





Healing Commitments

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.