

# Hope Solo Quotes

*People, Soccer, Thinking, Team, Want, Athlete, Years, Games, Father, Trying,  
Winning, Football, Sports, Play, World, Home, Growing Up, Book, Real, Who I  
Am*

I couldn't have been a great goalkeeper without power, agility and quickness.

~Hope Solo

I think it's my personality to overcome things, learn from them and become stronger, both personally and professionally. To be honest, I welcome those hardships.

~Hope Solo

There are no shortcuts. If you feel good, you'll look good, you'll play good. Work hard every day. No matter what your strengths and weaknesses, there's no substitute for hard work.

~Hope Solo

I've learned that winning isn't everything, and it's more about the journey. But at the end of the day, I just want to stand on the podium with the gold medal.

~Hope Solo

There are so many different walks of life, so many different personalities in the world. And no longer do you have to be a chameleon and try and adapt to that environment - you can truly be yourself.

~Hope Solo

I like to read books and be alone; I'm not social butterfly person.

~Hope Solo

True heros are made of hard work and integrity.

~Hope Solo

I don't need a captain's band to lead a team to victory.

~Hope Solo

I think every athlete has their window of opportunity, and you just have to jump on it. You never know when it can end. So I'm just trying to live large while I have the opportunity.

~Hope Solo

I just want to stay in my hotel room, read my book. I enjoy that private time.

~Hope Solo

Nobody really knows who I am, where I came from, what's in my heart, why I believe in the things I believe, what I see behind the scenes and they don't see.

~Hope Solo

My life is a beautiful struggle.

~Hope Solo

I am pushed by my critics. I don't want to say I want to prove them wrong, but it pushes me on the field to play with a chip on my shoulder, and I play best when I have a chip on my shoulder.

~Hope Solo

I am proud of who I am, and nobody's going to steal that.

~Hope Solo

Growing up, I felt insecure about my build. I didn't feel very feminine. But as time went on, I learned to completely embrace my body.

~Hope Solo

It's all in fun. I take everything with a grain of salt.

~Hope Solo

My entire purpose is trying to be the best in the game, and if that exudes beauty too, that's pretty powerful.

~Hope Solo

You're not going to be liked by everybody when you speak the truth. I don't speak the truth to put people down; I don't speak the truth to show disrespect.

~Hope Solo

No one wants to lose, period. It should hurt, it should sting, and you don't want to feel that feeling again.

~Hope Solo

I live for competition. It makes my life complete.

~Hope Solo

As women professional athletes, you have to have respect for every player and individual. Beyond that, it doesn't matter what your interests are. People can have their own lives.

~Hope Solo

With each year that's gone by, and as I grow up and get older, I've become more mature, of course, but you have a sense of who you are, and you find confidence in that.

~Hope Solo

I love pedicures. And, yes, I have a ton of shoes.

~Hope Solo

I think people who don't have conflict in their lives are just trying to please people and not really living life to the fullest.

~Hope Solo

Speech is the image of actions

~Hope Solo

Athletes are extremists. When they're training, it's laser focus.

~Hope Solo

When the Olympics and World Cups come around, that's when you see the real outpouring of support that there really is for female football.

~Hope Solo

I've been through a lot of things in my personal and family life. That turned me into a fighter. I always strive to be the best I possibly can.

~Hope Solo

London 2012 is all about winning a medal. Not just any medal, the gold medal.

~Hope Solo

I need a life outside of soccer. So I very much welcome, you know, new love interests and dating and friends and family.

~Hope Solo

I don't just want to focus on soccer, soccer, soccer.

~Hope Solo

Everybody should be affected by their own realities in their own lives, their own struggles in their own lives. It makes us who we are, and we all know that.

~Hope Solo

My family doesn't do happy endings. We do sad endings or frustrating endings or no endings at all. We are hardwired to expect the next interruption or disappearance or broken promise.

~Hope Solo

People didn't put pressure on me. I just played for the love of the game.

~Hope Solo

Every athlete acquires routines as a way to help control nerves.

~Hope Solo

My father showed me so much love. He showed my brother so much love.

~Hope Solo

In front of the world, all of a sudden I'm a great athlete and I'm put into an environment with 25 other women and I'm expected to go to team meals, team functions.

