

Kerry Washington Quotes

*Thinking, People, Writing, Color, Differences, Girl, Abuse, Character, Believe,
Able, Art, Mother, Inspiring, Men, Healthy, School, Ideas, Different, Women,
Dream*

I don't have to be perfect. All I have to do is show up and enjoy the messy, imperfect and beautiful journey of my life.

~Kerry Washington

I have a deep, deep love for sneakers.

~Kerry Washington

Learn to embrace your own unique beauty, celebrate your unique gifts with confidence. Your imperfections are actually a gift.

~Kerry Washington

Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and potential.

~Kerry Washington

I don't think I'm even close to fulfilling my potential. And I think also that, unlike a pianist or a flutist, an actor has an instrument that is constantly changing.

~Kerry Washington

You and you alone are the only person that can live the life that writes the story that you were meant to tell. And the world needs your story because the world needs your voice.

~Kerry Washington

I'm not interested in living in a world where my race is not a part of who I am. I am interested in living in a world where our races, no matter what they are, don't define our trajectory in life.

~Kerry Washington

You can never control how people respond to your work. You can only control your own work ethic.

~Kerry Washington

As long as anyone anywhere is being made to feel less human, our very definition of humanity is at stake, and we are all vulnerable.

~Kerry Washington

To meet somebody who's able to harness the level of courage it takes to walk away and to choose your own life and your own health, the well-being of your family, is really inspiring.

~Kerry Washington

My understanding of Twitter was that it was a bunch of famous people telling you when they're going to the bathroom. And, that was not something I wanted to be part of.

~Kerry Washington

You can be the lead in your own life.

~Kerry Washington

There are so many untold stories when it comes to great women of color.

~Kerry Washington

I think everything in life happens for a reason. I always think there's room for me to improve as a person.

~Kerry Washington

I didn't grow up thinking I was pretty; there was always a prettier girl than me. So I learned to be smart and tried to be funny and develop the inside of me, because I felt like that's what I had.

~Kerry Washington

When somebody shows up at your job and jeopardizes your job, yelling and screaming, that's financial abuse. It threatens your ability to take care of yourself.

~Kerry Washington

I think all of us in our lives feel like we can't make a difference or we can't make a change or it's too late or we're too tired or we're too scared.

~Kerry Washington

Every actor you work with has a different method, same with the director. You have to figure out what your shared language is and how to best support each other, and also take care of yourself.

~Kerry Washington

You see the transformation that the arts have on young people. It changes their lives for the better. That's where my engagement is.

~Kerry Washington

My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth. I go to the dentist. So why wouldn't I go to a shrink?

~Kerry Washington

The No. 1 reason women stay in abusive relationships - because they're not able to take care of themselves financially. It's also the No. 1 reason why women go back.

~Kerry Washington

I can be in a little bit of a state of overwhelm and panic if I don't start out being connected to grace and gratitude.

~Kerry Washington

That's what acting is - it's about having the courage to allow your audience into the private moments of your characters' lives.

~Kerry Washington

I grew up in New York, so I fell in love with acting on a stage, not in front of a camera.

~Kerry Washington

I've always been a writer because I've always been a student. My mom's a retired professor, so I come from a very academic background. I love writing, you know?

~Kerry Washington

Arts education must be part of our education solution because it works for all students.

~Kerry Washington

I always prided myself on the fact that I could live out of milk crates forever. It was kind of my way of detaching from materialism.

~Kerry Washington

I feel like I barely survived Django (Unchained) emotionally - the violence, hearing the N-word every day. It cost me a lot psychologically, but it was worth it to tell that story.

~Kerry Washington

I come from the theater and I plan to always do theater. So I don't really see myself not being able to act even if people don't think I am sexy enough for film at 40, I'll still be acting.

~Kerry Washington

We don't come out of the womb filled with prejudice, racism, and homophobia. Kids are taught to hate, so we have to protect our young people's minds from those evils.

~Kerry Washington

I'd never really heard of financial abuse, although it makes so much sense when you hear it defined.

~Kerry Washington

You're able to make a real difference. If a woman's able to step away financially, she's able to begin to do all the other work.

~Kerry Washington

From what I've been told, the scariest part of being part of a domestic abuse relationship is the idea that you cannot escape and you cannot get help, that feeling of being stuck.

~Kerry Washington

Whenever I talk to survivors [of a domestic abuse relationship] who have lived through that and are on the other side and their whole perspective on life is a complete 180, I'm just so inspired.

~Kerry Washington

There are already a number of gatherings centered around women of color who are doing inspiring work.

~Kerry Washington

Sometimes it's hard for me to tell the difference between independent filmmaking and studio filmmaking because all the studios have these little independent satellites. It's interesting.

~Kerry Washington

I get through the tough times through prayer and meditation. And I have really good friends and family, and a great therapist.

~Kerry Washington

Study! Study ! Study! Get an education.

~Kerry Washington

If I ever have a family one day, everything else will pale in importance to that.

~Kerry Washington

It's exciting to me that people know that I'm someone who's very political.

~Kerry Washington

For me, 40 feels like a beginning. I'm in the middle of so much new - with this career, the kids, and I'm still sort of a newlywed. I'm excited to be at this stage in life.

~Kerry Washington

Art curates compassion. Art to me breaks down walls and allows us to step into somebody else's shoes.

~Kerry Washington

I don't gravitate toward any one designer because I think of fashion as the costume of the everyday woman.

~Kerry Washington

Voting for [Donald] Trump Is Voting Against Ourselves.

~Kerry Washington

I'd figure out ways to use role-playing in the healing of people.

~Kerry Washington

You may not be thinking about politics, but politics is thinking about you.

~Kerry Washington

As a young girl, my real dream was to be the woman in the shows at SeaWorld.

~Kerry Washington

I think my first big heartbreak made me more compassionate about other people's heartaches. It enabled me to feel more for others when they are in moments of pain.

~Kerry Washington

Making the unbelievable believable is different on a set with 'Fantastic Four,' where it's like, 'Wind machines! Because the airship is coming in and you're pretending to be afraid!'

~Kerry Washington

I really love research. It's one of the things I love most about my job. I feel like it's me in the lab cooking up the character.

~Kerry Washington

It is important to have friends and family around that I love and trust and who love and trust me.

~Kerry Washington

When I look in the mirror, I see an ever-unfolding process.

~Kerry Washington

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