

Only in spontaneity can we be who we truly are  
— John McLaughlin

I'm a great believer in spontaneity because I think planning is the most destructive thing in the world.  
— John Cassavetes

Spontaneity is everything to me, working without a net.  
— Regis Philbin

I'm all about spontaneity. I think it makes for greatness.  
— Camille Kostek

It's good to be prepared, but spontaneity is very important - just to let yourself go and let it be whatever it is.  
— Aron Eisenberg