



## Your 3 Words:

Have you heard of “Your 3 Words”? It’s a segment on Good Morning America where people share 3 words about something that is current or important to them. They write the words down and take video or pictures of themselves with their words and send them in to Good Morning America.

WIC Connects one-to-one is current and important in Washington WIC so we’d like to invite you to identify and share what WIC Connects means to you – in 3 words!

### Instructions:

1. Think about WIC Connects and the skills we are learning for better communication and positive relationships to inspire change. What 3 words best describe what it means to you?
  - Your words could be a short phrase.  
For example: “Good to great.” or “Curious about you.”
  - Your words could be 3 separate words that describe WIC Connects for you.  
Here’s a sample: “Hope, Bond, Flexibility.”
2. Write your words on the paper provided.
3. We will hear from the group.

### Ways you can use Your 3 Words in the clinic:

- Invite everyone in your clinic to do this activity and share their 3 words with each other.
- Take pictures of each person with their words and make a slide show set to music to show at the next staff meeting.
- Invite each person to post their words in a place where he or she will be reminded of the spirit of WIC Connects one-to-one!

This institution is an equal opportunity provider.  
**Washington State WIC Nutrition Program does not discriminate.**

For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).

Washington State Department of Health WIC Nutrition Program

961-341 December 2011

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