

# Michael J. Fox

## Quotes

*Thinking, People, Kids, Opportunity, Believe, Inspirational, Want, Mean, Long,  
Acceptance, Running, Parkinson's, Life Is, Years, Ideas, Taken, Choices,  
Humility, Father, Fighting*

The more I expect, the more unhappy I am going to be. The more I accept, the more serene I am.

~Michael J. Fox

Zoos are becoming facsimiles - or perhaps caricatures - of how animals once were in their natural habitat. If the right policies toward nature were pursued, we would need no zoos at all.

~Michael J. Fox

Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.

~Michael J. Fox

I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business.

~Michael J. Fox

Our challenges don't define us, our actions do.

~Michael J. Fox

If you fixate on the worst-case scenario and it actually happens, you've lived it twice.

~Michael J. Fox

One's dignity may be assaulted, vandalized and cruelly mocked, but cannot be taken away unless it is surrendered.

~Michael J. Fox

Family is not an important thing. It's everything.

~Michael J. Fox

I like to encourage people to realize that any action is a good action if it's proactive and there is positive intent behind it.

~Michael J. Fox

Medical science has proven time and again that when the resources are provided, great progress in the treatment, cure, and prevention of disease can occur.

~Michael J. Fox

I'm going to marry a Jewish woman because I like the idea of getting up Sunday morning and going to the deli.

~Michael J. Fox

I often say now I don't have any choice whether or not I have Parkinson's, but surrounding that non-choice is a million other choices that I can make.

~Michael J. Fox

Pain is temporary, film is forever.

~Michael J. Fox

But the key to our marriage is the capacity to give each other a break. And to realize that it's not how our similarities work together; it's how our differences work together.

~Michael J. Fox

My experience is to deal with things through humor.

~Michael J. Fox

My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.

~Michael J. Fox

Happiness is a decision.

~Michael J. Fox

Look at the choices you have, not the choices that have been taken away from you. In them, there are whole worlds of strength and new

ways to look at things.

~Michael J. Fox

The least amount of judging we can do, the better off we are.

~Michael J. Fox

I see possibilities in everything. For everything that's taken away, something of greater value has been given.

~Michael J. Fox

There's always failure. And there's always disappointment. And there's always loss. But the secret is learning from the loss, and realizing that none of those holes are vacuums.

~Michael J. Fox

The moment I understood this - that my Parkinson's was the one thing I wasn't going to change - I started looking at the things I could change, like the way research is funded.

~Michael J. Fox

Don't spend a lot of time imagining the worst-case scenario. It rarely goes down as you imagine it will, and if by some fluke it does, you will have lived it twice.

~Michael J. Fox

If you allow for the possibilities of something better, you move toward it instinctively.

~Michael J. Fox

I urge you to be challenged and inspired by what you do not know.

~Michael J. Fox

The purpose that you wish to find in life, like a cure you seek, is not going to fall from the sky. ...I believe purpose is something for which

one is responsible; it's not just divinely assigned.

~Michael J. Fox

In fact, Parkinson's has made me a better person. A better husband, father and overall human being.

~Michael J. Fox

A creative mess is better than idle tidiness.

~Michael J. Fox

Everything is cause and effect. If you don't move, nothing will move with you, and nothing will move toward you.

~Michael J. Fox

You've probably read in People that I'm a nice guy - but when the doctor first told me I had Parkinson's, I wanted to kill him.

~Michael J. Fox

If you have one foot in yesterday and one foot in tomorrow, you're pissing all over today.

~Michael J. Fox

Curiosity may have killed the cat, but it saved my ass.

~Michael J. Fox

I don't have a set of tenets, but I live an ethical life. I practice a humility that presupposes there's a power greater than myself. And I always believe, don't inflict harm where it's not necessary.

~Michael J. Fox

The oldest form of theater is the dinner table.

~Michael J. Fox

I think the scariest person in the world is the person with no sense of

humor.

~Michael J. Fox

When life takes away, something of greater value is always given in return.

