

# Matt Damon Quotes

*Thinking, People, Kids, Directors, Want, Running, Children, Years, Two, Writing,  
Inspirational, Giving, Trying, Real, Country, Play, Jobs, Actors, Choices, Mean*

You will never solve poverty without solving water and sanitation.

~Matt Damon

Now I feel I have an unspoken deal with the paparazzi: 'I won't do anything publicly interesting if you agree not to follow me.'

~Matt Damon

I think what's important for kids to know is that your decisions here on earth matter, your behavior matters and how you treat other people matters.

~Matt Damon

If anybody wanted to photograph my life, they'd get bored in a day.

~Matt Damon

My wife is my soul mate. I can't imagine being without her.

~Matt Damon

I'm always cautious about overstepping any boundaries. At the end of the day, it's a director's medium, and if they don't want to hear from me I just step back.

~Matt Damon

Sometimes all you need is 20 seconds of insane courage

~Matt Damon

If you can't help people, then what is the point of being successful?

~Matt Damon

It's just better to be yourself than to try to be some version of what you think the other person wants.

~Matt Damon

Please find out what you can do to make a difference. Take five

minutes to educate yourself on an issue you didn't know about before. Then tell somebody else.

~Matt Damon

Eventually stardom is going to go away from me. It goes away from everybody and all you have in the end is to be able to look back and like the choices you made.

~Matt Damon

All you have in the end is to look back and like the choices you've made.

~Matt Damon

We're here for such a short time. When your great-great-grandkids study history, don't you want them to be proud that you were part of the solution?

~Matt Damon

Listen, here's the thing. If you can't spot the sucker in the first half hour at the table, then you ARE the sucker.

~Matt Damon

If you work at something, you get better at it.

~Matt Damon

[Americans] can't understand that the water in our toilet is cleaner than 880 million have access to.

~Matt Damon

It's better to be a fake somebody than a real nobody.

~Matt Damon

If I had a bucket list, I'd say raising my four girls to be strong, good women would be No. 1.

~Matt Damon

My mother is a professor of early childhood education. When I was two she would say she knew I was going to be an actor.

~Matt Damon

I'll play Pretty Pretty Princess with you if you just let me watch a little bit of March Madness.

~Matt Damon

Some people just see the glory and they don't want to know about the story.

~Matt Damon

I should have done it years ago. It's amazing I didn't even want cigarettes anymore.

~Matt Damon

I need to know if she [Sarah Palin] thinks dinosaurs were here four thousand years ago... because she's going to have the nuclear code.

~Matt Damon

For a lot of actors, our biggest fear is that we're going to start talking about things we don't fully understand and sound like idiots.

~Matt Damon

As a struggling actor, you're not looking for parts that define you; you're just looking for work.

~Matt Damon

Paranoid is what people who are trying to take advantage call you in an effort to get you to drop your guard.

~Matt Damon

I believe a solid, really strong middle-class is the key to making the country in the best way.

~Matt Damon

Any moron with a pack of matches can start a fire. Raining down sulfur takes a huge level of endurance. Mass genocide is the most exhausting activity one can engage in, next to soccer.

~Matt Damon

I'd had people say, 'You'll enjoy being famous for a week, and you'll never enjoy it again'. But I don't think I had that week. I may have been working and missed that moment.

~Matt Damon

Right before 'The Bourne Identity' came out, I hadn't been offered a movie in a year.

~Matt Damon

Life is on the wire. The rest is just waiting.

~Matt Damon

I found myself getting more publicly shy when the gala events and big crowds started. Some people embrace it. To me, it's not worth enough to risk my private life being public.

~Matt Damon

Our problem is civil obedience

~Matt Damon

If we listen to the better angels of our nature, there are creative and good solutions to serious problems.

~Matt Damon

If your movies don't perform, they just stop calling you.

~Matt Damon

My heart goes out to the people of the city of Boston. My thoughts and prayers are with the families who lost loved ones in such a senseless and heartless way.

~Matt Damon

The first time I smoked was at home with my mother and stepfather; they were like, If you are going to do this, we'd rather you did this with us.

~Matt Damon

I never wanted to do the same kind of movies over and over anyway, so my theory on it all is I'm just gonna try and dodge the label and keep doing what I am doing.

~Matt Damon

History is change happening one person at a time.

~Matt Damon

I started really young, like 12 or 13, and then I started doing school plays. We had a really good drama department, so the kind of drama-geek stigma wasn't really there in my high school.

