

Forrest Griffin Quotes

*Mma, Worry, Needs, Fighting, Insanity, Two, Fighter, Doing What You Want,
Lovers, Sports, Cancer, Quitting, Loser, Rip, Mom, Passion, Dog, Mean,
Winning, Mind*

The ladies kept telling me I wasn't good in bed, so I figured if I wasn't a lover then I must be a fighter

~Forrest Griffin

My philosophy on getting knocked out is that it renders you unconscious and numb, so why worry about it.

~Forrest Griffin

Genius is insanity right up until it works.

~Forrest Griffin

Do things that make your body and mind scream at you to quit, but don't.

~Forrest Griffin

There's two things you need to know. One, that you won't quit on yourself, and two, that I've done the work.

~Forrest Griffin

Any big task if you look at the grand picture... it seems to big to accomplish, so just watch the footstep in front of you... And that's what I do; try and win little battles every day.

~Forrest Griffin

I live below my means because it makes what I do seem less like a job and more like a passion.

~Forrest Griffin

Mental toughness must be developed before you start fighting because you don't want to be that guy who quits in the ring.

~Forrest Griffin

Control all the variables you can... don't worry about the rest.

~Forrest Griffin

If you're humble in defeat, everyone may still kick you, but they won't kick you as much.

~Forrest Griffin

Fear is a good thing because it keeps you alive, but if it becomes so great that it hinders you from doing what you want, you need to confront it head-on

~Forrest Griffin

In order to keep up with the rapid evolution of the sport, you've got to keep an open mind.

~Forrest Griffin

Don't call me a loser in front of my mom!

~Forrest Griffin

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