

Do you want to make lasting change?

Then think small!

Micro-practices are small actions that are **easy to remember** and **easy to do**. Something like “take a five minute daily walk after lunch.” Small steps give you confidence to take bigger ones later.

When you do a small action regularly, it can **become a habit**. Then you no longer draw on willpower to do it!

There’s lots of [research](#) that shows that micro-practices are a powerful way to make **lasting change**.

Try these four steps...



This is the cycle of continuous improvement

Here are six small, easy practices created by Public Profit and Spark Decks to help you support continuous quality improvement in your organization.



Get Grounded in CQI

- Daydream! Ask your team, “If you could wave a magic wand and change one thing about this organization or program, what would it be?”

Get Grounded in CQI

- As a team, decide on three or four “big questions” that your team is interested in exploring. For example, “How can we expand our customer base?” Post them where the team can see and add to them regularly.

Center your Stakeholders

- When making important decisions, create opportunities and a system for your staff members and those most impacted by the decisions to provide feedback.

Embrace a Growth Mindset

- Foster an experimental mindset. Try a new process or policy for a few weeks to a month, then ask the team if it should continue as is, be modified, or replaced with something else.

Reflect & Make Meaning

- Create a dashboard to track key metrics of progress. It doesn’t have to be fancy - a hand-drawn poster works just as well as any software. Share and update it regularly with your team

Systematize Your CQI

- Schedule CQI-related tasks directly into your organizational work plan. Tasks might include data collection, data interpretation, or action planning

If you’d like 46 more micro-practices to support continuous quality improvement, check out the “Everyday CQI” Deck at www.spark-decks.com.

Or let us know if we can help you create your own deck of micro-practices.