

# Shannon Elizabeth Quotes

*Thinking, People, Country, Play, Animal, Character, Shows, Yoga, Stars,  
Passion, Realizing, War, Comfortable, Turkeys, Strong, Nudity, White,  
Progress, Actresses, Giving*

I'm vegetarian so eating right definitely gives me the energy you need.

~Shannon Elizabeth

Things change in different countries as people grow, and as generations change.

~Shannon Elizabeth

I'm not doing any more nudity.

~Shannon Elizabeth

I got to meet Mark Hamill. He signed some Star Wars posters for us. I saw the fight scenes he had. He was really into making fun of himself and Star Wars.

~Shannon Elizabeth

I think compassion is an important quality in people in general.

~Shannon Elizabeth

If you take an hour out of your day to meditate, you will progress ten-fold. By staying mentally focused, you can let your worries go.

~Shannon Elizabeth

Yoga is the perfect way to de-stress and work out at the same time.

~Shannon Elizabeth

I don't know that I've ever been completely comfortable with anything.

~Shannon Elizabeth

I'm super, super casual. I like boxer shorts or jeans or tank tops, tennis shoes and flip flops. That's about it for me.

~Shannon Elizabeth

We don't live in a world that's black and white.

~Shannon Elizabeth

I want to get away from the high school thing and do other types of roles.

~Shannon Elizabeth

Animals mean everything to me. We have to be their voice and protectors.

~Shannon Elizabeth

I'm a big country fan.

~Shannon Elizabeth

Most people don't realize turkeys are friendly, they're social, they're loyal, they have emotions.

~Shannon Elizabeth

I have come to realize it's not the QUANTITY of LOVE but instead the QUALITY

~Shannon Elizabeth

I don't think I really do go shopping. Somehow clothes just kind of end up in my closet. I do not like shopping; I'm not into it.

~Shannon Elizabeth

I'm pretty instinctive. I'm a quick learner.

~Shannon Elizabeth

I want to do a little bit of everything. I want to play a good, strong female character.

~Shannon Elizabeth

I watch every reality show out there.

~Shannon Elizabeth

When I was modeling, I worked out every day or other day.

~Shannon Elizabeth

I hope to be known as a chameleon actress, as someone who can play any part out there, and someone who can transform herself into any kind of character there is.

~Shannon Elizabeth

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