

Meredith Vieira

Quotes

Thinking, Running, Police, Character, Fire, Girl, Ideas, Inspiring, Soul, Feel Better, Good Experiences, Years, Want, Smart, Hard Work, Sometimes, Kind, Anxiety, Goal, Chaos

Sometimes, the experiences that tell you what you don't want to do are as important as those that tell you what you do want to do.

~Meredith Vieira

Do everything to the best of your ability.

~Meredith Vieira

Honestly, I'm living my fantasy. It's being with my family, preferably on a snowy afternoon with a fire going, cuddled up in blankets, playing a game.

~Meredith Vieira

I guess I define myself as a mother, a wife, kind of a nutty person. A good person.

~Meredith Vieira

I eat smart - I do think that's the sort of thing that will eventually show up in the condition of your skin, your hair, and your nails, and your own feeling about yourself.

~Meredith Vieira

All experience is good experience.

~Meredith Vieira

I like a little chaos. I think that's really true for my inner Buddha. I think I like a little nutsy. Maybe I can't take total peace.

~Meredith Vieira

I am professional. Hardworking. Committed. Loyal. Also sentimental. But I had changed a little over the years. There was a bit of a heaviness to my soul because of the intensity of my job.

~Meredith Vieira

My family fulfills me.

~Meredith Vieira

I find a lot of comfort and peace just being outdoors. Whether on a beach or on a path near our house, I would walk for an hour or two, just alone with my own head to think things through.

~Meredith Vieira

I like to live in the present. I struggle with that, though, because - even for all of this "letting your life flow" stuff - I also have anxieties.

~Meredith Vieira

I feel I always have to work harder, I have to impress all the time. Impress whom? With what? People say, "Just be yourself." Well, my anxiety is that people aren't going to want that.

~Meredith Vieira

You feel better in the short run when you have a tub of ice cream, but in the long run, you don't.

~Meredith Vieira

So I'm running in the park on Saturday, in shorts, thinking this [warm weather] is great, but are we all gonna die? You know? I can't, I can't figure this out.

~Meredith Vieira

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