

Shannon Miller

Quotes

Gymnastics, Thinking, Motivational, Sports, Athlete, Important, Running, Games, Want, Exercise, Dream, Performing, Fall, Competition, Bears, Goal, Olympics, School, Jobs, Growing Up

The rate of childhood obesity is just ridiculous. Anytime I can get involved with teaching them how to get physical exercise, I want to help in any way possible

~Shannon Miller

If you want to take it up a step and aim to become a competitive gymnast, you have to be mentally strong and prepared to take on the workload of going to the gym every day, rain or shine.

~Shannon Miller

Doing your best is more important than being the best.

~Shannon Miller

Other people may not have had high expectations for me... but I had high expectations for myself.

~Shannon Miller

Everyone gets scared, and everyone falls. The key is to get right back up and try again.

~Shannon Miller

Face each day with the expectation of achieving good, rather than the dread of falling short.

~Shannon Miller

It's amazing to me that they're cutting physical education programs in the school systems.

~Shannon Miller

Gymnastics uses every single part of your body, every little tiny muscle that you never even knew.

~Shannon Miller

Charles Barkley, I used to watch him growing up. Then I met him. He

was a big teddy bear.

~Shannon Miller

When I go in to compete, whether it's gymnastics or anything else, I do my own thing. I compete with myself.

~Shannon Miller

Gymnastics is a lot like life. You don't become an Elite gymnast by bickering and having a negative attitude. You have to be positive to get to that level.

~Shannon Miller

It's important to have a plan, a big picture. You can deviate from it or change it completely, but it gives you something to work for.

~Shannon Miller

I'm a competitor. I really enjoyed the race more than just going out and running to run.

~Shannon Miller

At the Olympics, you there to do a job. I feel you should take it seriously. You should be respectful. You are putting on the red-white-and-blue and going out there to perform for your country.

~Shannon Miller

I can now successfully drive a stick. That's a huge accomplishment.

~Shannon Miller

I don't think I have the mileage on me to really complain of any injuries yet.

~Shannon Miller

I want to bring more gymnastics on television.

~Shannon Miller

I'm coming up on 30. There are other things that I want to pursue outside of just performing.

~Shannon Miller

I was always athletic and I could do a lot of things

~Shannon Miller

I love performing in front of an audience and seeing smiles on the kids' faces.

~Shannon Miller

We typically don't choose our athletes until about a month prior to the Games because anything can happen.

~Shannon Miller

In gymnastics, you have to be perfect every step along the way.

~Shannon Miller

For the most part I'll probably do floor exercise and balance beam. Those are the two things that I do.

~Shannon Miller

There is always going to be a reason why you can't do something; your job is to constantly look for the reasons why you can achieve your dreams.

~Shannon Miller

Go into the sport because you have fun doing it, not because of 'what ifs' and dreams of gold medals. That way, no matter what happens, you win.

~Shannon Miller

In gymnastics, the longest routine you do is a minute and a half, and that's pretty tough to get through.

~Shannon Miller

I think it's really important to look at the big picture instead of just one competition

~Shannon Miller

When you grow up on camera and in the public eye, you feel you have to put forth this image. I just took that to the extreme and there was a lot of pressure on me

~Shannon Miller

I'm an athlete rep, so I'll be available if they need me for anything

~Shannon Miller

Above all, you have to love what you are doing. You cannot fake passion. If you love it you can fight through the rough times and enjoy the good times.

~Shannon Miller

I got into law school to supplement my business background. I'm not planning to practice law.

~Shannon Miller

I don't believe that there's anyone in the world without a competitive bone in their body.

~Shannon Miller

At an Olympics Game, you want to enjoy it, especially if you know it's going to be your last one.

~Shannon Miller

There's never going to be a system that is fair to everyone

~Shannon Miller

I thought about running a marathon a long time ago, but I'm just not a runner.

~Shannon Miller

I share Len Saunders' concerns about childhood obesity and getting kids to be active beginning at an early age.

~Shannon Miller

There's not a whole lot of events out there on television, especially in the years between Olympic Games.

~Shannon Miller

I think that to be a competitive athlete, you have to be goal-oriented.

~Shannon Miller

It's been really good to have a goal and go after it. That feels good

~Shannon Miller

Goals have to be realistic and flexible.

~Shannon Miller

So if you think being thin is enough to succeed in gymnastics, you're wrong.

~Shannon Miller

If you can't handle all the injuries and scars, choose a less demanding sport.

~Shannon Miller

Everyone has obstacles, and you're not going to have the right answer or do the right thing every single time.

~Shannon Miller

Charles Barkley was a big teddy bear.

~Shannon Miller

Floor exercise, the longest you run is two or three steps. In the vault, it's not a whole lot more than that.

~Shannon Miller

There are no limits on your dreams if you're willing to work for it.

~Shannon Miller

I will be talking with gymnasts from some of the other countries. I will be getting a feel for what they're thinking and what they're doing. It should be a really great meet

~Shannon Miller

I'm used to short distances and short bursts of energy; it was just fastest

~Shannon Miller

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