

Miranda Kerr Quotes

Believe, Yoga, Thinking, Fun, Nice, Trying, Healthy, Focus, Body, Dad, Way, Challenges, Different, Home, Opportunity, People, Balance, Rose, Looks, Men

Because a rose can never be a sunflower, and a sunflower can never be a rose.

~Miranda Kerr

All flowers are beautiful in their own way, and that's like women too.

~Miranda Kerr

I can't feel bad about being who I am, just like the girl next to me can't feel bad about being who she is. Because a rose can never be a sunflower, and a sunflower can never be a rose.

~Miranda Kerr

We all have bad days, but one thing is true; no cloud is so dark that the sun can't shine through.

~Miranda Kerr

I must have been a koala in my past life.

~Miranda Kerr

Yoga is at the core of my health and wellness routine; even if it's only for 10 to 15 minutes I find it helps me to re-center and to focus as well as improve my overall core strength.

~Miranda Kerr

Sometimes, challenges and struggles are exactly what we need in our lives...May you welcome every effort, every struggle, and every challenge...May you open your wings and fly!

~Miranda Kerr

We all have wings, but it is up to each one of us to have the courage to fly

~Miranda Kerr

Amethyst is a meditative and calming stone that works in the emotional,

spiritual, and physical planes to provide calm, balance, patience, and peace.

~Miranda Kerr

Luckily, eating healthy and exercise are activities I enjoy, but I still like to indulge every now and then. I don't deprive myself, but I'm thoughtful about my choices.

~Miranda Kerr

Focus your intention on your dreams, you can wave magic when you set your heart and mind to it

~Miranda Kerr

Life seems to be busy for most people and if you know you are doing the best you can then there really is nothing more you can do then that.

~Miranda Kerr

I will not go a day without coconut oil. I personally take four tablespoons per day, either on my salads, in my cooking or in my cups of green tea.

~Miranda Kerr

Only you have the power to change your thoughts. Alter your thoughts and you alter your world.

~Miranda Kerr

When you are healthy you look your best and in modeling when you look and feel your best, you get the best results.

~Miranda Kerr

I am proud to be a woman. I am sensual, nurturing and compassionate woman. I am a woman of my word and I love who I am.

~Miranda Kerr

Everyone has a different beauty and different qualities and I think that women need to learn to love their qualities and be comfortable in the fact that everyone is different.

~Miranda Kerr

Every day, put a little makeup on, put on some nice underwear, and you'll keep your husband.

~Miranda Kerr

When you accept and appreciate yourself you can handle any situation with class, dignity and respect.

~Miranda Kerr

We are limited only by our thoughts

~Miranda Kerr

I really love a red lip, especially when I am feeling tired, as it brightens my whole face.

~Miranda Kerr

I spent my childhood outdoors on my grandparents' farm. I learned to ride a motorbike when I was about six, a little PeeWee 50. I'd climb trees - there was a big weeping willow.

~Miranda Kerr

If you want to relax, watch the clouds pass by if you're laying on the grass, or sit in front of the creek; just doing nothing and having those still moments is what really rejuvenates the body.

~Miranda Kerr

Some sunshine is good for the soul, but I always make sure I wear a big hat.

~Miranda Kerr

I got stuck up a tree when I was about seven, and my dad had to come and get the ladder to get me down. I loved to climb all the way up to the top. I must have been a koala in my past life.

~Miranda Kerr

For me it's all about keeping things simple and feeling comfortable in what I am wearing. I prefer investing in classic well-tailored pieces.

~Miranda Kerr

I enjoy experimenting and trying new beauty products. It is fun to try new looks!

~Miranda Kerr

I try to be consistent, so I practice yoga and Pilates to help keep my body and mind balanced.

~Miranda Kerr

I love taking pictures of food.

~Miranda Kerr

Never say never! I'm open to trying new things.

~Miranda Kerr

I feel nowadays that both women and men are embracing their individuality rather than being defined by gender roles.