~Michael J. Fox

I discovered that I was part of a Parkinson's community with similar experiences and similar questions that I'd been dealing with alone.

~Michael J. Fox

I can get sad, I can get frustrated, I can get scared, but I never get depressed - because there's joy in my life.

~Michael J. Fox

I happen to be a Parkinson's patient. I'm not fearful of my condition or my future - but if someone is looking in my eyes for fear, then they see their own fear reflected back at them.

~Michael J. Fox

As much as Parkinson's is about movement, the end stage is being frozen. So the more I let that happen, the more I'm gonna be stuck within that and unable to reverse it.

~Michael J. Fox

Since I'm not sure of the address to which to send my gratitude, I put it out there in everything I do.

~Michael J. Fox

Teenagers blithely skip off to uncertain futures, while their parents sit weeping curbside in the Volvo, because the adolescent brain isn't yet formed enough to recognize and evaluate risk.

~Michael J. Fox

Chris[topher] Reeve wisely parsed the difference between optimism and hope. Unlike optimism, he said, 'Hope is the product of knowledge and the projection of where the knowledge can take us.

~Michael J. Fox

Do the right thing, and then do the next right thing, and that will lead you to the next right thing after that.

~Michael J. Fox

I truly believe that we have infinite levels of power that we don't even know are available to us.

~Michael J. Fox

The thing that brings people to wail at a wall, or face Mecca, or to go to church, is a search for that feeling of purity.

~Michael J. Fox

Control is illusory. No matter what university you go to, no matter what degree you hold, if your goal is to become master of your own destiny, you have more to learn.

~Michael J. Fox

Life delivered me a catastrophe, but I found a richness of soul.

~Michael J. Fox

That's the way I look at things - if you focus on the worst case scenario and it happens, you've lived it twice. It sounds like Pollyanna-ish tripe but I'm telling you - it works for me.

~Michael J. Fox

Acceptance is the key to everything.

~Michael J. Fox

My age makes me think how valuable life is. How bad is something like

Parkinson's in relation to not having life at all?

~Michael J. Fox

If you want to be an agent of change, it starts with you and what you're made of.

~Michael J. Fox

The story is a testament to the consolations that get me through and give meaning to every area of my life.

~Michael J. Fox

As for my own truncated secondary education, my head was in the clouds as my mom would say, or if you asked my father, up my ass.

~Michael J. Fox

I've never gotten up to see something one of my kids wanted to show me and not been rewarded.

~Michael J. Fox

Life is the power that's greater than I can ever comprehend. The way life runs through everything, even the tiniest elements of nature - that makes me humble.

~Michael J. Fox

The only thing worse than an opportunity you don't deserve is blowing an opportunity.

~Michael J. Fox

There are no moments you have frozen in amber. It's moving, it's changing, so appreciate what's good about right now and be ready for what's next.

~Michael J. Fox

Optimism is a cure for many things.



~Michael J. Fox

Discipline is just doing the same thing the right way whether anyone's watching or not.

~Michael J. Fox

My tattoo is that I don't have a tattoo.

~Michael J. Fox

I don't want people to kick my ass, I just want to get to a point where they can't kick it.

~Michael J. Fox

The oldest form of theater is the dinner table. It's got five or six people, new show every night, same players. Good ensemble; the people have worked together a lot.

~Michael J. Fox

I can say, "I don't have anything I regret!" But I can also say, "I can go forward in my life the way it is and I don't think I'll accrue any future regrets."

~Michael J. Fox

Life is what you put into it and how much you take out of it. You put in more than is expected, and you take out less than you want.

~Michael J. Fox

Pity is a benign form of abuse.

~Michael J. Fox

I had all the usual ambition growing up. I wanted to be a writer, a musician, a hockey player. I wanted to do something that wasn't nine to five. Acting was the first thing I tried that clicked.

~Michael J. Fox

As a kid, I was into music, played guitar in a band. Then I started acting in plays in junior high school and just got lost in the puzzle of acting, the magic of it. I think it was an escape for me.

