Thinking, Skins, Makeup, Beautiful, Girl, School, Hair, Cute, People, Fans, Morning, Oil, Eye, Important, Home, Eagles, Climate, Red, Color, Water

It's important to wake up everyday and remind yourself what you're working towards. You create your own life, it's not set out there for you.

~Shay Mitchell

I'm definitely a girly-girl and I love playing with fashion, but at the same time I will go skydiving with you tomorrow.

~Shay Mitchell

Growing up, I wish I hadn't tried so hard to fit in. I'd tell myself to just embrace what you were born with because it's beautiful and you were made like that for a reason.

~Shay Mitchell

For my prom I really wanted to wear a bright color - something that was going to pop and stand out.

~Shay Mitchell

Coconut oil has always been my favorite. Any dry spots I have I'll put coconut oil on them because it's a natural ingredient and it works better than anything.

~Shay Mitchell

If you can make me laugh, my heart is yours! I think there's nothing more attractive than someone who doesn't take themselves too seriously.

~Shay Mitchell

We all have to find beauty within us, as opposed to just our exterior.

~Shay Mitchell

I'm more comfortable in heels than I am in sneakers.

~Shay Mitchell

I finally realized that no one is perfect and that I like the fact that I look

different and don't have the perfect body. No one does!

~Shay Mitchell

I realized that bullying never has to do with you. It's the bully who's insecure.

~Shay Mitchell

I'll never turn down a red velvet cupcake.

~Shay Mitchell

I am a foodie. I'm not afraid to say it.

~Shay Mitchell

Personally, I don't really have a set style or look. It's pretty much what I feel like wearing that day, from a floral-print dress and high heels to ripped jeans and army boots.

~Shay Mitchell

I will never forget that there are millions of other people who would be dying to be in my position. I'm not going to be an actress who doesn't appreciate what she has.

~Shay Mitchell

I've always felt like you should love who you love - sexuality doesn't matter. It would be so cool in the future if it weren't even an issue to anybody anymore.

~Shay Mitchell

I'm a huge pasta and pizza lover. I can eat those every single day.

~Shay Mitchell

Whatever it is, I give it my all. You have to do everything you want in this one life that you have.

~Shay Mitchell

Age is really just a number to me and means every year I get to experience so much more.

~Shay Mitchell

Why would I try to change who I look like, what my race is? No. No no no. You are beautiful because that's the skin you were born with. Love it. And be proud of it.

~Shay Mitchell

I think my friends tell me their deepest darkest secrets only because they know it won't ever come out.

~Shay Mitchell

It's the bully who is insecure.

~Shay Mitchell

To get rid of swelling... I put green tea bags on my eyelids. Or I grab cold spoons that I leave in the freezer and put them on my eyes.

~Shay Mitchell

There's nothing worse than seeing someone chewing gum on the red carpet!

~Shay Mitchell

I've met a few fans from across the world who've had my name tattooed on them.

~Shay Mitchell

For someone who wears makeup so much all the time, it's really important to take it off and give your skin some time to breath.

~Shay Mitchell

I could be 80 tomorrow and I'd still be okay. It's all the way you think about things.

~Shay Mitchell

I feel so good after a workout. Any time you can be alone with yourself is really important.

~Shay Mitchell

I hate dieting. Let's just say that.

~Shay Mitchell

I love to use beets as a lip tint. It lasts all day.

~Shay Mitchell

In high school I was an outcast I wasn't cool to hang out with. I ate my lunch in a bathroom stall because that was the one place I could go where I wouldn't been seen.

~Shay Mitchell

With fitness, I do Bikrams hot yoga. The gym that I have in my building is amazing. I love to do cardio and weights there.

~Shay Mitchell

I'm a longtime fan of American Eagle, so when they approached me about joining their 'Live Your Life' campaign, it already felt like an organic fit.

~Shay Mitchell

It's kind of a shock to your skin, changing climates. It's new water, and new air quality.

~Shay Mitchell

I want to play a strong, kickass girl in heels. I'm better in heels. I can run faster in them than in flats.

~Shay Mitchell

I try to eat healthy and be balanced.

~Shay Mitchell

My daily beauty regimen is definitely always in the mornings, and at night, always washing my face with a basic cleanser. I also use a moisturizer with SPF to follow up.

~Shay Mitchell

I grew up in a predominantly Caucasian neighborhood, but my mom is Filipino-Spanish and my dad is Irish.

~Shay Mitchell

American Eagle clothing is stylish, flattering and all about embracing your individuality.

~Shay Mitchell

I actually just rock-climbed when I was away on vacation and now I'm searching out rock climbing gyms. That's my new obsession for 2013.

~Shay Mitchell

For everyday, Rebecca Minkoff's collection is chic and comfortable at the same time.

~Shay Mitchell

I will save the singing for my shower.

~Shay Mitchell

I would never feel comfortable doing my own makeup for a party or a big event, that's for sure. I'm really good at doing it to go to the grocery store.

~Shay Mitchell

I did shoot a movie called 'Mother's Day', and I really can't wait for everybody to see that. I had so much fun shooting that with Jennifer

Aniston, which was kind of surreal in itself.

~Shay Mitchell

I like to let my skin breathe when I'm not shooting or working, so that's why you'll find me on most of my social media accounts barefaced with face masks!

~Shay Mitchell

The fact that the scrub literally comes out into your hand as a powder and then activates with water is a really cool thing.

~Shay Mitchell

Sometimes when I travel from climate to climate, my skin can change very drastically because I go from hot to cold. I get dry like everybody else - from planes.

~Shay Mitchell

I'm a fan of things I can get done fast! It feels awesome because it heats up in your hand, and leaves your skin tingly and clean.

~Shay Mitchell

I like to layer when I fly - the climate always changes from the airport to the plane to the new city.

~Shay Mitchell

I see a cute guy in Starbucks and I'm like... 'Oh, okay,' and I walk out. But who knows? Maybe I will ask somebody on a date soon!

~Shay Mitchell

Once, I had to clip a jacket back to take a picture, and after they were done I forgot to remove the clip until someone noticed.

~Shay Mitchell

I love working out. Dance classes are my favorite.

~Shay Mitchell

I'd define my everyday style as put together, but also comfortable. A great pair of jeans and a cute top can be so versatile.

~Shay Mitchell

I feel like it's about taking time out of your week to have your own mini spa day. I like to do it on Sundays because usually I don't have anything on that day.

~Shay Mitchell

Being single is not as bad as everyone likes to make it seem! ~Shay Mitchell

I like to take a day of the week and just sort of have an at-home beauty day. I put on different masks.

~Shay Mitchell

I think it would be cute to marry your high school sweetheart, but I think it would also be nice to be sitting on a plane with somebody who lives across the world from you.

~Shay Mitchell

Honestly, what is ageism really, you know? If you take care of yourself and you feel good then that's really all that matters at the end of the day.

~Shay Mitchell

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