

Usain Bolt Quotes

*Thinking, People, Winning, Sports, Inspiration, Trying, Track, Running, Race,
Motivational Sports, Jamaica, Want, Hard Work, Legends, Athlete, Wings,
Focus, Sleep, Years, Believe*

Worrying gets you nowhere. If you turn up worrying about how you're going to perform, you've already lost. Train hard, turn up, run your best and the rest will take care of itself.

~Usain Bolt

Easy is not a option..No days off..Never Quit..Be Fearless..Talent you have Naturally..Skill is only developed by hours and hours of Work

~Usain Bolt

Don't think about the start of the race, think about the ending.

~Usain Bolt

I just imagine all the other runners are big spiders, and then I get super scared.

~Usain Bolt

Believe in your dreams and that anything is possible.

~Usain Bolt

There are better starters than me but I'm a strong finisher.

~Usain Bolt

A lot of legends, a lot of people, have come before me. But this is my time.

~Usain Bolt

I want to thank GOD for everything he as done for me cause without him none of this wouldn't be possible.

~Usain Bolt

For me, I'm focused on what I want to do. I know what I need to do to be a champion, so I'm working on it.

~Usain Bolt

I know what I can do, so I never doubt myself.

~Usain Bolt

No matter who you are, no matter what you're doing, no matter how focus you are, no matter how ready you think you? are, you're not gonna catch me

~Usain Bolt

I know what I can do so it doesn't bother me what other people think or their opinion on the situation.

~Usain Bolt

I work hard, and I do good, and I'm going to enjoy myself. I'm not going to let you restrict me.

~Usain Bolt

I don't think limits.

~Usain Bolt

I stopped worrying about the start. The end is what's important.

~Usain Bolt

When I'm at the gym, I think about chicks, going to the beach, and looking good. I do it for the girls.

~Usain Bolt

When people see your personality come out, they feel so good, like they actually know who you are.

~Usain Bolt

I never single out any one competitor. I treat all my rivals equally.

~Usain Bolt

I still have the drive. I just want to push the barriers and see what I can

do and how far I can go. I am just determined and driven.

~Usain Bolt

I told you all I was going to be No. 1, and I did just that.

~Usain Bolt

Manners is the key thing. Say, for instance, when you're growing up, you're walking down the street, you've got to tell everybody good morning. Everybody. You can't pass one person.

~Usain Bolt

I am now a legend. I am also the greatest athlete to live.

~Usain Bolt

But if I keep my core and back strong, the scoliosis doesn't really bother me.

~Usain Bolt

Cristiano is better than Messi, without a doubt. He's more of an all-round player

~Usain Bolt

You have good days and bad days.

~Usain Bolt

I just want to push the barriers and see what I can do and how far I can go. I am just determined and driven.

~Usain Bolt

I was playing cricket first and my cricket coach was the one that introduced me to track and field.

~Usain Bolt

You have to get to the worst to get better.

~Usain Bolt

I try to live my life to the best, but I just always preach that you should just work hard and do your best.

~Usain Bolt

I've worked hard over the years, I've been injured and I've worked hard through it, and I've made it.

~Usain Bolt

I love competing. I am so competitive. I definitely need to win because I hate losing. I am the type who if I know I will lose I won't compete.

~Usain Bolt

If you think about racing too much you may just lose it a little bit.

~Usain Bolt

There is no stress. I live my life, I enjoy it and when I am comfortable I can get married.

~Usain Bolt

Come on... when you're running, if you see you're going to win, you're going to celebrate.

~Usain Bolt

I swim when I am injured. What the best guys do is so hard. Michael Phelps is the best.

~Usain Bolt

I know what to do and I go and execute.

~Usain Bolt

I have to show who I am, play with the crowd, play with the camera. When people come to a race, part of it is the anticipation, "What is he

going to do?"

~Usain Bolt

If Queen Elizabeth knighthooded me and I would get the title Sir Usain Bolt. That sounds very nice.

~Usain Bolt

I really want to try soccer after I retire because I've watched football over the years and I think I could be a good contender.

~Usain Bolt

I think my acceleration is very good. That's the key for me.

~Usain Bolt

Track and field was very big when I was growing up.

~Usain Bolt

I wouldn't say I'm a phenomenon, just a great athlete.

~Usain Bolt

I don't know the history of my sport. I'm not like those people who know everything.

~Usain Bolt

I don't listen to music before a race - my coach doesn't like it, he thinks I might lose my focus and concentration.

~Usain Bolt

You can't really give away anything in your book ... should be exciting, it's my life, and I'm a cool and exciting guy.

~Usain Bolt

I remember once, actually the first race I ran, I fell.

~Usain Bolt

Racing comes easily to me, especially the 100 metres. That is why, no matter how fast I run the run the 100 metres, the 200 will always mean more to me, because of the effort I've put in.

~Usain Bolt

I don't put myself under pressure.

