

Nastia Liukin

Quotes

*Gymnastics, Sports, Dream, Athlete, Careers, People, Character, Inspiration,
Team, My Mistakes, Painful, Years, Decision, Mistake, May, Support, Kids,
Fashion, Who I Am, Passionate*

Set daily, monthly and long term goals and dreams. Don't ever be afraid to dream too big. Nothing is impossible. If you believe in yourself, you can achieve it.

~Nastia Liukin

Finish what you start, no matter how painful it may be.

~Nastia Liukin

If you are afraid of failure, you don't deserve success.

~Nastia Liukin

You don't always get stronger on the days that everything comes easily to you.

~Nastia Liukin

You always have to finish what you start and I learned that some of life's greatest lessons come with disappointment.

~Nastia Liukin

Gymnastics has given me everything in my life. I will continue to stay involved and try to give back to the sport that has given me so much.

~Nastia Liukin

I've missed being able to flip in the air, flip on the beam and swing on the bars.

~Nastia Liukin

Being with someone I love and care about to feed off positive energy is crucial.

~Nastia Liukin

Without my parents and their love and support in my life, I would not be who I am or where I am today.

~Nastia Liukin

Like at home, I don't wear heels. But everywhere else I go, I wear heels.

~Nastia Liukin

I'm just trying to really take it one day at a time, because for me - and I know this sounds cliché, whatever - I achieved my ultimate goal, and nothing can really top that, you know?

~Nastia Liukin

I'm passionate about health, nutrition, fitness, and inspiring people to live a healthy and active lifestyle.

~Nastia Liukin

I'm showing the younger generation your career doesn't have to be over when you're 16-years-old.

~Nastia Liukin

When I was much younger and still competing in gymnastics, I could rarely find inspiration outside of the sport.

~Nastia Liukin

Today, I find inspiration in music, art, traveling the world, and meeting new people.

~Nastia Liukin

I knew that life isn't always just about the Olympic gold medals and the sponsors.

~Nastia Liukin

I also want to get out there in the world and do some acting and fashion and modeling.

~Nastia Liukin

I don't want to repeat my mistakes.

~Nastia Liukin

Gymnastics, especially in my family, is more than a sport. It's our life, it's our careers, it's our family business.

~Nastia Liukin

You ask any person in the U.S. and they know who Mary Lou Retton is.

~Nastia Liukin

Supergirl is such an iconic brand, and for me to be able to be the new face of it is extremely exciting.

~Nastia Liukin

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