

# Jackie Joyner-Kersey

## Quotes

*Sports, People, Athlete, Inspirational, Games, Opportunity, Giving, Years,  
Dream, Motivational, Cheerleading, Kids, Ucla, Success, Differences,  
Generations, Students, Basketball, Fun, Winning*

It is better to look ahead and prepare than to look back and regret.

~Jackie Joyner-Kersey

There are few restrictions on your life with asthma, as long as you take care of yourself.

~Jackie Joyner-Kersey

What people need to know is that asthma isn't a minor 'wheeze-disease.' It kills over five thousand people in America every year, and I could've been one of them.

~Jackie Joyner-Kersey

Age is no barrier. It's a limitation you put on your mind.

~Jackie Joyner-Kersey

I was diagnosed with asthma when I was 18 during my freshman year at UCLA. I refused to accept it - and I hid it from my coaches and teammates. But ignoring my problem didn't make it go away.

~Jackie Joyner-Kersey

Don't follow in any footprints, make your own prints. Because, you are the future of tomorrow.

~Jackie Joyner-Kersey

I've had asthma my entire life.

~Jackie Joyner-Kersey

Girls playing sports is not about winning gold medals. It's about self-esteem, learning to compete and learning how hard you have to work in order to achieve your goals.

~Jackie Joyner-Kersey

If I stop to kick every barking dog I am not going to get where I'm going.

~Jackie Joyner-Kersey

I maintained my edge by always being a student; you will always have something new to learn.

~Jackie Joyner-Kersey

The only person who can stop you from reaching your goals is you.

~Jackie Joyner-Kersey

My passion for giving is no different than yours. I give because it's in my heart to give. I give because I was taught to give at a very early age. This is how I developed my passion for giving.

~Jackie Joyner-Kersey

The rewards are going to come, but my happiness is just loving the sport and having fun performing.

~Jackie Joyner-Kersey

Give back in some way. Always be thoughtful of others.

~Jackie Joyner-Kersey

I don't think being an athlete is unfeminine. I think of it as a kind of grace.

~Jackie Joyner-Kersey

I always keep myself in a position of being a student.

~Jackie Joyner-Kersey

Teaching kids about health and fitness is important to me. It's about being fit for life.

~Jackie Joyner-Kersey

There is something about seeing myself improve that motivates and excites me.

~Jackie Joyner-Kersey

People assuming that because I'm a great athlete, I can dance. But no. My rhythm is off a little bit.

~Jackie Joyner-Kersey

Once I leave this earth, I know I've done something that will continue to help others.

~Jackie Joyner-Kersey

I learned to listen and listen very well. It helped me athletically and in the classroom as well.

~Jackie Joyner-Kersey

I'm always challenged by someone.

~Jackie Joyner-Kersey

Ask any athlete: We all hurt at times. I'm asking my body to go through seven different tasks. To ask it not to ache would be too much.

~Jackie Joyner-Kersey

Even at 10 or 12, I was a hot, fast little cheerleader.

~Jackie Joyner-Kersey

I don't have to be enemies with someone to be competitors with them.

~Jackie Joyner-Kersey

I might attempt Zumba. I haven't yet, but I thought it would be a lot of fun and different.

~Jackie Joyner-Kersey

I love track and field, but I also know the day will come when I will have to do something else.

~Jackie Joyner-Kersey

The person who talks a lot or talks over people misses out because they weren't listening.

~Jackie Joyner-Kersey

I set my sights on making an Olympic team, not realizing how tough it was going to be.

~Jackie Joyner-Kersey

Even if the person doesn't know what the internet can do, we can bring it to them and show how it can make a difference in their lives.

~Jackie Joyner-Kersey

I really do miss playing basketball. I don't play a lot of pick-up games. But I do like using basketball as a form of cross training.

~Jackie Joyner-Kersey

I'm more of a hands-on person. I like working with young people from the standpoint of providing support for the grassroots programs. State, national and Olympic champions begin at a grassroots level.

~Jackie Joyner-Kersey

When I started competing, you had to have your coach there. Now you can be coached from a home office via Skype or video. That's not the same as having them on the field with you.

~Jackie Joyner-Kersey

I would like 'I Dream of Genie' powers.

~Jackie Joyner-Kersey

I'm not shy. I'm modest, but I'm very outgoing.

~Jackie Joyner-Kersey

I do not take steroids. I never have. It's sad to me that people want to point fingers. I don't do that. That's not me. I wouldn't feel like a human

being.

~Jackie Joyner-Kersey

The 2012 London Olympic Games fostered a generation of hope. I witnessed women participating for the very first time, representing every nation.

~Jackie Joyner-Kersey

I'm a realist and I always have been.

~Jackie Joyner-Kersey

**Related Links:**

- Sports Quotes
- People Quotes
- Athlete Quotes
- Inspirational Quotes
- Games Quotes
- Opportunity Quotes
- Giving Quotes
- Years Quotes
- Dream Quotes
- Motivational Quotes
- Cheerleading Quotes
- Kids Quotes
- Ucla Quotes
- Success Quotes
- Differences Quotes
- Generations Quotes
- Students Quotes
- Basketball Quotes
- Fun Quotes
- Winning Quotes