

~Claudia Black

It is not possible to be honest in the here and now when you continue to discount and minimize your childhood experiences.

~Claudia Black

We're one race. No matter our religion, beliefs, mother tongue, or skin color.

~Claudia Black

People told me, when I was coming through the ranks, that a mark of a great actor is one who deals with the period of unemployment as well as they deal with the period of employment

~Claudia Black

Only place yourself around people who love your strengths and are also safe to be vulnerable around - you'll need both power and vulnerability in womanhood.

~Claudia Black

Never trash-talk yourself or others. Stay curious. Speak your truth.

~Claudia Black

You always have choices no matter what.

~Claudia Black

Leave every environment you go into better than you found it.

~Claudia Black

Build other females up and only compete with yourself.

~Claudia Black

Everyone should go inward, get curious about themselves, and investigate their shadows. It's one of the most important gifts we can give humanity. It's one of our most vital causes.

~Claudia Black

You are perfectly imperfect.

~Claudia Black

It is a radical act to believe in and like yourself.

~Claudia Black

Never underestimate the healing power of breath.

~Claudia Black

Listen to your bodies. You are constantly receiving information from

your body about how to care for it and yourself.

~Claudia Black

Whatever you want that others in your life can't give you, ask yourself how you can give it to yourself.

~Claudia Black

Be your best you, and when things get tough always know that you can hand it all over to the universe and it will support you.

~Claudia Black

I have phenomenal mentors who guide me to maximize my effectiveness.

~Claudia Black

Make mistakes; it's what you do about them that counts.

~Claudia Black

Trust your gut. Respect and show up for yourself or no one else will. Show up for your friends too.

~Claudia Black

Volunteer. Find ways to be useful. Be kind.

~Claudia Black

I know a lot about health, wellness, and nutrition. I make my own kombucha. I'm clumsy.

~Claudia Black

Always be accountable. Forgive and let go.

~Claudia Black

I am service-centric. I always intend to leave places better than I find them.

~Claudia Black

I aim to have meaningful, honest interactions with people and be open to their uniqueness.

~Claudia Black

I'm passionate about transformation.

~Claudia Black

I share pretty much everything I have with those in need around me.

~Claudia Black

This planet is our home and we're trashing and killing it.

~Claudia Black

Sleep is underrated. Sleep!

~Claudia Black

Turn the damn tap off when you brush your teeth - Aargh!

~Claudia Black

Stop eating junk. Be a good listener and a loyal friend.

~Claudia Black

When there's a right and wrong thing to do, choose right regardless of what your friends do.

~Claudia Black

I love to cook, it's one of my most favorite things in the world. That's why I stopped being a vegetarian - I didn't want to serve people things I hadn't tasted myself.

~Claudia Black

There's something very sinister about a woman who is predatory but

has an absurd voice working as a disservice to her.

~Claudia Black

I feel that I'm at my best as a person and that I'm coming home when I walk on to a set, or on to a stage, so if I can perform in one way or another I think I'll be okay.

~Claudia Black

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