

Sheryl Sandberg Quotes

*Men, People, Thinking, Believe, Women, Jobs, Work, Careers, Real, Home,
Needs, Children, Girl, Daughter, Running, Mother, Opportunity, Inspirational,
Country, Leader*

We cannot change what we are not aware of, and once we are aware, we cannot help but change.

~Sheryl Sandberg

If you're offered a seat on a rocket ship, don't ask what seat! Just get on.

~Sheryl Sandberg

Women don't take enough risks. Men are just 'foot on the gas pedal.' We're not going to close the achievement gap until we close the ambition gap.

~Sheryl Sandberg

So please ask yourself: What would I do if I weren't afraid? And then go do it.

~Sheryl Sandberg

Being confident and believing in your own self-worth is necessary to achieving your potential.

~Sheryl Sandberg

Next time you're about to call your daughter bossy, take a deep breath and say, 'My daughter has executive leadership skills.'

~Sheryl Sandberg

We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored.

~Sheryl Sandberg

In the future, there will be no female leaders. There will just be leaders.

~Sheryl Sandberg

Leadership is not bullying and leadership is not aggression. Leadership

is the expectation that you can use your voice for good. That you can make the world a better place.

~Sheryl Sandberg

Your life's course will not be determined by doing the things that you are certain you can do. Those are the easy things. It will be determined by whether you try the things that are hard.

~Sheryl Sandberg

But the upside of painful knowledge is so much greater than the downside of blissful ignorance.

~Sheryl Sandberg

Done is better than perfect.

~Sheryl Sandberg

Motivation comes from working on things we care about. It also comes from working with people we care about.

~Sheryl Sandberg

The time is long overdue to encourage more women to dream the possible dream.

~Sheryl Sandberg

Feeling confident - or pretending that you feel confident - is necessary to reach for opportunities. It's a cliché, but opportunities are rarely offered; they're seized.

~Sheryl Sandberg

It is the ultimate luxury to combine passion and contribution. It's also a very clear path to happiness.

~Sheryl Sandberg

Build your skills, not your resume.

~Sheryl Sandberg

I go around the room and ask people, 'What do you think?'

~Sheryl Sandberg

Careers are a jungle gym, not a ladder.

~Sheryl Sandberg

Someone who values fairness and expects or, even better, wants to do his share in the home. These men exist and, trust me, over time, nothing is sexier.

~Sheryl Sandberg

Speak up. Believe in yourself. Take risks.

~Sheryl Sandberg

When companies offer support and assistance for personal and family hardships, their employees become more loyal and more productive.

~Sheryl Sandberg

If more women are in leadership roles, we'll stop assuming they shouldn't be.

~Sheryl Sandberg

We hold ourselves back in ways both big and small, by lacking self-confidence, by not raising our hands, and by pulling back when we should be leaning in.

~Sheryl Sandberg

Aiming for perfection causes frustration at best and paralysis at worst.

~Sheryl Sandberg

Trying to do it all and expecting that it all can be done exactly right is a recipe for disappointment. Perfection is the enemy.

~Sheryl Sandberg

A truly equal world would be one where women ran half our countries and companies and men ran half our homes.

~Sheryl Sandberg

Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence." (Harvard Business School definition of leadership)

~Sheryl Sandberg

The cost of stability is often diminished opportunities for growth.

~Sheryl Sandberg

Social gains are never handed out. They must be seized.

~Sheryl Sandberg

When it comes time to settle down, find someone who wants an equal partner. Someone who thinks women should be smart, opinionated, and ambitious.

~Sheryl Sandberg

Real change will come when powerful women are less of an exception. It is easy to dislike senior women because there are so few.

~Sheryl Sandberg

Believe in yourself and negotiate for yourself. Own your own success.

~Sheryl Sandberg

I really think we need more women to lean into their careers and to be really dedicated to staying in the work force.

~Sheryl Sandberg

It's hard to visualize someone as a leader, if she is always waiting to be

told what to do.

~Sheryl Sandberg

Real empathy is sometimes not insisting that it will be okay but acknowledging that it is not.

