

# Jillian Michaels

## Quotes

*Motivational, People, Dream, Want, Looks, Healthy, Thinking, Weight Loss, Loss, Responsibility, Needs, Goal, Moving, Transformation, Mom, Years, Giving, Mistake, Strong, Destiny*

Unless You Puke, Faint or Die, Keep Going!

~Jillian Michaels

A bad day for your ego is a great day for your soul.

~Jillian Michaels

Get comfortable with being uncomfortable!

~Jillian Michaels

They are bearcrawls ... a bearclaw is a donut

~Jillian Michaels

Fitness isn't about building a better body. It's about building a better life.

~Jillian Michaels

The past does not define, you the present does.

~Jillian Michaels

If you're not failing, you're not trying hard enough.

~Jillian Michaels

Fitness to me isn't about a crunch or a push up, it's about taking your power back.

~Jillian Michaels

It's not about perfect. It's about effort. And when you bring that effort every single day, that's where transformation happens. That's how change occurs.

~Jillian Michaels

Whenever you're making an important decision, first ask if it gets you closer to your goals or farther away.

~Jillian Michaels

Why choose to fail when success is an option?

~Jillian Michaels

Be brave and be patient. Have faith in yourself; trust in the significance of your life and the purpose of your passion.

~Jillian Michaels

When friends tell you how awesome you look, drop the "I still have more to go" crap. You worked hard and you deserve the compliment!

~Jillian Michaels

Nobody is perfect, so get over the fear of being or doing everything perfectly. Besides perfect is boring.

~Jillian Michaels

One of my acting teachers once said that rejection is God's protection. There's something in it.

~Jillian Michaels

Parenting is not for sissies. You have to sacrifice and grow up

~Jillian Michaels

At the end of the day, your health is your responsibility.

~Jillian Michaels

Transformation isn't a future event, it's a present day activity

~Jillian Michaels

Your legs are not giving out. Your head is giving out. Keep going.

~Jillian Michaels

I just look at a bagel and my ass gets bigger!

~Jillian Michaels

Life breaks us all, but you're stronger in the places that were broken. Or you can essentially crumble, give up, and, you know, waste your life.

~Jillian Michaels

It's impossible to put yourself first when you're a mom.

~Jillian Michaels

At its core, health is simple: eat the right amount for your body, don't ingest chemicals or fake foods, and move more.

~Jillian Michaels

Never allow your fear to grow larger than your faith

~Jillian Michaels

Train insane or remain the same.

~Jillian Michaels

It takes 4 weeks for you to notice your body changing, 8 weeks for your friends to notice, & 12 weeks for the rest of the world to notice. Give it 12 weeks. Don't quit.

~Jillian Michaels

The way to get motivated and stay motivated is to identify, define, and emotionally connect to your dreams.

~Jillian Michaels

There's always room for improvement. I incorporate the lessons I learned from my mistakes and move forward.

~Jillian Michaels

We all have to work for happiness. And you cannot listen to other people. That is the worst mistake you can make.

~Jillian Michaels

Thriving. That's fighting... Surviving is barely getting by.

~Jillian Michaels

So when it comes down to it, a calorie is a calorie is a calorie: There is only one moral of the story: burn as many damn calories as possible whenever you work out.

~Jillian Michaels

Become very comfortable being uncomfortable.

~Jillian Michaels

Life has a way of working out the way it's meant to.

~Jillian Michaels

You know when transformation happens? Right now. It's a present activity. Who is the new you? Show me the new you.

~Jillian Michaels

Having the right to happiness means having the right to earn it, not having it given to you without effort and action on your part.

~Jillian Michaels

I am doing the best I can given what I have today.

~Jillian Michaels

I cant save you, you have to save yourself.

~Jillian Michaels

Be awesome. Live life to the fullest. Shoot for the stars and never settle.

~Jillian Michaels

Selfish isn't a dirty word. It means we take care of ourselves and are able to give back.

~Jillian Michaels

Here's the thing: life is now. It's not ten pounds from now, it's not twenty pounds from now, it's not a million dollars from now. It's right now. And you just have to take a chance.

