

Florence Griffith Joyner Quotes

*Running, Athlete, Motivational, Firsts, People, Believe, Moving, Looks, Hair,
Dream, Successful, Football, Taken, Weight, Attention, Car, Giving, Sadness,
Morning, Different*

Nothing is going to be handed to you -- you have to make things happen.

~Florence Griffith Joyner

I believe in the impossible because no one else does.

~Florence Griffith Joyner

A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.

~Florence Griffith Joyner

When anyone tells me I can't do anything, I'm just not listening anymore.

~Florence Griffith Joyner

I know what I have to do, and I'm going to do whatever it takes. If I do it, I'll come out a winner, and it doesn't matter what anyone else does.

~Florence Griffith Joyner

I pray hard, work hard, and leave the rest to God.

~Florence Griffith Joyner

The main reason I wanted to be successful was to get out of the ghetto. My parents helped direct my path.

~Florence Griffith Joyner

When you first get a hill in sight, look at the top of it only once. Then imagine yourself at the bottom of the other side.

~Florence Griffith Joyner

If you want to run as fast as the men, you've got to train like the men.

~Florence Griffith Joyner

I like being unconventional.

~Florence Griffith Joyner

I don't do drugs. I never have taken any drugs. I don't believe in them.

~Florence Griffith Joyner

I couldn't wait until I grew up. I used to look at my mom's stockings and put them on with her high heels and mess with my hair.

~Florence Griffith Joyner

People don't pay much attention to you when you are second best. I wanted to see what it felt like to be number one.

~Florence Griffith Joyner

I used to be teased for the way I wore my hair at school. I used to do things like wear a different-colored sock on each leg.

~Florence Griffith Joyner

I don't look at myself as being famous. I look at myself as an athlete. If the money is there, I'd be happy, but I have to be happy within myself first.

~Florence Griffith Joyner

I love working with kids, talking with them and listening to them. I always encourage kids to reach beyond their dreams. Don't try to be like me. Be better than me.

~Florence Griffith Joyner

I've always overworked in the weight room. I love working with weights. I knew they'd give me the strength I needed.

~Florence Griffith Joyner

I don't always have the best eating habits. I like butter and ice cream. There are days when I should work out and I don't. But it's never too late to change old habits.

~Florence Griffith Joyner

Injuries made me a believer in cross-training.

~Florence Griffith Joyner

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