~Sheryl Sandberg

Leaders should strive for authenticity over perfection.

~Sheryl Sandberg

When people are really suffering, and we know they're suffering, that question can be a very difficult one. Inadvertently, I think without anyone meaning it, it communicates a lack of empathy.

~Sheryl Sandberg

Everyone needs to get more comfortable with female leaders-including female leaders themselves.

~Sheryl Sandberg

Talking can transform minds, which can transform behaviors, which can transform institutions.

~Sheryl Sandberg

When you want to change things, you won't please everyone.

~Sheryl Sandberg

We need to talk more openly about mentorships and sponsorships. Women don't get the mentoring, and particularly the sponsors, they need to succeed as much as men.

~Sheryl Sandberg

The most important thing we're doing differently is that we talk openly about gender at Facebook.

~Sheryl Sandberg

It's easy to dislike the few senior women out there. What if women were half the positions in power? It would be harder to dislike all of them.

~Sheryl Sandberg

As a country and as a world, we are not comfortable with women in leadership roles. We call little girls bossy.

~Sheryl Sandberg

But I really believe that when you give people authentic identity, which is what Facebook does, and you can be your real self and connect with real people online, things will change.

~Sheryl Sandberg

Women need to shift from thinking "I'm not ready to do that" to thinking "I want to do that- and I'll learn by doing it."

~Sheryl Sandberg

Until women are as ambitious as men, they're not going to achieve as much as men.

~Sheryl Sandberg

The most important career decision you'll make is who your life partner is.

~Sheryl Sandberg

So there's no such thing as work-life balance. There's work, and there's life, and there's no balance.

~Sheryl Sandberg

I'm not writing about things other women do. I'm writing for other women to have more self-confidence because I need it myself! And if more women were in power, I would feel more comfortable.

~Sheryl Sandberg

There is no such thing as work-life balance. There is work, there is life, and there is no balance.

~Sheryl Sandberg

No one gets to the top, if they sit on the sidelines, or if they don't believe in themselves.

~Sheryl Sandberg

I am saying that I was able to mold those hours around the needs of my family, and that matters. And I really encourage other people at Facebook to mold hours around themselves.

~Sheryl Sandberg

I'm a feminist because I believe in women... it's a heavy word, feminism, but it's not one I think we should run from. I'm proud to be a feminist.

~Sheryl Sandberg

I just believed. I believed that the technology would change people's lives. I believed putting real identity online - putting technology behind real identity - was the missing link.

~Sheryl Sandberg

I spent most of my career, including my time at McKinsey, never acknowledging that I was a woman. And, you know, fast forward - I'm 43 now - fitting in is not helping us.

~Sheryl Sandberg

Everyone knows that marriage is the biggest personal decision you make, but it's the biggest career decision you can make.

~Sheryl Sandberg

You know, there has never been a 24-hour period in five years when I have not responded to e-mail at Facebook. I am not saying it's easy. I

work long hours.

~Sheryl Sandberg

I know from my own experience that the path to change is best traveled when we travel together.

~Sheryl Sandberg

Fortune does favor the bold and you'll never know what you're capable of if you don't try.

~Sheryl Sandberg

If you do please everyone, you are not making enough progress.

~Sheryl Sandberg

The things that hold women back, hold them back from sitting at the boardroom table and they hold women back from speaking at the PTA meeting.

~Sheryl Sandberg

In fact, my New Year's resolution every year, and I'm Jewish so I get two New Years a year, is to meditate, and I fail every time.

~Sheryl Sandberg

When I was in high school, I was voted most likely to succeed.

~Sheryl Sandberg

We know that the only way to achieve equality is if both men and women want to achieve equality. We also know that equality is not just the right thing to do for men, it is a good thing to do.

~Sheryl Sandberg

The most important thing is to have a more open and honest dialogue about gender issues.

~Sheryl Sandberg

I have never met a woman, or man, who stated emphatically, "Yes, I have it all." Because no matter what any of us hasâ€”and how grateful we are for what we haveâ€”no one has it all.

