

Wilmer Valderrama

Quotes

*Thinking, Mind, Empowering, People, Psychology, America, Book, Light,
Pressure, Actors, Fun, Dream, Years, Jobs, Men, Order, Home, Choices, Mean,
Spirit*

Mandy because that was the most meaningful relationship.

~Wilmer Valderrama

If you loved once, and if you cared once, you never really stop. And if you build a true foundation, a true friendship, that never really goes away.

~Wilmer Valderrama

In your darkest times there's always room for a little light.

~Wilmer Valderrama

The sex with Mandy was good, but it wasn't like warm apple pie.

~Wilmer Valderrama

You get caught up sometimes in the deadlines and the pressures and certain things that you can't really control that you forget that this is supposed to be an enjoyable journey.

~Wilmer Valderrama

Get into the relationship for the right reason because it's a great support system, because it's a great compliment to your life, because it's someone that actually fulfills you and makes you happy.

~Wilmer Valderrama

As an actor, you should be willing to take challenges.

~Wilmer Valderrama

I play opposite Beverly D'Angelo, and that was definitely a great time.

~Wilmer Valderrama

There comes a time in your life where you're called to not only reinvent yourself but to rebuild your spirit. It's so relevant today.

~Wilmer Valderrama

Make sure that everything you produce and create is organic to you.

~Wilmer Valderrama

Stay consistent with your message and who you are.

~Wilmer Valderrama

I know my girlfriend is free-spirited. I know she's so charming that it's disarming. I get it. And I know that every man is going to fall in love with her.

~Wilmer Valderrama

It was very interesting [book *Fast Food Nation*] because all my friends who were in college, [and] this book became almost mandatory for them to read.

~Wilmer Valderrama

As a Latin man, obviously immigration has been a part of my culture for decades. [I] grew up understanding what you go through in order to come to this country and searching for that American dream.

~Wilmer Valderrama

It's okay to start over again.

~Wilmer Valderrama

No matter what our situation is, there's always a way to celebrate life and there's always a way to start again.

~Wilmer Valderrama

Because I had an accent, people had this impression that I was dumb.

~Wilmer Valderrama

I played sports, so I understood quickly I shouldn't be eating fast food because it was slowing me down, making me feel lousy and lazy, and my instincts were not working as they should.

~Wilmer Valderrama

Sometimes we put so much pressure on ourselves with any kind of job we have that we kind of forget that we do this because it's supposed to be fun because we love it.

~Wilmer Valderrama

When things get dark, they're going to get darker, and at that very moment, that's when you hang on that much tighter because that's when salvation and light come.

~Wilmer Valderrama

For me, honestly, I'm an actor. There's one thing I know how to do - act. And that's all I know how to do. Through our work, [actors] can trigger awareness.

~Wilmer Valderrama

I was always wondering why the first ten minutes of eating fast food is heavenly and then after those ten minutes you start feeling like s**t?

~Wilmer Valderrama

Sometimes you're so nervous about piloting something that you could probably just not empower others to finish what they're supposed to.

~Wilmer Valderrama

For me, I understood the gift of being able to empower others and to not do everything yourself.

~Wilmer Valderrama

I think at some point you have to empower others and really allow everyone else to do what they're hired to do and what they're brought onto the team to do.

~Wilmer Valderrama

Honestly, Ive been very blessed. Yes, I am cursed with this gift.

~Wilmer Valderrama

When I was 10 years old, we'd pick out a cow and boom! They'd hit it in the head with a hammer, lift it up by the back legs, and skin it in front of us. Then I'd take the head home and make soup

~Wilmer Valderrama

I got hit twice in the face, and that was not fun.

~Wilmer Valderrama

I love the human mind.

~Wilmer Valderrama

I want to be some kind of a pilot. And the other thing that I really like is psychology.

~Wilmer Valderrama

As Latinos, we are so aware of what people go through in order to come to America. It's very interesting to do research on something that's been culturally a part of your existence.

~Wilmer Valderrama

You do some things and you just hope people will laugh.

~Wilmer Valderrama

I think psychology would be an easy transition and figuring out the human mind somehow.

~Wilmer Valderrama

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