Song, World, People, Writing, Feels, Thinking, Heart, Matter, Feelings, Art, Games, Littles, Grows, Needs, Play, About Yourself, Feel Good, Ifs, Couple, Mother

It's hard to escape when your hobby is your job.

~Lights

Sexiness isn't being young, hot and wearing a bikini. It's being powerful and feeling like you belong in your skin and it feels good.

~Lights

You don't have to feel safe to feel unafraid.

~Lights

Seems like the more you grow, the more time you spend alone, before you know it you end up perfectly on your own.

~Lights

You have to be uncomfortable in order to be successful, in some ways. Because if you stay in your comfort zone, you would never do the things that you need to do.

~Lights

Try your hand at everything. Figure out what your space in the world is and take it. Then you can let other people in who will celebrate that about you, not try to turn you into something else.

~Lights

To err is human, to forgive is interplanetary.

~Lights

You never should feel like you've grown up because then you've stopped learning and you've stopped getting the best things out of life.

~Lights

It's not about trying to change the world, it's about trying to not be changed by it

No matter who you are, big or small, female or man, brave or not brave, you can still be empowered and feel strong.

~Lights

A career is a progression of ups and downs, how you deal with them and how you bounce back.

~Lights

Honestly, if you don't fit in, then you're probably doing the right thing. ~Lights

We are built with a passion in our heart for the things that we're meant to do.

~Lights

Don't let the romance die, remember one thing that's going right in the sea of things that aren't.

~Lights

We're all in different scenarios, we all make mistakes, we all break stuff, but we're not perfect, we couldn't [be] - it doesn't matter what you build.

~Lights

All the collaborations that I've done that I'm really proud of with a lot of incredible Canadian artists and beyond, that's when art comes together and becomes something really special.

~Lights

It doesn't matter if you have something greater to say per say, just enjoy what you're doing.

~Lights

I think that once you go through childbirth, you can do anything. It's like

Wow! I can conquer the world now!

~Lights

You just keep going. Nothing that isn't beautiful is worth slowing down for.

~Lights

I don't know what's gonna happen in 30 years, and that'sâ€lawesome. ~Lights

This world is a little dark, and I am LIGHTS.

~Lights

The downs are the times when you lose sight of who you are and that happens along the way sometimes...Writer's block when you doubt yourself and you get insecure.

~Lights

So acoustic, I don't even need a pick.

~Lights

The best part about getting knocked down is standing back up knowing what you didn't before.

~Lights

If you do enough things, you're going to eventually narrow it down to the things that really make you happy.

~Lights

That's the beauty of music, art, and video games: forget about your worries for a few minutes; it shouldn't add to them or make you feel worried or sad: it should make you feel good.

I'm such a fan of anime and manga to this day, but I never really like got to know all the characters and everything, so I don't think I'd be able to pick one.

~Lights

You grow into everything you hate about yourself, over time.

~Lights

My hair's actually really thin, but I just throw some hairspray into it and make sure it's been a couple days dirty, and then it goes the direction that you want it, literally!

~Lights

If you want to explore, go do it. If you want to try different types of art, do it.

~Lights

Love each other, even strangers. Nothing in the world matters more. ~Lights

Speak out your mind and your heart, you won't be bored.

~Lights

If you're doing what you love, then that's what matters. I am happy, and I am happy where I am. If things go downhill, then I move on to the next, and that's what makes me happy.

~Lights

Sometimes I remind myself of all the things that make me feel so blessed. And then I remind myself to remind myself more often.

~Lights

Sometimes hate hurts more than love feels good. Just have to realize it's because we're more used to love. Let the haters stumble by.

~Lights

It's funny how life can change so much but still nothing changes at all. Or maybe it's that life changes, but you as a person don't or maybe we adjust, but don't actually change.

~Lights

I've always gravitated naturally towards a little bit of a heavier thing, having been in punk bands and metal bands before I ever got into pop. ~Lights

The trick to songwriting is writing in a poetic enough way that other people can identify with it.

~Lights

Getting too much advice from your partner is a little bit like...it can cause conflict. As much as you're married, you're still an individual and you still have your own self of yourself.

~Lights

I feel sexier than ever after becoming a mother.

~Lights

I've never been somebody who blew up overnight, I've never been somebody who everyone talked about all at once, but I've had this really cool slow build.

~Lights

Every day is just a time to learn about yourself and learn about the world and that's how I feel all the time.

~Lights

I need to be happy. I need to set that example for my daughter so that she goes into something she loves, not because other people want her

to do something. It's a good feeling, it's freeing.

~Lights

Sitting in a studio with Oli [Sykes], or going back and forth with Adam [Young] on his tracks, it's so much more fun than something really structured and put together.

~Lights

When I write songs I think about how it makes people feel, and I hope that when it goes into your ears you feel happy too. Not sexy happy but apple pie happy.

~Lights

YEAH! It's really hard to write heart broken songs when you're happily married

~Lights

I praised those who find within themselves their own song to create hope.

~Lights

I'd love to develop a game and make the music for it. I'd love to do something based on Captain Lights. Who knows if that'll ever happen, but I'd love to do it.

~Lights

It's just cool to do something different and branch out and dabble in different genres.

~Lights

As far as depths of geekiness... I have more friends in World of Warcraft than I do in real life!

I'll play for a couple of hours and then before you know it, it's time to go on stage. It takes away any nervousness and anxiety I might have about the big crowd out there.

~Lights

I'm more of a fan of combat games than first-person shooters.

~Lights

I collect Wonder Woman - from comics to paraphernalia, and I even have a tattoo of her on my back. I'm a huge Wonder Woman fan! ~Lights

It's the coolest feeling signing your record. And it's great when people come to your shows and know the words to the new songs.

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