~Hope Solo

Being responsible and taking care of your body is truly how you make your pay cheque, how you excel and succeed in your lifelong goals, so for me it's just an everyday lifestyle.

~Hope Solo

I know that I'm breaking down barriers. And I know that in the end I'm doing a great thing.

~Hope Solo

I have an attitude. It's what I do. I'm edgy. I have an attitude.

~Hope Solo

I have no personal beef with Brandi Chastain. There's nothing personal.

~Hope Solo

I try to live my life one day at a time, and if I look too far in advance, I get really stressed.

~Hope Solo

I've had marriage proposals, invitations to military balls and even a few prom offers from 18-year-old boys.

~Hope Solo

I've always been a fan of Justin Timberlake.

~Hope Solo

You can predict all you want, but everybody knows what predictions get you.

~Hope Solo

I travel a lot and rarely make it home to Seattle.

~Hope Solo

In truth, 2007 was the hardest year of my life. I lost my best friend. I lost my father.

~Hope Solo

I usually tell people I watch like '24' and 'Prison Break.'

~Hope Solo

On a global stage, I have respect in the goalkeeping world.

~Hope Solo

I think the concept of seeking fame and fortune in women's football in the States is a bit idyllic.

~Hope Solo

I think at an early age I learned not to judge people.

~Hope Solo

I think people have different definitions of team unity. My definition is doing whatever it takes to win, what makes a great team; it's performance on the field, respect on the field.

~Hope Solo

When I did 'Dancing With the Stars,' everyone in Hollywood was saying I had too much muscle.

~Hope Solo

I still don't buy the idea that I'm a 'sex symbol.'

~Hope Solo

I never go on Facebook! I like, haven't confirmed anybody to be my friend on Facebook. I have lots of friends; I'm just really bad at Facebook.

~Hope Solo

I wear my dad's cross. It's very important to me. I hang it in my locker before each game.

~Hope Solo

When I was younger, I was a complete tomboy. Then in college I started emerging out of the tomboy stage and dressing differently.

~Hope Solo

A lot of people think I'm naturally confident. I am not naturally confident!

~Hope Solo

It's clear that women athletics are pretty far behind in every way. In terms of facilities, how much we make, everything.

~Hope Solo

L.A. is a bit strange. It doesn't seem like the real world.

~Hope Solo

My father was never around. But I glorified my father, and I was always



daddy's little girl. He was my first soccer coach.

~Hope Solo

Of course Seattle loves soccer. You can see from the men's Seattle Sounders team.

~Hope Solo

It took putting one foot in front of the other every single day to get through it to the point where I made it back on the team and won a gold medal in 2008.

~Hope Solo

I burn so many calories when I work out that I don't really count calories or necessarily try and stay away from anything.

~Hope Solo

One thing I've learned in life is that I can speak for myself, that I can fight my own battles. I don't like anyone telling me how I'm supposed to feel or think or what I'm supposed to say.

~Hope Solo

You're always going to survive the pain of loss. I can live with that confidence inside of me.

~Hope Solo

Unfortunately, people think I'm negative and bitter all the time, and that's not the case.

~Hope Solo

All my life, since the time I was little, has been a long distraction. At least that is the way some people want to perceive it, but for me, it's given me a lot of strength.

~Hope Solo

I hate the cliché of 'just have fun,' but what I've seen in today's sports, especially with parents, is they put so much pressure on the kids.

~Hope Solo

My personal life is in the spotlight, but people say what they want to say. The truth isn't in the spotlight, I should say. I'm in the spotlight, but not the truth.

~Hope Solo

You know journalists. You know the media. They are going to hang on to anything negative they possibly can.

~Hope Solo

I am going to be a professional soccer player.

~Hope Solo

[My mother] was the strength of our family, and I didn't realize that until I got a little bit older.

~Hope Solo

I have given my life to the game and to the sport.

~Hope Solo

I'm just going to embrace every experience.

~Hope Solo

My life goes in four-year cycles. The World Cup is every four years and the Olympics are every four years.

~Hope Solo

I carry my iPod everywhere. My favorite group is the John Butler Trio, an Australian jam band. The lead singer and guitarist writes amazing lyrics.

~Hope Solo

Female athletes are supposed to be toned down. You're always supposed to talk about the team and never stand out.

~Hope Solo

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