

Shawn Johnson Quotes

*Gymnastics, Sports, Athlete, Thinking, Want, Training, People, Class, Needs,
Olympics, Girl, Mom, Doubt, Gold, Sacrifice, Strong, Years, Reality, Gymnast,
Goal*

As long as you've done your best, making mistakes doesn't matter. You and I are human; we will mess up. What counts is learning from your mistakes and getting back up when life has knocked you down.

~Shawn Johnson

Stay strong. Stand up. Have a voice.

~Shawn Johnson

I have a chaperone everywhere I go - my mom.

~Shawn Johnson

My approach to gymnastics in Beijing was heavily based on the amount of difficulty I could do.

~Shawn Johnson

I still can't believe I'm an Olympic athlete.

~Shawn Johnson

Gymnastics taught me everything - life lessons, responsibility and discipline and respect.

~Shawn Johnson

The body is an amazing machine... If you eat the right things your body will perform incredibly well!

~Shawn Johnson

To have any doubt in your body is the biggest weakness an athlete can have. There are times when I physically can't get myself to go for a skill because I'm thinking, 'My knee hurts really bad.'

~Shawn Johnson

Image isn't everything, It's what comes from your heart, and what you learn and what you say and how you act that means more than anything.

~Shawn Johnson

I don't call them sacrifices. I call them exchanges.

~Shawn Johnson

I had surgery to repair the ACL in February 2010 and was back in the gym by June, but rushed things too quickly and ended up re-tearing my MCL in September.

~Shawn Johnson

I pay attention to my diet to be a healthier gymnast, but I'm not obsessive over it.

~Shawn Johnson

Everything for me started with my love of the sport. In society we're losing the fun with kids and pushing success on them too hard. Success comes from fun.

~Shawn Johnson

I started from zero and went back to the basics in gymnastics.

~Shawn Johnson

To have any doubt in your body is the biggest weakness an athlete can have.

~Shawn Johnson

Everything is about your movements and precision and timing, which is what gymnastics is about.

~Shawn Johnson

Don't force anything. Find what you love and stick with it.

~Shawn Johnson

I love lean meats like chicken, turkey. I'm obsessed with sushi and fish

in general. I eat a lot of veggies and hummus.

~Shawn Johnson

I was at the Olympic Games winning medals and I still doubted my image. I doubted what I looked like. That's sad.

~Shawn Johnson

Injury taught me I need to learn how to face challenges.

~Shawn Johnson

Gymnastics is not only a good thing to live by, but it is important to understand how it does help you in life.

~Shawn Johnson

Well-I don't know if anyone would really ask me to prom.

~Shawn Johnson

Gymnastics has made me strong. I feel like it broke me down to my lowest point, but at the same time, it has given me the greatest strength anyone could ask for.

~Shawn Johnson

It might have been easier to retire, to say my knee couldn't handle it and let that be that. At the same time, the prospect of not being able to compete in gymnastics anymore was heartbreaking.

~Shawn Johnson

If you lose the nerves, you lose the sport.

~Shawn Johnson

I set my phone with motivational quotes to go off on random days and times. Like, 'You're stronger than you think you are.' I'll forget about it, then one will pop up and it'll give me a little boost.

~Shawn Johnson

I told myself after 2008 that I was done for good. But they say you can't keep a gymnast away from her sport.

~Shawn Johnson

To finish off this whole Olympics by finally getting the gold medal, it's the best feeling in the world.

~Shawn Johnson

Of course, when you're training your whole life to get to the Olympics, you train for gold.

~Shawn Johnson

I think about my goals. There were a lot of times in gymnastics when I really didn't want to go in and train, but you can't make it to the Olympics if you don't train!

~Shawn Johnson

My other life keeps me calm and grounded and normal.

~Shawn Johnson

I'm trying to stay as calm as possible and focus one day at a time, but when reality sets in, I feel everything: anxiety, excitement, nerves, pressure and joy.

~Shawn Johnson

I fell in love with gymnastics. I love what I do now. I work with people that I love to be around. Success comes from that.

~Shawn Johnson

A comeback in gymnastics is almost impossible in itself.

~Shawn Johnson

People put too much emphasis on looks.

~Shawn Johnson

People only see gymnastics on TV and in the Olympics at such an extreme. So it can be intimidating.

~Shawn Johnson

My coach, Liang Chow, had one rule while I was training for the 2008 Olympics: no skiing. I could do anything I wanted outside the gym, he said, except ski.

~Shawn Johnson

After 13 years of hard landings in gymnastics, one ski run had delivered the biggest injury of my career.

~Shawn Johnson

I have a healthy lifestyle, but there's nothing you can really do to prevent from rolling an ankle or something like that.

~Shawn Johnson

I'm doing four hours of gymnastics training a day, six days a week and then an extra two to three hours in a fitness center as well.

~Shawn Johnson

Gymnastics is so complex.

~Shawn Johnson

I had a constant fear, a constant little doubt in my mind: 'OK, I'm getting ready to do my standing back full on beam and I might re-tear my ACL.'

~Shawn Johnson

There's always a chance. Anything can happen.

~Shawn Johnson

Everybody sacrifices something in an attempt to reach what they think society wants.

~Shawn Johnson

I fell in love with running, and I finally have time to do it now.

~Shawn Johnson

I get less and less sleep these days, so when I have any down time all I want to do is sleep!

~Shawn Johnson

I always feel like I'm the young one, I'm the small one.

~Shawn Johnson

Hot yoga is the best. When you're in [class], there are no cell phones, no talking, no distractions. You're taking a leave from reality for an hour or so.

~Shawn Johnson

I was under pressure because of what people were saying about my physique.

~Shawn Johnson

Critique the performance, and respect the hard work put in.

~Shawn Johnson

Were taught at such a young age that you can always be better and that you're never perfect and that you're never good enough.

~Shawn Johnson

I have a lot of expectations and a lot of goals I want to fulfill, but the biggest dream is still to make the Olympic team for London.

~Shawn Johnson

It's been strange and weird watching the other girls at the U.S. Olympic trials just because I was training to be out there myself.

~Shawn Johnson

When I was 3 my parents put me in gymnastics because I was a bundle of energy and they just didn't know what to do with me! They put me in a Tots class and I just fell in love with it.

~Shawn Johnson

I always have someone to look up to, and I think it helps me with motivating myself.

~Shawn Johnson

Something my mom taught me when I was little is that everything happens for a reason.

~Shawn Johnson

I know how much more I need to do to be where I want.

~Shawn Johnson

It's nearly every country's tactic to keep their greatest competitors a secret.

~Shawn Johnson

That's the drama of our sport. Our margin of error is so small that anything can happen.

~Shawn Johnson

I've never had a teammate competing with me my whole life.

~Shawn Johnson

I feel like when there's so much conversation about women's athletics right now, we need to focus on their performance and their skill.

~Shawn Johnson

I live for Pilates reformer class. I go at least three times a week. It's a

great way to lengthen your muscles, stretch, and kind of relax your mind.

~Shawn Johnson

I was always trying to be leaner and thinner to fit the standard and the mold.

~Shawn Johnson

I don't want to be all power and muscle.

~Shawn Johnson

Retiring was scary and it was tough to give up gymnastics, but so many great opportunities have come from it that I never expected.

~Shawn Johnson

I started taking gymnastic classes when I was 3 years old.

~Shawn Johnson

Staying healthy and consistent is paramount.

~Shawn Johnson

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