



LET'S HUDDLE!

CHOOSING YOUR "ONE WORD"

We are Stronger Together.

Derrick Alger, MD

Welcome to Quick Connect Huddles! Our mission is to foster meaningful connections and enhance **esprit de corps** (es-PREE deh KOR)—the spirit of camaraderie, loyalty, and mutual support within your team. These huddles are designed to create personal connections, allowing team members to engage on a deeper level so they can **support each other more effectively.**

In the demanding, high-stakes world of healthcare, we face unique stresses and pressures daily. Witnessing suffering, making life-altering decisions, and shouldering immense responsibility can take a toll. During these challenging times, connecting with colleagues who understand and share similar experiences is crucial. It reminds us that we are not alone in our struggles; **we are in this together.**

To kick off our 12-month series, we invite you to engage in a meaningful exercise: to choose one word or phrase to guide and inspire you. This word will help center your intentions and provide a touchstone for the year ahead. Sharing your word or phrase with colleagues will provide accountability, making it easier for you to support one another and will help foster a sense of unity and purpose within your team.



“There is a word meant for you and when you find it, live it, and share it, your life will become more rewarding and exciting than ever.”

Jon Gordon

Author of "One Word that Will Change Your Life"



Your “One Word”

Choosing a word to focus on is a personal experience. The word you select has the power to have a profound impact on all aspects of your life – personal, professional, spiritual, and relational. The goal for your “One Word” is for your word to promote personal growth, serving as a constant reminder and motivator to help you stay focused on what matters most to you. Remember, as life progresses, you can adjust or change your word to align with new aspirations or circumstances.



My word for this year is **“curiosity.”** I realized I was operating on autopilot, not asking myself the hard questions needed for the changes I desired. Since choosing my One Word, I’ve made a conscious effort to be more curious, both professionally and personally.

At work, I started asking deeper questions to better understand my patients’ chief complaints and to provide more **comprehensive** care. It not only has me spending more time with patients, but I am asking **better questions** and I feel that their overall care is improved as a result.

At home, curiosity has helped me become a better husband and father. One particularly challenging night, I found myself alone at home with four crying children at bedtime. The realization hit me that my wife often does bedtime alone when I am working late. I summoned my word, “curiosity” and **wondered how I could show my wife how much I appreciated her.** The next day I booked her a massage as a token of my gratitude for her as a mother/partner.

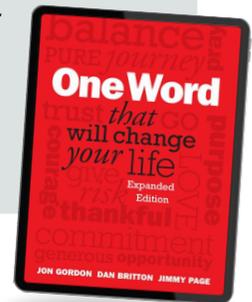
As you can tell, making the time to set a One Word mantra for the year has positively impacted my life. This also offers a **connection point** for you and your colleagues as you check in with one another throughout the year.



Take a moment, listen to your inner voice, and see if there is a word or phrase that has meaning and/or significance to your life situation.

CHOOSING YOUR WORD INVOLVES INTROSPECTION AND CONNECTION TO YOURSELF AND YOUR HIGHER POWER. HERE'S A STRUCTURED APPROACH FROM AUTHOR JON GORDON TO HELP YOU DISCOVER YOUR WORD:

- **Look in:** Take a moment to unplug from external noise and ask three essential questions: What do I need? What's in my way? Does something need to go?
- **Look up:** Attempt to have an open mind and an open heart. This may involve a moment of prayer, asking God, or your higher power, what can be accomplished in you and through you.
- **Look out:** Whether it's hanging your word on the fridge or making it your screensaver, the key is to be creative in finding ways to remind yourself of your intention so that you can express it in all aspects of your daily life.



