

3 QUICK WINS

BY JANICE HOFFMANN

HELLO

I'm certified! In Positive Psychology and as a Master Life Coach. I help artists, actors, builders +makers start and finish amazing projects and world premiere them face to face.

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#3quickwins movement

A quick win is a small action that you can take today, tomorrow, and the next day.

Why Do It?

I created this micro-movement because the small step is the catalyst for giant wins. It's easy to do, fast to deliver, and it gives you the traction needed to play a bigger game.

Plus, I'm obsessed with the magnitude of all things small.

Small Samples

1. The vending machine has been around since the 1800's. And recently this diminutive retail footprint has taken a seriously cool turn by accepting debit and credit cards and offering luxury fragrances in the Paris metro, meatballs outside a Spanish butcher shop, bicycle parts in Seattle hub spots, tiny umbrellas in Singapore boutiques, and portable ballet flats in UK nightclubs. HUUUGE!

2. The \$1 pizza is popping up all over. This super-high volume fast-food

joint is taking a 99 cent spin on the overpriced 'slice' with a fresh, straight from the oven, low-priced alternative.

3. To date a million micro lenders have played a big role in the fight against poverty. I've been a Kiva member since 2006 and have lent to 30 people, 69% women, spanning countries from Azerbaijan to Mexico in sectors such as food, agriculture, health, education, transportation and housing.

4. Tiny houses are more commonly measured by inch and known for their good, beautiful design and efficient use of space - plus it gives us a chance to simplify and conserve, leaving more energy and resources for personal choice, travel, family and friends.

5. NY Times published 'Small Fixes' a special section about low cost innovations. A favorite

mention was the "talking poster", currently being field tested by entrepreneur Paul R. Polak, that gives mini-lectures in local languages on topics like hand washing.

6. The little theatre experience performed in curious sites such as living rooms, private bathrooms, and apartment fire escapes, pushes the boundaries of the conventional performance space. These marginal and typically shoestring productions experiment with drama, puppetry, poetry, story telling, music, dance and monologues - giving the offbeat performer and the theatre lover a chance to connect in the most intimate and radical way.

Try Small On For Size

- » Send a long-distance friend a surprise postcard
- » Make an 8-tracks playlist for your number one fan
- » Walk a mile
- » Take a nap
- » Celebrate your competition
- » Choose and use a positive word
- » Whip together a one pot meal
- » Create a 5 point checklist for building an awesome life/business.
- » Follow up
- » Download a podcast and take a walk while you listen
- » Count your money
- » Make small talk
- » Let go of something you've been desperately clinging to
- » Complete one thing

- » Improve something
- » Start your day in gratitude
- » Read about a Universal Law (How life works)
- » Say NO to something
- » Say YES to something
- » Put on some music and lip sync
- » Seek novelty in one ordinary thing
- » Share a book by reading it out loud
- » Kick off an idea
- » Write a short but impressive email
- » Bring two people together
- » Prettify something

Small Changes Can Make a Big Difference

Think about it? If you mix + match, say, writing a thank you note, letting go of 3 things, and cooking a simple but healthy dinner - in only 3 days you've supersized small into something big. Stay with it, and your chance of having a great day, and a happy + successful year, increases.

How To Play Small

1. Use the hash tag #3quickwins

2. Post ONE quick win today, tomorrow, and the next day on your social media platform of choice. (Facebook, twitter, Instagram, etc.)

3. Evidence is a huge bonus - and making your quick win public is solidarity soul food.

So, if you're really inspired, attach a photo that tells the world you're here to bust-a-move.

Kapow. Now we're on the same page!