

Jennifer Hudson

Quotes

*People, Health, Thinking, Years, Trying, Real, Weight, Work Out, Home,
Exercise, Beauty, Voice, Goal, Mother, Long, Commitment, Believe, Caring,
Healthy, Heaven*

Going jogging makes me feel powerful and free - like Rocky!

~Jennifer Hudson

The only way you can sustain a permanent change is to create a new way of thinking, acting, and being.

~Jennifer Hudson

Chocolate is what I love. I have it every day.

~Jennifer Hudson

Sometimes God makes better choices for us than we could have ever made for ourselves.

~Jennifer Hudson

Don't block your blessings. Don't let doubt stop you from getting where you want to be.

~Jennifer Hudson

You have to accept the plan and realize that if you slip, and you might, you can't use that as a reason to give up or stop.

~Jennifer Hudson

If it's meant for me, it will be.' Those words are my mantra in life, and it has never let me down.

~Jennifer Hudson

God uses people to help others. I only pray my faith is strong enough to get me through what I have to face.

~Jennifer Hudson

Loving yourself means caring enough to make the hard decisions in your life.

~Jennifer Hudson

I hope that when I'm 80 years old, people will still be talking about my wedding.

~Jennifer Hudson

It can be a real struggle to accept that sometimes appearance can be more important than talent or intelligence.

~Jennifer Hudson

I didn't start singing with my eyes open until I was 19 - that's how shy I was!

~Jennifer Hudson

Indeed, God is always with us even when things look hopeless.

~Jennifer Hudson

I don't believe in doing things just to do them.

~Jennifer Hudson

Even though I am extremely blessed to have accomplished many of my goals at such a young age, I am still reaching, still striving.

~Jennifer Hudson

I have a serious love for clothes, like no other.

~Jennifer Hudson

I am in control of all decisions that have to do with my image, which means that no one will decide what's right for me except me. I'm not special. We should all feel this way about ourselves.

~Jennifer Hudson

Extreme exercise doesn't save you from poor food choices. It can be difficult to exercise and erase away that chocolate cake or pizza pie. It doesn't work that way.

~Jennifer Hudson

I think to each its own, if nobody is hurting anybody-who cares?
Everyone should be able to do what they want and be happy. Who you love is who you love. That's the way I see it

~Jennifer Hudson

No matter how big the glam squad, or how dramatic the dress,
sometimes things just don't work out.

~Jennifer Hudson

There is nothing I love more than my role as a mom.

~Jennifer Hudson

Appearance can always be changed, but the talent stays the same.

~Jennifer Hudson

I try to dress a little casual before my photo-shoots. I can be comfortable before I go into my... transition.

~Jennifer Hudson

I'm proud to represent the average woman.

~Jennifer Hudson

I want to be around for a long time, singing and making albums and movies.

~Jennifer Hudson

The talent should speak for itself.

~Jennifer Hudson

Dreams do come true. If anyone's proof of that, it's me.

~Jennifer Hudson

If you have a dream, you can achieve that dream, you can achieve that goal. You just gotta go for it. But it also lets you know, that there is a

price to pay.

~Jennifer Hudson

The important message I heard about working out and what I want to share is that you create your own opportunities and your own limitations.

~Jennifer Hudson

Love is as hard to hide as hate.

~Jennifer Hudson

I'm prouder of my weight loss than my Oscar! I hope it has inspired people.

~Jennifer Hudson

There's something wonderful about entertaining people on vacation. Everyone is there to have a good time.

~Jennifer Hudson

Traditional values are big in my life.

~Jennifer Hudson

My ultimate film role would be to play the queen of soul, Aretha Franklin.

~Jennifer Hudson

God always works through people.

~Jennifer Hudson

When other people reject positive changes you make for yourself, there is always some nerve to get to the root of in those other people.

~Jennifer Hudson

Everything I see, I now see through a mother's eyes.

~Jennifer Hudson

Well, I don't really eat cereal that much because on Weight Watchers it's not worth the points.

~Jennifer Hudson

To me, the biggest notes and the longest notes are the easiest notes.

~Jennifer Hudson

I've always had a love for making things my own.

~Jennifer Hudson

I am the biggest Destiny's Child - Beyonce, Kelly, Michelle, all of them - fan in the world.

~Jennifer Hudson

My family always says my voice is a gift—a precious jewel I inherited from my maternal grandma, Julia Kate Hudson. My sister and I used to joke that the 'Kates' in our family got all the talent.

~Jennifer Hudson

You're not living if you don't go out and try things for yourself.

~Jennifer Hudson

Ye canna give up hope when that is all ye have.

