

# Kai Greene

## Quotes

*Dream, Believe, Thinking, Bodybuilding, Mind, People, Trying, Mean, Fun,  
Giving Up, Goal, Ideas, Morning, Giving, Struggle, Looks, Live Life, Moving,  
Mistake, Jobs*

If a man doesn't have a dream, then he has nothing to work for. Nothing to get up in the morning. No reason, no purpose, to be

~Kai Greene

The person with the biggest dreams is more powerful than the person with all the answers.

~Kai Greene

Nothing comes easy, but as long as you're breathing, you're always one breath away from making your dreams a reality. Make every breath count.

~Kai Greene

Bodybuilding is an art, your body is the canvas, weights are your brush and nutrition is your paint. We all have the ability to turn a self portrait into a masterpiece.

~Kai Greene

They can crack jokes. They can sit back and analyze and criticize and make all the fun they want. But I'm living my life, I'm doing it. What are you doing?

~Kai Greene

You have to think it before you can do it. The mind is what makes it all possible

~Kai Greene

Do not let yourself be contaminated by others' ideas of what is best for you. Cast aside the shackles of destructive thinking.

~Kai Greene

I never gave up, even when people told me I'd never make it; Never underestimate the heart of a champion.

~Kai Greene

The greatest gift you can give someone is the space to be his or herself, without the threat of you leaving.

~Kai Greene

If I have to die tonight,if this weight is going to kill me tonight,so be it! I am dying where I wanna be

~Kai Greene

I am a believer, I am believer that we shape and create the life that we choose, and I believe that the tool that we have to do that, is our mind.

~Kai Greene

It's like you have to save your own life, nobody is going to be your savior for you, so we have to do what we have to do, no matter what it is

~Kai Greene

The weight is just a tool. Do you focus on the hammer or the nail? You better focus on the thing you're trying to hit.

~Kai Greene

You come to a point in your life and you may be in bed just thinking about it. Ask yourself what is stopping you from becoming your dreams

~Kai Greene

If you don't believe you can do something then you can't.

~Kai Greene

Get out, realize your dream, and go for it

~Kai Greene

In the mind of every artist there is a masterpiece

~Kai Greene

In the beginning it wasn't bodybuilding competition that motivated me, it was just getting muscles and getting big. And certainly it has evolved for me since then. I think I'm still evolving.

~Kai Greene

My goal is to be a contributor and to encourage others as they realize their dreams.

~Kai Greene

I've found my true calling in life, and I'm living life on my terms.

~Kai Greene

It's a very interesting thing to try to be your absolute bestâ€”not a percent better or a percent worse than that.

~Kai Greene

We are here to learn and to make our dreams realized.

~Kai Greene

I feel it is a tremendous compliment to a natural competitor to hear "I just don't believe you're natural," because it means you just look that good.

~Kai Greene

Is it 10g of protein more or 10g of protein less, who cares, just get started

~Kai Greene

I do like to believe there is no stupid and or funny question because in fact if we don't ask than we don't learn.

~Kai Greene

I've never competed in powerlifting. But my goals weren't to be a powerlifter. My goals were to pack on size and get big, big, big.

~Kai Greene

I feel for food more than I could crave a woman. And that's the truth!

~Kai Greene

I think that everything should be a stepping stone for something bigger and better and if there is something bigger then why not go on after it?

~Kai Greene

I'll never be a weightlifter.

~Kai Greene

I'm very hungry and there's still a lot to do. Rather than look at what I've conquered already and say "yeah, that was the greatest so far," right now I just stay hungry and keep moving forward.

~Kai Greene

Bodybuilding is my craft and because it is my craft it dictates how I live. Because it dictates how I live it's not just what I do in the gym but it's also an accepted lifestyle.

~Kai Greene

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