

Kiana Tom

Quotes

Girl, Successful, Play, Inspirational, Goal, People, Careers, Hard Work, Cameras, Dad, Train, Health, Roles, Class, Friends, Educated, Likes, Art, Years, Regret

My personal goals are to be happy, healthy and to be surrounded by loved ones.

~Kiana Tom

When I meet successful people I ask 100 questions as to what they attribute their success to. It is usually the same: persistence, hard work and hiring good people.

~Kiana Tom

I always trust my gut reaction; it's always right.

~Kiana Tom

I'm still a little girl in Hawaii, I have the same friends I had when I was a kid who love me for who I am - not what I do. I never got caught up in the club scene or took wrong roads.

~Kiana Tom

Treat everyone with respect and kindness. Period. No exceptions.

~Kiana Tom

I am a control freak. I want to do what I want to do.

~Kiana Tom

Every girl likes to be thought of and made to feel special.

~Kiana Tom

Balance is key: I need to be successful in my career to feel fulfilled, be surrounded by people I care about to share it with, and have my health to be able to do the things I love to do!

~Kiana Tom

I like when my man is worldly, know the finer things in life, is well traveled, and educated. It's important to me that he's able to talk to all types of people, from doctors to dishwashers.

~Kiana Tom

Regarding one's career: always be prepared, no short cuts - hard work is the only alternative that really works.

~Kiana Tom

I have my parents to thank for that, they raised me to be active and play all sports. They taught me the importance of staying healthy, being focused and setting goals in whatever I do.

~Kiana Tom

They both go together; you can't be in front of the camera hosting a fitness television show in front of 75 million households and not have trained 6 days per week year round - in a bikini no less.

~Kiana Tom

True wisdom listens more, talks less and can get along with all types of people.

~Kiana Tom

I also paint and enjoy acrylic medium; some of my close friends have paintings I did for them.

~Kiana Tom

You are right that I don't have a lot of spare time because I love to stay busy and keep my calendar full.

~Kiana Tom

I appreciate life, talk a lot, love to laugh, and am very optimistic.

~Kiana Tom

I am a goal setter and I set more goals everyday. I keep lists of goals in my office to stay on track.

~Kiana Tom

Just kidding, I've been very athletic all my life.

~Kiana Tom

I also love to surf the Net and talk on the phone with friends.

~Kiana Tom

I feel accomplished knowing that I'm still the same at heart.

~Kiana Tom

I feel true success comes from being able to work and the love for it.

~Kiana Tom

I have a quiet and an artistic side that many people don't know of.

~Kiana Tom

Business wise, I have always learned valuable lessons so I don't regret any decisions I have made.

~Kiana Tom

One day I would like to have my own art show.

~Kiana Tom

More Asians need to be on television as a positive role model.

~Kiana Tom

For me, being in front of the camera and training go hand in hand.

~Kiana Tom

It's not being superficial, but looks do attract me from across the gym.

~Kiana Tom

Our viewers are very educated, they can tell if I train or not.

~Kiana Tom

I play the piano and have been playing since I was 7, mainly classical Chopin, Beethoven, Mozart.

~Kiana Tom

Money doesn't buy class.

~Kiana Tom

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