~Jennifer Hudson

There's no heaven on earth. God would have to guide her through the problems.

~Jennifer Hudson

There's no rule that says attraction warrents trust. If that were the case, then more wedded couple would be happier.

~Jennifer Hudson

I cook all my meals at home.

~Jennifer Hudson

I actually stopped working out because I don't want to lose my jelly.

~Jennifer Hudson

My son is very into music and really familiar with my voice.

~Jennifer Hudson

Anyone can lose a few pounds, but not everyone has the tools to stick with it.

~Jennifer Hudson

I like to have songs with me that have substance. That's missing from a lot of today's music. You might hear a song with a catchy beat, but what's it about? It's not empowering or helping anyone.

~Jennifer Hudson

You can't make a life-altering decision for someone else and expect it to stick.

~Jennifer Hudson

You cannot just work out and then eat poorly and expect to lose weight. It doesn't work that way.

~Jennifer Hudson

When someone wants to lose weight, they will do whatever it takes. They can't do it for anyone else but themselves. It has to be for them alone. Without that understanding, they will fail.

~Jennifer Hudson

Permanent weight loss doesn't come with an on and off switch. It is not something you do for a little while and think it is going to change your body.

~Jennifer Hudson

If you're not eating the right foods in the right amounts, all the exercise in the world won't combat the caloric intake.

~Jennifer Hudson

When you're shopping you forget about eating!

~Jennifer Hudson

I slept with my mom until I was 16 years old.

~Jennifer Hudson

Embrace it. Especially because of the lives we live, a lot of times other people have to care for [our kids] and you have to have that mommy time, Get your sleep!

~Jennifer Hudson

I don't believe in overdoing myself.

~Jennifer Hudson

I don't get a chance to be home much.

~Jennifer Hudson

Avoidance is a great tool to get away from food in my face all day long.

~Jennifer Hudson

My biggest thing is banana pudding, but it's the devil! So no one is allowed to bring it into my house. Because I can't control myself. So why put it in my domain?

~Jennifer Hudson

'American Idol' has changed the face of television.

~Jennifer Hudson

Food is meant to be used as fuel for our bodies. If you're using it for any other reasons, take a step back and ask yourself, 'What's up.'

~Jennifer Hudson

My grandmother always taught me, 'If you don't have a home, family, and church, you don't have anything.'

~Jennifer Hudson

Family makes a house a home.

~Jennifer Hudson

Ever since grammar school, I knew I wanted to be famous - I always wanted to be a singer.

~Jennifer Hudson

It's not a diet, it's a way of life that teaches you better skills. For years, I felt like I could never have ice cream, but now I can eat ice cream occasionally!

~Jennifer Hudson

It's one thing to lose weight, but it's another thing to eat healthy.

~Jennifer Hudson

Long before "American Idol" people used to call me a diva. And I be like, "Hold on, are you calling me something else on the sly? You gonna call me a diva, call me a good diva."

~Jennifer Hudson

I used to sing in the church choir. People would say it was unusual for such a small girl to have such a big voice. They would say, 'She sounds like she's grown.'

~Jennifer Hudson

I love being outside and feeling free, so I jog or ride my bike. Some

days I play basketball or tennis.

~Jennifer Hudson

If you're asking yourself why I have this success and you don't, don't be angry with me-stop and ask yourself what your issues are that are holding you back.

~Jennifer Hudson

I once had a crush on one of my teachers. I wrote him a love letter and stuck it in a bag in his office. I didn't write my name on it, but I'm sure he figured out it was me.

~Jennifer Hudson

The church has given me balance.

~Jennifer Hudson

I love being nurturing and caring because I love to see other people happy.

~Jennifer Hudson

What people need to know is that if you don't eat what you want, then you'll just continue to eat, because you're not fulfilled.

~Jennifer Hudson

I accept any challenge.

~Jennifer Hudson

When I'm acting I don't sing, and when I'm recording I'm not acting.

~Jennifer Hudson

I always say, you never know how much your parents loved you until you have a child to love.

~Jennifer Hudson

When you hear my music and you feel the emotion, it's real. When you see me in a film and you see a tear, it's real.

~Jennifer Hudson

My mother was a very wise and strong person.

~Jennifer Hudson

I feel like I've lived about three or four different lives.

~Jennifer Hudson

I don't do clubs. I don't drink. I don't smoke.

~Jennifer Hudson

I was brought up singing gospel, and I really enjoy getting the church up on their feet, their hips swaying, their hands clapping, it's a great feeling to evoke that energy for the Lord.

~Jennifer Hudson

If you can't take responsibility for your own well-being, you will never take control over it.

~Jennifer Hudson

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