Many of us are approaching this holiday season with a focus on renewal, so we’ve put together this “color by commitment.” Each of the 12 colors on the page challenge you to complete a healing commitment before you fill in the sections with that color. Each healing commitment is a research-backed best practice shown to powerfully renew our connections with others, deepen our sense of meaning, or build our resilience.

Two words will help you maximize their power: **intention** and **reflection**. Set an intention for why you are completing each commitment. And when you are done, give yourself at least 5–10 minutes for a reflection of your experience – we suggest writing it down, if you can.

### Healing Commitments

1. **Pink**
   - 1 - Pink
   - Listen to a loved one for at least 15 minutes without distraction or judgment. Just be present.

2. **Red**
   - 2 - Red
   - Express appreciation for an everyday kindness. (e.g., a family member who gives you a hug, a crossing guard that waves, a grocery clerk who is kind.)

3. **Dark Orange**
   - 3 - Dark Orange
   - Look for a small way to help another person in 10 minutes or less. (It’s a stranger or acquaintance, make sure to ask their permission as appropriate.)

4. **Light Orange**
   - 4 - Light Orange
   - Ask a friend for help. (Bonus** if it’s in a way you normally wouldn’t!)

5. **Yellow**
   - 5 - Yellow
   - Finding delight. Pay attention to small things that bring you delight throughout the day. Keep a list of these things until you get to 10, then reflect on how shifting your focus to look for delight impacted the way you see the world.

6. **Light Yellow**
   - 6 - Light Yellow
   - Express gratitude. Write and send a letter to someone who has had a positive impact on your life. (Bonus** if this is someone you haven’t told about their impact.)

7. **Green**
   - 7 - Green
   - Build resilience. Take 15 minutes to do reflective writing on your past year. What was one of the challenges you dealt with? What did you learn about yourself as you faced that challenge? What strength did you discover or build?

8. **Light Blue**
   - 8 - Light Blue
   - What’s the message? When you experience a negative emotion, stop and listen. Ask yourself why you are feeling this way, and allow the answer to come without judging it. Notice how the emotion actually lessens the more you pay attention to it.

9. **Dark Blue**
   - 9 - Dark Blue
   - Show and Tell. Choose a child or other loved one in your life who has a passion for something you know little about. Ask them to show you or teach you about it and bring a mindset of curiosity to the conversation.

10. **Tan**
    - 10 - Tan
    - Get outside, any way you can, for 15 minutes. A walk or a hike is an added happiness bonus.

11. **Brown**
    - 11 - Brown
    - Permission slip. Give yourself permission to say “no” to something you think you should do, but that will only cause you stress, overwhelm, and other negative feelings.

12. **Black**
    - 12 - Black
    - Tuning in to happiness. Take a day to pay attention to what makes you feel happy. Determine which of those you can bring into your life more. Give yourself permission to say “yes” to at least one of them.