~Michael J. Fox

In my 50s I'll be dancing at my children's weddings.

~Michael J. Fox

After a year or so I really thought I was Howard Hughes. Here I was at eighteen years old, getting all these checks.

~Michael J. Fox

I'm also very proud to be a part of a trilogy of films that, if they do nothing else, allow people to check their problems at the door, sit down and have a good time.

~Michael J. Fox

I didn't want to do metal work and get my hands all nicked up and be around guys. So I took drama because there were a lot of girls.

~Michael J. Fox

I love the irony. I'm perceived as being really young and yet I have the clinical condition of an old man.

~Michael J. Fox

He gave life to the breath- oxygen, a simple gas, he transferred into words, ideas, hope.

~Michael J. Fox

Vanity's really overrated. When I was 20, teenage girls had my picture on the wall... I don't need to be pretty anymore. I just am who I am.

~Michael J. Fox

I worked very hard on those movies but there was some creative

connection that wasn't being made.

~Michael J. Fox

No matter how much fame you have, it's not something that belongs to you. If I'm famous, that doesn't belong to me-that belongs to you. If you can't remember who I am, I'm no longer famous.

~Michael J. Fox

I don't have any affirmations, I don't have any of that stuff. My natural state is to look at things as possibilities and as opportunities.

~Michael J. Fox

I still play hockey every now and then, and I still golf. But my biggest exercise is walking my big dog in the park every day.

~Michael J. Fox

I think I benefited from being equal parts ambitious and curious. And of the two, curiosity has served me best.

~Michael J. Fox

When you're a short actor you stand on apple boxes, you walk on a ramp. When you're a short star everybody else walks in a ditch.

~Michael J. Fox

I don't look at life as a battle or as a fight. I don't think I'm scrappy. I'm accepting.

~Michael J. Fox

I was eccentric, even as a kid. I was an early reader, an early talker. I was very curious in a way that maybe the other kids weren't. I was a little more outgoing.

~Michael J. Fox

They did something once that slurred my speech, and I thought, "Oh,

man, you're messing with my brain. It's freaking me out."

~Michael J. Fox

Humility is always a good thing. It's always a good thing to be humbled by circumstances so you can then come from a sincere place to try to deal with them.

~Michael J. Fox

I have times when I'm off-balance. I have times when I slur my words. I have times when I walk into walls. I have times when I can't remember somebody's name.

~Michael J. Fox

I always felt that I came up short in the education department, but I've come to the conclusion that we all get an education.

~Michael J. Fox

I'm glad I don't have a drinking problem,' I confided, 'because I don't think I'd ever be able to quit.

~Michael J. Fox

You suffer the blow, but you capitalize on the opportunity left in its wake.

~Michael J. Fox

I don't look at myself as a leader. I do look at myself as part of a community.

~Michael J. Fox

My whole life, meeting people is like a blind date, because I feel like they've already seen the video on me.

~Michael J. Fox

When I was younger, I was always described as happy-go-lucky.

~Michael J. Fox

You know you're old when you get a lifetime achievement award. It's a message you've been around too long.

~Michael J. Fox

I don't feel a yearning or a sense of missed opportunities. I don't have many regrets. So that's a nice feeling. To have no regrets and still have enough sense of adventure to take on risk.

~Michael J. Fox

I always feel very connected to Canada. My reference for everything is my Canadian background, my life in Canada. Particularly on this issue of refugee immigration: I couldn't be prouder of Canada.

~Michael J. Fox

I have so many things that I say to my kids, I just drive them crazy.

~Michael J. Fox

My view of life is colored by humor and looking at the best in any situation.

~Michael J. Fox

I definitely believe in a higher power.

~Michael J. Fox

I really love being alive. I love my family and my work. I love the opportunity I have to do things. That's what happiness is.

~Michael J. Fox

I don't set a whole lot of goals. It smacks a little bit of will to me, and I find that will is not the way to go for me.

~Michael J. Fox

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