~Jillian Michaels

You can look for external sources of motivation and that can catalyze a change, but it won't sustain one. It has to be from an internal desire.

~Jillian Michaels

It's important to stay true to yourself. You have to know your weaknesses and recruit support when and where you need it.

~Jillian Michaels

If you focus on all the things that could go wrong, you miss the things that could go right.

~Jillian Michaels

Witnessing the bond between a parent and their little ones firsthand really brought home to me how much I was missing.

~Jillian Michaels

No one ever died from an open mind.

~Jillian Michaels

You've got to listen to the universe, to life, to God, whatever you want to call it. Because its going to speak to you.

~Jillian Michaels

When you do hit the gym, you should push yourself. This is what makes fitness phenomena so interesting.

~Jillian Michaels

I come from the school of being (stereotyped) since I was five years old. And I know that I should not be putting my personal issues on the table or letting them effect my work.

~Jillian Michaels

The reality is that most of the time, the more bizarre the trend, the more bogus the results.

~Jillian Michaels

You don't have to be rich to be healthy. That's such a misconception.

~Jillian Michaels

You need to find your OWN purpose. I cannot BUILD desire.

~Jillian Michaels

Remember that transformation is a present activity.

~Jillian Michaels

Fat is merely stored energy. It is a physical state, nothing more and nothing less. It implies zero about your value as a person in this world.

~Jillian Michaels

Do I look like the kind of person who gives a \*\*\*\*

~Jillian Michaels

I want you to feel like you're going to die.

~Jillian Michaels

I can always use a good chest fly in my life

~Jillian Michaels

If you fail to plan, you pretty much plan to fail.

~Jillian Michaels

There is no authentic goal you can set for yourself that can't be reached, no dream that can't be realized. It's just a matter of learning HOW to achieve what you want.

~Jillian Michaels

I believe in blood, sweat and tears.

~Jillian Michaels

Let's just say I believe in healthy love.

~Jillian Michaels

The truth is that you are as unique on the inside as you are on the outside.

~Jillian Michaels

No one but you can take your dreams away from you

~Jillian Michaels

Look. Listen. Learn. Stay open. Your destiny is awaiting you.

~Jillian Michaels

All you need to do is workout, and eat right, shut up and listen to me.

~Jillian Michaels

I felt the calling to adopt. You just know in the deepest part of your being that you are meant to find this little soul and guide them through life.

~Jillian Michaels

I completely appreciate the importance of fathers but millions of children are without loving homes. I think a child is lucky with one parent who truly loves her.

~Jillian Michaels



I only eat healthy food, and I only want healthy love!

~Jillian Michaels

I used to tell moms that for the sake of their well-being they had to put themselves first. But I know now that's not always possible.

~Jillian Michaels

My agenda is trying to help people live a better life.

~Jillian Michaels

When it comes to kids, it's just not hard to get them healthy. I don't find it hard and don't understand why people find it hard.

~Jillian Michaels

Your destiny is just waiting for you to show up

~Jillian Michaels

Showing you pity doesn't do you any favors.

~Jillian Michaels

Transformation is not a future event. It is a present activity.

~Jillian Michaels

There are things you think you cannot do. You have no idea how strong you are until you try.

~Jillian Michaels

If you want results, they don't come for free.

~Jillian Michaels

You're dealing with people who are suiciding slowly. You've got to get to the bottom of what is psychologically motivating them to self-destruct.

~Jillian Michaels

Sometimes you've got to make your work and workouts co-exist.

~Jillian Michaels

You've already been at the bottom. Why don't you go for the top?

~Jillian Michaels

Feel the Fear. Do it anyway!

~Jillian Michaels

You need to WANT to change. You need to be willing to do the work.

~Jillian Michaels

**Related Links:**

- Motivational Quotes
- People Quotes
- Dream Quotes
- Want Quotes
- Looks Quotes
- Healthy Quotes
- Thinking Quotes
- Weight Loss Quotes
- Loss Quotes
- Responsibility Quotes
- Needs Quotes
- Goal Quotes
- Moving Quotes
- Transformation Quotes
- Mom Quotes
- Years Quotes
- Giving Quotes
- Mistake Quotes
- Strong Quotes
- Destiny Quotes