

Mary Lou Retton

Quotes

Motivational, Athlete, Heart, Inspirational, Kids, School, Sports, Fun, Fire, Attitude, Understanding, Support, Winner, Mean, Views, Boots, Writing, Faith, Bigs, Rooms

Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.

~Mary Lou Retton

If I had a bad performance in a particular leotard, I threw it in the trash.

~Mary Lou Retton

Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it.

~Mary Lou Retton

Working hard becomes a habit, a serious kind of fun. You get self-satisfaction from pushing your self to the limit, knowing that all the effort is going to pay off.

~Mary Lou Retton

Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle.

~Mary Lou Retton

A trophy carries dust. Memories last forever.

~Mary Lou Retton

As simple as it sounds, we all must try to be the best person we can: by making the best choices, by making the most of the talents we've been given.

~Mary Lou Retton

Erase the word "failure" from your vocabulary. No case is ever truly closed, and no challenge is ever over.

~Mary Lou Retton

Even though it may seem counterintuitive, a comfort zone is a dangerous place to be.

~Mary Lou Retton

As much time as you put into it, that's what your achievements are going to be when you come out of it.

~Mary Lou Retton

Heat is required to forge anything. Every great accomplishment is the story of a flaming heart.

~Mary Lou Retton

You've got to believe in yourself first. Take risks and don't be afraid to fall.

~Mary Lou Retton

For athletes, the Olympics are the ultimate test of their worth.

~Mary Lou Retton

Having a home away from the media glare is important to world-class athletes.

~Mary Lou Retton

For six years, I kept my five Olympic medals wrapped in a plastic bread bag beneath my bed.

~Mary Lou Retton

Working hard becomes a habit, a serious kind of fun.

~Mary Lou Retton

Children possess a remarkable amount of passion. They throw themselves completely, heart and soul, into everything.

~Mary Lou Retton

You give up your childhood. You miss proms and games and high-school events, and people say it's awful... I say it was a good

trade. You miss something but I think I gained more than I lost.

~Mary Lou Retton

Friendship is a living thing that lasts only as it is nourished with kindness, sympathy, and understanding.

~Mary Lou Retton

Faith is a gateway to happiness that remains permanently accessible to each of us, wherever we are, no matter our circumstances.

~Mary Lou Retton

I like added pressure. It makes me work harder.

~Mary Lou Retton

There can be distractions, but if you're isolated from the heart of the Games, the Olympics become just another competition.

~Mary Lou Retton

Be cocky. Walk into the Georgia Dome like you own it.

~Mary Lou Retton

In the dressing room, I always put on my right shoe first. Same thing for my right wristband.

~Mary Lou Retton

Companies that support sports developmental programs in our communities should also be applauded.

~Mary Lou Retton

What is the fire that burns in your heart? If you are lucky enough to discover it, than by all means fan the flames and let the fire be the guiding light for a life worth living.

~Mary Lou Retton

I love her attitude, but as much as I'd like to bring my medals to a speech or appearance, I never do.

~Mary Lou Retton

Many medal winners dream of competing in a sport other than the one they're famous for.

~Mary Lou Retton

More than 10,000 athletes came to Atlanta seeking Olympic medals. Only a few of them will be lucky and skilled enough to claim one.

~Mary Lou Retton

Fragile egos are put on the line every day.

~Mary Lou Retton

Pay-per-view would deprive many kids of the delight of seeing the Olympics.

~Mary Lou Retton

Former Olympians also get paid to make appearances. Many of them won their medals in an era when Olympic success didn't go hand-in-hand with financial success.

~Mary Lou Retton

Getting to know athletes from all over the planet is a big part of the Olympic experience.

~Mary Lou Retton

As a kid, I was a pretty good little sprinter.

~Mary Lou Retton

I usually don't mind giving autographs, but when hundreds of folks with paper and pen start coming at you, it's time to seek shelter.

~Mary Lou Retton

I cant justify taking money away from hungry kids and needy schools to pay for the Games when corporations are willing to write the checks.

~Mary Lou Retton

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