~Matt Damon

I've been really lucky. I'll completely forget that I'm a celebrity. And then something will happen, and I'll go, 'Oh, right.'

~Matt Damon

I think Clint Eastwood is a well oiled machine. Everyone that works with him has the same reaction, "Can I stay with you?"

~Matt Damon

Liberty is a soul's right to breathe.

~Matt Damon

Clint Eastwood expects you to know what you're doing. He's going to take two giant steps back and let you do it. I have such appreciation for that part of him.

~Matt Damon

The only way I can describe it-at the end of *How the Grinch Stole Christmas*, you know how his heart grows like five times? Everything is full; it's just full all the time.

~Matt Damon

I think marrying somebody who's not a celebrity, it just takes a lot of the pressure off.

~Matt Damon

I think what makes a good actor's director is the same thing that makes a good director. Acting is just one of the trades necessary to make a movie.

~Matt Damon

I honestly if I get a vacation I'm gonna go and sit on my couch in New York cause that's the one place I haven't been for a very long time.

~Matt Damon

I've passed on a lot of huge-money jobs. Money doesn't enter into the decision-making. If I do a big blockbuster, it's about how big an audience you'll get and where you can take them.

~Matt Damon

If there's an idea I think is really good and I feel like I can write it, then I'll do it.

~Matt Damon

Clint Eastwood just runs an incredibly tight ship, but it's really laid back.

~Matt Damon

Maybe if we sit out for the next few years and let Clint Eastwood get a little experience, he's going to be a good director.

~Matt Damon

I'm not Brad Pitt or George Clooney. Those guys walk into a room and the room changes. I think there's something more... not average, but everyman about me.

~Matt Damon

My parents divorced when I was young but I was brought up in two really loving households. I didn't have a contentious relationship with my mom or dad.

~Matt Damon

It's pretty easy to kind of lose your way. Having kids is really helpful. They kind of disabuse you of the notion of your greatness pretty quickly.

~Matt Damon

It's an objective fact, that if you want to solve some of these huge, kind of bigger problems of extreme poverty, you have to include the women. They're the ones who will get it done.

~Matt Damon

I usually play characters that are a lot different than me. I mean, I'm never in a fight in a movie and if I'm in them, I'm usually losing.

~Matt Damon

The director's in charge of every single decision [in film]. It's a dictatorship. It's a benevolent dictatorship, but it's true. It's every single



shot. There's nothing arbitrary.

~Matt Damon

He's famous for being obsessive about details.

~Matt Damon

As somebody who makes his living in the movie business and wants to contribute to it, I think that the best chance I have of doing that is just consistently working with great directors.

~Matt Damon

I'd love to be a dad. I hope I'd be great at it. That's every man's fear, yet his most important job.

~Matt Damon

You know, a one-term president with some balls who actually got stuff done would have been, in the long run of the country, much better.

~Matt Damon

The better the actor, the less you know about his life. I mean, nobody's better than De Niro and you don't know anything about him, right?

~Matt Damon

As actors, we react to the material that's out there, and I probably just react more strongly to things that I feel will have some social value.

~Matt Damon

I didn't grow up with great privilege, nor did I grow up wanting for anything. I was a middle-class kid and, relative to the rest of the world, that's great wealth.

~Matt Damon

I don't see as many movies as I used to. Or, I should say, as many movies as I would like to.

~Matt Damon

If Brad Pitt walked down the street, cars would crash into each other. I'm really lucky not to have to deal with that.

~Matt Damon

Generally, the bigger the budget, the less interesting the characters become.

~Matt Damon

I've been left alone, even by the paparazzi, because what sells is sex and scandal. Absent that, they really don't have much interest in you. I'm still married, still working, still happy.

~Matt Damon

I'm becoming far more interested in just functionality and making sure my body is as strong as it can be so I can swing my kids around and not worry about aches and pains.

~Matt Damon

Success is not something I've wrapped my brain around. If people go to those movies, then yes, that's true, big-time success. If not, it's much ado about nothing.

~Matt Damon

It was shameful and embarrassing that there were two years in a row without a single actor of color nominated. That's insane.

~Matt Damon

I was never that much a focus of interest that I became a 'thing' at an earlier point in my career. I'm aware of having become a 'thing' now, which doesn't give me a lot of pleasure.

~Matt Damon

For Ripley I learned to play some songs on the piano, and I never really played them again.

~Matt Damon

The ideal life is you don't sell a single magazine, nobody's interested, but they want to come see your movie. Because that gives you true freedom.

~Matt Damon

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