~Miranda Kerr

I live by the philosophy that beauty starts from within, and I make a conscious effort to fill my body with nutrients through the food I eat.

~Miranda Kerr

I think that, as a woman, it's much healthier and more positive to focus on your good parts and the things you like about yourself, not pick yourself apart.

~Miranda Kerr

My beauty routine stays the same; I try to be well hydrated and rested. Most importantly, I always try to make a little time for myself!

~Miranda Kerr

Don't feel like you have to do and be everything.

~Miranda Kerr

I have amethyst geodes by my meditation - yoga room and large rose quartz throughout my back garden.

~Miranda Kerr

There's something so comforting to me about having a cup of tea, and it really needs to be made with love - I can taste the difference.

~Miranda Kerr

Of course I'm going to be labeled as a sex symbol. I made my bed, and I'm sleeping in it.

~Miranda Kerr

I believe in celebrating the female figure and embracing what we've been given, not hiding that.

~Miranda Kerr

When you can, it's good to make healthy choices. But, I also believe in balance. It's not about being 100 percent this way or that way. It's about making healthy choices when you can.

~Miranda Kerr

To wake up to the sound of my son saying 'Mama, mama!' It's the best sound ever.

~Miranda Kerr

I collect underwear from my travels. Lace, lingerie, bodysuits... they're like souvenirs.

~Miranda Kerr

If I was as relaxed as what I perceived myself to be, I would not be able to multi-task the way I multi-task.

~Miranda Kerr

I believe in having a vision for the future but living each day at a time.

~Miranda Kerr

Each of us has a responsibility for the sustainability of our planet and each of us can make a difference if we choose to do so.

~Miranda Kerr

I really feel that my body craves to be in the mountains or by the ocean or in the countryside.

~Miranda Kerr

I love being outdoors and try to work out outside when I can. I spent most of my childhood outdoors.

~Miranda Kerr

It is sad to see anyone neglecting their body no matter who they are and what they do. You simply cannot be healthy or look great on the outside if you are not healthy on the inside.

~Miranda Kerr

I think for any relationship to be successful, there needs to be loving communication, appreciation, and understanding.

~Miranda Kerr

One thing I have learned is that I should trust my 'gut' instincts. Ultimately, only we know what is best for us.

~Miranda Kerr

Confidence, the sexiest thing I put on in the morning.

~Miranda Kerr

I always see myself as, like, equal to everyone.

~Miranda Kerr

My parents both worked - my mom was an accountant, and my dad is a builder - and that taught me about having a really strong work ethic, and I respected them a lot for that.

~Miranda Kerr

My goal involves a hammock, a vegetable patch, and a solar-powered house. And I hope to eventually get there.

~Miranda Kerr

I want to be a good role model for girls and show them they can do whatever they feel passionate about and still live a healthy life.

~Miranda Kerr

I always have a few different books going at once.

~Miranda Kerr

At the front of my home, in the garden, is a huge piece of clear quartz.

~Miranda Kerr

My ambition comes from my passion: finding what I love and then expanding on that.

~Miranda Kerr

I'm very direct. It's part of my personality. I've actually grown into that.

~Miranda Kerr

The more sex I have, the more defined my arms and stomach get.

~Miranda Kerr

Maybe I am too traditional, but men feel important when you ask for their help instead of thinking you can do it all on your own.

~Miranda Kerr

For me, family is life. The decision to start one wasn't complex at all. My career has been wonderful, but it's not my life. I don't feel pressure to get back to work.

~Miranda Kerr

I'm really into rooibos tea with goat's milk and a little bit of honey. I also drink dandelion tea, Earl Grey, and sometimes a green tea. I'm very into tea.

~Miranda Kerr

I have a weird sense of humour. My dad's the same. We love watching 'Monty Python' together.

~Miranda Kerr

I live by the 80/20 rule: I'm 80 percent healthy, and then 20 percent indulgent.

