

Greg Louganis Quotes

*Sports, People, Self Esteem, Moving, Sexuality, Hands, Gay, Dog, Tease, Peak
Performance, My Dog, Drama, Meditation, Cooking, Athlete, Greatness,
Hygiene, Proud, Silly, Growing Up*

Never underestimate your ability to make someone else's life better - even if you never know it.

~Greg Louganis

Fear is a part of everything you do ... You have to take great risks to get big rewards.

~Greg Louganis

I am a firm believer that you don't achieve greatness on your own. There is always someone there to lend a hand

~Greg Louganis

People wait in line to see me, saying there's plenty of living to be done even if you have an HIV diagnosis. People say they are 10- or 15-year survivors and still moving forward.

~Greg Louganis

Well, unless you're Wayne Gretzky or Michael Jordan, you need the full support of your team.

~Greg Louganis

Peak performance is meditation in motion.

~Greg Louganis

I guess you can tease me about being a drama queen, because that did heighten the drama.

~Greg Louganis

People who were close to me - family and friends - they knew about my sexuality.

~Greg Louganis

To me, peanut butter is the breakfast of champions!

~Greg Louganis

It's great to be out and proud.

~Greg Louganis

Mom was the one who taught me unconditional love. With Dad, I'd always felt there was something to live up to - expectations. But in the last year, we had a wonderful relationship.

~Greg Louganis

I've learned at the book signings that everyone has obstacles.

~Greg Louganis

I just did not discuss my personal life, my sexuality with the media. That was my policy.

~Greg Louganis

In sports, people reach their peak very early. You have to move on. I don't know if I will ever surpass what I did at the Olympics, but I'm still doing the work I always wanted to do.

~Greg Louganis

There is always someone there to lend a hand.

~Greg Louganis

One of my dogs is in the movie Beethoven's 2nd.

~Greg Louganis

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