



# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

The Talmud discusses the obligation of *pirsumei nisah*, literally, publicizing the miracle, on Hanukkah. This is in reference to our task of publicizing the miracle of Hanukkah by lighting our menorahs by windows or our front doors. In doing so, we remind the world there is a God who performs miracles. The need to publicize the miracle of Hanukkah is an example of Judaism's desire to shed light on powerful ideas and truths our tradition holds dear and share them with the world.

Hanukkah can also remind us we, like the rest of the world, need to remember the great miracles we are and have light shed on the innermost parts of ourselves that need attention and understanding. In this resource we have devoted space to eight essential reflection prompts we hope will help you reflect on your year — on what brought you light and what dimmed your light — as we add more light to our menorahs this season.



נֵר יְהוָה נִשְׁמַת אָדָם חֹפֵשׁ כָּל-חֲדָרֵי-בֵּטָן

*The soul of a human is the lamp of God, revealing all of their innermost parts. (Mishlei 20:27)*



# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT ONE

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What was one of the best experiences you had this year?**

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**How did that experience change you?**

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**Is there anything you would have changed about the experience, and if so, why?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

Would you do it again, if you could? Why or why not?

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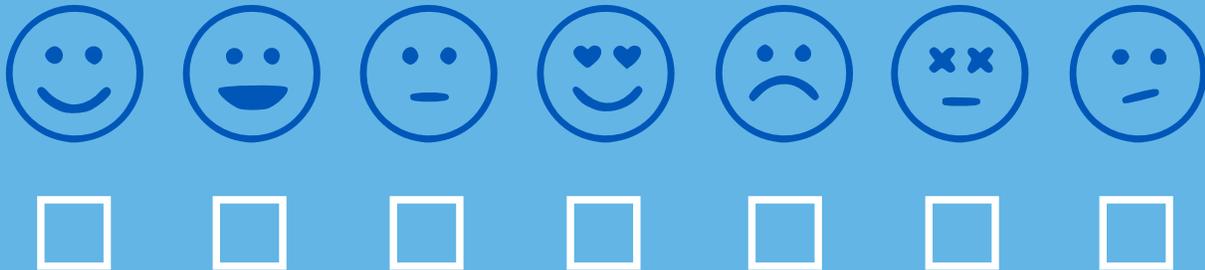




# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT TWO

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



**What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What is something you are grateful for?**

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**Why are you grateful for it?**

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**How has it changed you?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

When is it hard to express your gratitude?

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What is something you can do to express your gratitude?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT THREE

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What is a lesson you learned this year?**

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**Who or what experience  
taught it to you?**

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**How have you incorporated that  
lesson into your life?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

How can you teach that lesson to others?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT FOUR

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



**WHAT CAUSED YOU TO FEEL THAT WAY? HOW CAN YOU ENGAGE WITH THESE EMOTIONS IN A HEALTHY AND PRODUCTIVE WAY?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What was something that made you feel the most stuck this year?**

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**What did it mean for you to feel stuck?**

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**How did you get unstuck?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

How can you prevent this from happening in the future, or what coping skills do you have now that you could use if it happens again?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT FIVE

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**When did you feel the most at peace this year?**

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**What was going on in your life when you needed that peace?**

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**What can you do to feel that sense of peace again?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

How can you incorporate that experience into your life?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT SIX

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What do you wish you'd spent less time doing this past year?**

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**Why did you devote so much time to it?**

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**What difference would it have made in your life to do that less often?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

What can you do to avoid or reduce the time you spend on this activity in the future?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT SEVEN

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What do you wish you'd spent more time doing this past year?**

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**Why do you want to do that more?**

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**What kept you from doing that more?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

What difference would it have made in your life to do that more?

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How can you improve on this in the future?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

## NIGHT EIGHT

**Mental health check-In:** Name the emotion you are feeling most today, and color in the icon that best matches your mood.



What caused you to feel that way? How can you engage with these emotions in a healthy and productive way?

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

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**What thoughts do you need to let go of?**

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**Why are you hanging onto them?**

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**How can you let go of them?**

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# PIRSUMEI NISAH - ILLUMINATING YOUR INNER SELF

What does it mean to let go of them?

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