~Usain Bolt

I'd like to say to all my fans out there, thanks for the support. And to all my doubters, thank you very much because you guys have also pushed me.

~Usain Bolt

You do not want to get married at 22! Especially if you're famous, because girls are going to be throwing themselves at you.

~Usain Bolt

It's always a wake-up call to get beaten.

~Usain Bolt

I try to lead by example.

~Usain Bolt

I can't really live outside Jamaica. I can be away, but only for a while.

~Usain Bolt

It's a great feat for me to have broken my world record.

~Usain Bolt

Women always find you out when you lie. Always. No matter what, they always find out. They're like detectives.

~Usain Bolt

I can still improve a lot, but there is definitely a limit to what the human

body can do.

~Usain Bolt

Repeating is harder than anything else.

~Usain Bolt

Surprisingly, maybe the place I get recognised the least is the United States. America is not so big on track and field. Some recognise me there but lots don't.

~Usain Bolt

My relationship with everyone in Jamaica is good.

~Usain Bolt

Since they came in with the selfie, it's the worst thing. You hardly ever get asked for autographs any more. It's always selfies.

~Usain Bolt

In Jamaica, you learn as a child how to roll a joint. Everyone here has tried it. I did too

~Usain Bolt

I don't even like to go out onto the streets sometimes because I can't get anything done. People want pictures and autographs all the time.

~Usain Bolt

Once a year I will clean my room, just because I feel I should.

~Usain Bolt

There are so many Jamaican people here in London, it's going to be like being at home for me.

~Usain Bolt

Every season something happens so I programme that in; something

will happen.

~Usain Bolt

Yeah, I am lazy. There's no doubt about that.

~Usain Bolt

My favorite thing is always wings. That is my guilty pleasure.

~Usain Bolt

As long as I'm in good shape, you'll always see me smiling.

~Usain Bolt

All I have to do is to work on transition and technique.

~Usain Bolt

But anybody who steps into the lane beside you is the biggest competition because they made it to the finals.

~Usain Bolt

I don't like losing anyways.

~Usain Bolt

Sleep is extremely important to me - I need to rest and recover in order for the training I do to be absorbed by my body.

~Usain Bolt

The clubs, that's easy to cut out, because I know when the season ends I can look forward to going out.

~Usain Bolt

I remember when I was 14, I went to race in Hungary, and I went to a concert, and they were playing Bob Marley songs, and I thought, "Wow, this guy is so special." It's Marley every time.

~Usain Bolt

For me he (Tendulkar) is one of the greatest cricketers

~Usain Bolt

I had thought that I would stop in 2017, but my coach has told me to stop saying that as I may continue into 2018. I'm not thinking about it at the moment.

~Usain Bolt

I would rather be lying in a bed than changing one.

~Usain Bolt

I've got everything I wanted so I'm just happy.

~Usain Bolt

I like to have fun, just stay relaxed.

~Usain Bolt

My brother is really, really slow.

~Usain Bolt

As long as I'm in great shape, nobody beats me, for sure.

~Usain Bolt

Everyone has the right to their own opinion.

~Usain Bolt

The more success I have with track and field the bigger my brand is. So I would say I'm more of a brand now, trying to build for the future.

~Usain Bolt

Sometimes you lose sight of what's going on around you.

~Usain Bolt

I was not stressing about what other people wanted. I put myself first.

~Usain Bolt

When I was young, I didn't really think about anything other than sports.

~Usain Bolt

A few people have said I should let you win

~Usain Bolt

I was always brought up to believe in Him [God], and to behave in certain ways. That is what my parents taught me and I always trust my parents. They have great values.

~Usain Bolt

The important thing was that I got the win. It's good for confidence and the season.

~Usain Bolt

Every season, for me, it's like starting from scratch again.

~Usain Bolt

I have dedicated my life to the 200m, I really love the 200m a lot.

~Usain Bolt

I want to be one of the greatest athletes ever to live, not only in track and field, but in all of general sport.

~Usain Bolt

We're not like the distance guys. I have a very simple approach. I don't overcomplicate. People ask me, are you doing 42 steps, 44 steps for 100 metres? I don't know.

~Usain Bolt

If I get to be a legend, I've achieved my goal.

~Usain Bolt

The older I get, the less I am bothered by talk like that. I have total faith in my coach Yohan Blake, total faith.

~Usain Bolt

The hard part for me is rest. I am a person who stays up late. If I go to bed early, I don't sleep, but I know I have to rest. That is always a struggle for me.

~Usain Bolt

I leaned too early. I was running, I looked across, I realised I was going to win - the thought I was on for a world record entered my mind - I reached for the line when I should have stayed straight.

~Usain Bolt

Where I'm from, there is no violence, pretty much.

~Usain Bolt

My diet is much better. I eat what I have to. The older you get, the better you get at making sacrifices.

~Usain Bolt

I have learned that if this is what I am going to do, and do it well, then I have to avoid drinking.

~Usain Bolt

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