~Sheryl Sandberg

We [Facebook] really believe in enabling people to be their authentic selves on the web, and enabling people to communicate directly with each other in a very personal way.

~Sheryl Sandberg

Nobody can succeed on their own.

~Sheryl Sandberg

We need to stop telling [women], "Get a mentor and you will excel." Instead, we need to tell them, "Excel and you will get a mentor."

~Sheryl Sandberg

we compromise our career goals to make room for partners and children who may not even exist yet

~Sheryl Sandberg

Women systematically underestimate their own abilities.

~Sheryl Sandberg

I want to tell any young girl out there who's a geek, I was a really serious geek in high school. It works out. Study harder.

~Sheryl Sandberg

What I tell everyone, and I really do for myself is, I have a long-run dream, which is I want to work on stuff that I think matters.

~Sheryl Sandberg

Our culture needs to find a robust image of female success that is first, not male, and second, not a white woman on the phone, holding a

crying baby.

~Sheryl Sandberg

Give us a world where half our homes are run by men and half our institutions are run by women. I'm pretty sure that would be a better world.

~Sheryl Sandberg

I feel really grateful to the people who encouraged me and helped me develop. Nobody can succeed on their own.

~Sheryl Sandberg

Two things that I think matter are gratitude and joy.

~Sheryl Sandberg

Most people assume that women are responsible for households and child care. Most couples operate that way - not all. That fundamental assumption holds women back.

~Sheryl Sandberg

I wish I were strong enough to ignore what others say, but experience tells me I often can't. Allowing myself to feel upset, even really upset, and then move on - that's something I can do.

~Sheryl Sandberg

Our aspirations are really for women to be in half the leadership roles and men to be doing half the work of parenting.

~Sheryl Sandberg

Without fear, women can pursue professional success and personal fulfillment-and freely choose one, or the other, or both.

~Sheryl Sandberg

Social media has created a historical shift from the historically powerful

to the historically powerless. Now everyone has a voice.

~Sheryl Sandberg

A woman, if you're Most Intelligent or Most Likely to Succeed, that's an embarrassing thing. Or something that's not considered attractive, and I think that's what we need to change.

~Sheryl Sandberg

Men can comfortably claim credit for what they do as long as they don't veer into arrogance. For women, taking credit comes at a real social and professional cost.

~Sheryl Sandberg

Facebook is a really exciting place trying to do something really important that I really believe in. And it matters.

~Sheryl Sandberg

I would be better at my job if I were technical.

~Sheryl Sandberg

The best decision I ever made was to marry Dave.

~Sheryl Sandberg

Men feel like they can be a professional and a father. For women it's "or." That's offensive to me. The concept that it's not possible is crazy.

~Sheryl Sandberg

I want my daughter to have the choice not just to succeed, but to be liked for her accomplishments.

~Sheryl Sandberg

As a man gets more successful, powerful, he is more liked, and as a woman gets more successful, she is less liked, and that's true by both women and men.

~Sheryl Sandberg

When you're more valuable, the people around you will do more to make it work.

~Sheryl Sandberg

I believe we need affordable child care. I believe we need flexibility. I believe we need institutional reform and public policy reform.

~Sheryl Sandberg

Facebook is great for women and men. We are enormously flexible. We care a lot about great opportunities for women, we push ourselves to make things as flexible as possible.

~Sheryl Sandberg

Guilt management can be just as important as time management for mothers.

~Sheryl Sandberg

When we get feedback on women, we ask, "Is that real or is that the gender bias at play?" Everyone could start doing that today and I think we'd see really big results.

~Sheryl Sandberg

It is illegal to discriminate on the basis of pregnancy or gender. It is not illegal to talk about it.

~Sheryl Sandberg

We know when we use the full talents of our population we're more productive. And we know that when people really feel like they can have flexible lives, they're better employees.

~Sheryl Sandberg

All of us want the same things. We want to be good to the people

around us and for our lives to have meaning. For me that means making the world a little bit easier for women.

~Sheryl Sandberg

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