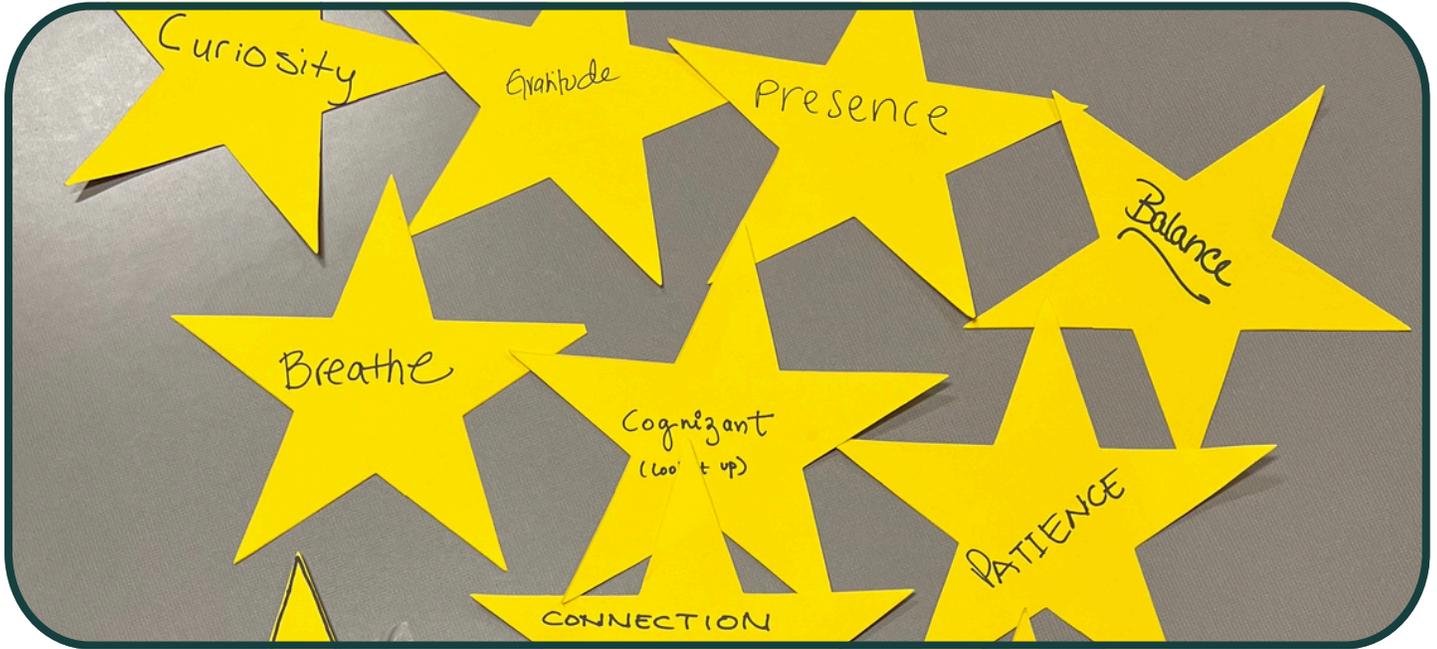
The Power of Sharing Your One Word

Once you decide on a word, a part of the challenge is to **share it with others!** I remember the first time we did this exercise at a huddle, a fellow colleague shared with our group that their one word was going to be **“balance.”** When asked to share what their word meant to them, they shared how hard it was to have personal time while being a full-time caregiver for a loved one at home with dementia after a full day at work. Even though our colleague had a sick loved one living with them for years, this was the *first time* some of us were learning of it. We were so grateful our colleague shared this important information with us, their openness allowed us to better support them moving forward. It’s amazing how just knowing someone’s word can help make you feel more connected with them. *When you hear another person’s One Word intention, you will most likely think of them when you see, feel or experience their word throughout the year.*

peace *encore* *balance* *connection* *joy* *self-love*
faith *focus* *rhythm* *thrive* *lean in* *love* *resilience* *include*
forgive



REFLECTION QUESTIONS



Some of the "One Words" from Derrick's hospitalist group.

1. "Look in." List some words that have significance for you.

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2. Reflect on the words that came to mind, and choose a word. (It's fine if another word pops up later that resonates more deeply. Trust your instincts, nothing is written in stone.)

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3. How do you hope your One Word will guide and shape you this year; personally, professionally or spiritually?

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As we learn each other words, this knowledge serves as a great connection point. You can ask your colleagues about their One Word throughout the year. This sharing and learning more about one another reinforces our commitment to each other as we work on creating a culture of connection and esprit de corps.

WRITE YOUR ONE WORD ON THE STAR



Cut out and put in a place where you and your team will see it.