

# Misty Copeland Quotes

*Thinking, Ballet, People, Dancer, Want, Artist, Trying, Years, Believe,  
Opportunity, Character, Example, Different, World, Powerful, Art, Girl, Feet,  
Black, Ballet Class*

Success is not easy and I think everyone should know that hard work and perseverance and being open to giving back are so much more powerful than stepping all over people to get to the top.

~Misty Copeland

You can do anything you want, even if you are being told negative things. Stay strong and find motivation.

~Misty Copeland

The best piece of advice that I remember probably on a daily basis is to accept everything about me that is different. That is what makes me special.

~Misty Copeland

You can dream big and it doesn't matter what you look like, where you come from.

~Misty Copeland

My body is very different from most of the dancers I dance with. My hair is different than most I dance with. But I didn't let that stop me. Black girls rock and can be ballerinas.

~Misty Copeland

The path to your success is not as fixed and inflexible as you think.

~Misty Copeland

You're always working to improve, and you're always being critiqued on your next performance. It's not about what you've done. There's always room to grow.

~Misty Copeland

I just try to approach every opportunity on stage, as if it's my first time and my last time.

~Misty Copeland

I feel like I represent every young dancer, and even non-dancer, who felt they were not accepted by the ballet world. I'd like to think that they can see themselves in me.

~Misty Copeland

There are muscles that we have in our feet that most human beings don't even know that we have. The strength that we have is so detailed.

~Misty Copeland

I think that training is the key, definitely, and I devoted my life to it.

~Misty Copeland

Ballet found me. I was discovered by a teacher in middle school. I always danced, my whole life. I never had any training, never was exposed to seeing dance, but I always had something inside of me.

~Misty Copeland

The woman represents ballet. She is most important, powerful and vital to it. Therefore, she is not "less than" a man. If anything she is "more than" in this field.

~Misty Copeland

I learned how to communicate and articulate myself from ballet. It's just insane to me, when they don't think of that as a part of our education.

~Misty Copeland

I know I will never let myself be complacent in life.

~Misty Copeland

I will push myself in different ventures that I believe will make me a better artist, dancer and person.

~Misty Copeland

Going on stage and transcending the audience and becoming this otherworldly thing makes you a dancer. It's not so black and white.

~Misty Copeland

Different mentors throughout my life have supported and guided me to remember that I do have the strength, courage and talent to do whatever I want to do.

~Misty Copeland

I remind myself everyday just how lucky I am to do what I love! I feel so fortunate and I'm just trying to take my life one day at a time.

~Misty Copeland

It's difficult to exist as a woman, especially I think as a powerful woman. You want to stand strong and you want to be considered and equal.

~Misty Copeland

I just want to leave a positive memory of setting an example and bringing our youth with us.

~Misty Copeland

Ballet. something pure in this crazy world

~Misty Copeland

When you see the body outside of a costume and see the strength that it takes, people would look at dance a different way and see how athletic it is. You're not just born like that.

~Misty Copeland

I do think Under Armour is setting a new example for what a ballerina is, and that you can be feminine and an athlete and represent what a woman is at the same time.

~Misty Copeland

I'm a classical ballet dancer, and at the end of the day I want to be with American Ballet Theater, performing classical ballets.

~Misty Copeland

Take advantage of the resources around you and the relationships you build!

~Misty Copeland

I shouldn't even be wearing a tutu. I don't have the right legs, my muscles are too big.

~Misty Copeland

I'm a pescatarian, so I don't eat red meat or pork. So my dinners usually consist of seafood in some way. And maybe cookies after!

~Misty Copeland

I think that I'm so fortunate to have found classical ballet. It completely changed my life and it shaped the person that I am today, on and off the stage.

~Misty Copeland

I know that I'll forever be involved in ballet. This is where my life was meant to be, and I don't see myself straying completely away, ever.

~Misty Copeland

My first ballet class was on a basketball court. I'm in my gym clothes and my socks trying to do this thing called ballet.

~Misty Copeland

But I think the more you eat healthy clean foods the more you create them.

~Misty Copeland

My goal has always been to be a principal dancer with ABT.

~Misty Copeland

It's really amazing that I was discovered and that I've been given these great opportunities to travel the world and work with amazing artists. I'm very blessed.

~Misty Copeland

When people meet me in person, they're usually surprised at how petite I am because there's just [an] idea that because I'm black I just look a certain way.