~Miranda Kerr

I celebrated my 18th birthday in Japan, which was quite memorable; I was quite fascinated by the different traditions and the culture; it was so completely different to Australian culture.

~Miranda Kerr

I still feel like the same person, in every way - it is just some of my surroundings have changed and there are lots of new people in my life.

~Miranda Kerr

I love playing the piano. I really want to start taking lessons but need to find the time.

~Miranda Kerr

Food is my friend and consistency is the key.

~Miranda Kerr

I treat myself occasionally and don't have any guilt or conditions placed on it.

~Miranda Kerr

Time seems to slow down for me when I focus on staying in the moment and that helps me maintain a sense of balance.

~Miranda Kerr

A celebrity life can be very fast-paced, and it can be hard to find meaning in it. I believe that everyone is looking for the answers, but the answers are within ourselves.

~Miranda Kerr

I've been wanting to cut my hair now for at least a year. I've often fantasized about it but I haven't been able to do it because of the contracts that I've had.

~Miranda Kerr

Models are some of the most insecure people I've ever met. They're constantly being told that they're not good enough. You've really got to practice loving yourself.

~Miranda Kerr

Becoming a mother has made me even more aware and more passionate about nutrition and wellness. So much so that I am now a certified health coach practitioner.

~Miranda Kerr

I love being outdoors. I love listening to the crickets. I want to embrace nature.

~Miranda Kerr

I am a health nut and only do things that are good for my body.

~Miranda Kerr

I don't really enjoy cardio, but I find activities like cranking up the music and dancing around my house keep me energized and feeling good.

~Miranda Kerr

What I find really works for me is dry body brushing; it helps improve the circulation and exfoliates your skin.

~Miranda Kerr

I believe that everything in moderation is best.

~Miranda Kerr

I am my own person capable of making my own decisions and choosing powerfully how I live. I appreciate and respect what others have to say but ultimately I choose how I live my life.

~Miranda Kerr

While it's nice to appreciate the fashion world... what makes you happy are real relationships and the moments you share with loved ones.

~Miranda Kerr

I love singing just for my own benefit.

~Miranda Kerr

I was blessed with good genetics, but my essence is very happy and warm and I don't take my job too seriously. I'm not saving lives here.

~Miranda Kerr

I love yoga and I feel like yoga for me is incredible.

~Miranda Kerr

I have crystals all around my home, both inside and out.

~Miranda Kerr

I do enjoy wearing a little heel when I'm at work, but when I'm running around with my son, it's a different story!

~Miranda Kerr

I find the practice of yoga very spiritual and taking the time to just be and to reflect through meditation and chanting helps me to connect to a higher energy.

~Miranda Kerr

I love to sing, and I've recorded a few covers and originals with friends, but I haven't written any songs.

~Miranda Kerr

When I was young I wanted to be a gymnast. I used to compete at it, but then I grew too tall.

~Miranda Kerr

I grew up sitting beside my grandmother playing the piano and singing.

~Miranda Kerr

I really love over-the-knee boots. I think they're super sexy and they're fun. And they're also very strong and empowering.

~Miranda Kerr

I don't really time how long it steeps, but in general I don't plan much when it comes to tea or cooking. I'm more about the feeling.

~Miranda Kerr

Meditation is a great way to stay centered and I think inversions are great for aging. Specifically, I think the Kundalini yoga is really a life changer.

~Miranda Kerr

I love wearing trackies to lounge around the house in and the strange thing is, it doesn't matter how many new ones I get I still tend to feel most comfortable in my old ones.

~Miranda Kerr

As a child, I was very active. I was a gymnast, I played touch football, netball and basketball. When I was 16 years old, I started yoga. I started working out at an early age.

~Miranda Kerr

I work really, really hard and it's challenging going through all of those time zones and having to be awake when you're supposed to be asleep. I literally fly more than a pilot.

~Miranda Kerr

I also carry a clear-and-rose-quartz chakra wand in my handbag.

~Miranda Kerr

I love going for walks and like to do fun active things outdoors.

~Miranda Kerr

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