



Be Healthy, Be Active, Be Inspired

Igniting Family Inspiration

Picabo Street is not only an Olympic gold medalist, she's a mom striving to inspire her children to achieve their goals.

Picabo set her sights on Olympic gold at age 10. Now, she shares why it's important to find inspiration and how she discovered what inspires her children to succeed as well.

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Discover their passions:

- Share your passion
- Offer options
- Ask questions
- Watch for what interests them
- Listen
- Be engaged
- Enjoy the journey
- Support their dreams

Practice what you preach:

- Find your inspiration
- Share personal accomplishments
- Make goal setting realistic and relatable
- Set goals as a family
- Set goals with children individually
- Be open to their passion

be inspired tips