~Misty Copeland

I think anything that affects me in my personal life is going to help me be a better artist on stage.

~Misty Copeland

The word "prodigy" was thrown around a lot, but I didn't understand what that meant, or the weight of it. It didn't really mean anything to me, until I was older and could look back on it.

~Misty Copeland

Hopefully, I'll be a part of ABT, in some way, forever. I think I'll always be a part of ballet and try to push diversity, for as long as I live.

~Misty Copeland

That it's possible to do positive things and I think that's how we're going to set an example to be respected as women in the world.

~Misty Copeland

What makes people and companies and artistic directors and choreographers interested in working with dancers is the ability to kind of let go of everything you think you know and be a blank canvas.

~Misty Copeland

My career came together very quickly. I only trained for four years before I became a professional, so I didn't have a lot of time to sit back and be inspired before I took my first ballet class.

~Misty Copeland

I think I always felt a connection to music and to movement. Growing up, I was surrounded by R&B and Hip-Hop, and the closest thing I could find to dance was gymnastics which I watched on TV.

~Misty Copeland

I believe that I definitely developed into a refined and graceful woman due to ballet. It has shaped me in every way.

~Misty Copeland

I've gotten nothing but warmth from the Black community and positive feedback.

~Misty Copeland

I don't think a lot of people really understand the commitment it takes to being a character that an actor in Hollywood would take to approaching a role that they're doing.

~Misty Copeland

I ended up training only for four years before I was accepted into American Ballet Theater in New York City.

~Misty Copeland

I never experienced getting nervous on stage. I think I was most comfortable there.

~Misty Copeland

Going on stage and doing ballet, for the first time, was even more verification of, "This is what I'm meant to do. This is what I'm going to do. I'm going to make it somehow."

~Misty Copeland

When I was younger, my feet would hurt a lot, but you build up calluses and strength and you don't feel as much pain there.

~Misty Copeland

The higher you go up in rank, usually the longer you can dance.

~Misty Copeland

I'm definitely very careful about the things that I want to be a part of, but it's also important for me to get dance out there to more people.

~Misty Copeland

I try to consider people's perspectives and not just my own.

~Misty Copeland

Without my mentors there is no Misty.

~Misty Copeland

Ballet was exactly what I was searching for, but my environment definitely made me the dancer and the person that I am today. And the Hip-Hop culture was a big part of it.

~Misty Copeland

I try my best to really think about things before I react and respond.

~Misty Copeland

I know that most of the time I have to work overtime to do everything that I want to.

~Misty Copeland

I believe I am yet to dance my favorite role, but I am pretty open to adapting to different characters. I would love to be Odette in Swan Lake one day. I think that would be the ultimate role.



~Misty Copeland

I was 17 when I moved to NYC . I'm now 32. But I do know I can't see myself living anywhere else. I love the food, the fashion, art, the intelligence of this city and the people that live in it.

~Misty Copeland

Ballet is number one, everything else is scheduled in the small windows when I'm not in the studio taking class, rehearsing, on stage or on tour.

~Misty Copeland

In a ballet company, you're trying to create unison and uniform when you're in a cour de ballet.

~Misty Copeland

I don't feel like my life is that of a superstar! Every day I wake up, I take the train, I go to my ballet class. My everyday life is pretty normal.

~Misty Copeland

It takes a lot of money to be a part of the ballet world. Both the training and the supplies are expensive, the shoes, the leotards and the tights.

~Misty Copeland

I think I'm pretty laid back. I like cooking, being at home, and going to concerts. And I love to shop!

~Misty Copeland

I want to share the ballet world with everyone.

~Misty Copeland

Physical fears change and shift depending on the role and depending on the mindset I'm in.

~Misty Copeland

I definitely like to be natural and more relaxed and not wear a lot of makeup.

~Misty Copeland

Once I became a professional, maybe 19 or 20, I really started to try to figure out who I was, as a woman and as an individual.

~Misty Copeland

I will never be the best dancer or artist. I will be growing until the day I retire.

~Misty Copeland

I will never reach perfection.

~Misty Copeland

I absolutely love what I do, and I want to dance for as long as I can and feel good about what I am putting out there on the stage.

~Misty Copeland

I was aware of my race from a very young age. Not in a negative way. Coming from an interracial background, I think it is important to understand who you are.

~Misty Copeland

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