

# SHINE THE LIGHT

A daily guide for the 8 days of Chanukah to help  
you bring more light to your life, your  
relationships & the world.

THIS HANDBOOK WAS CREATED BY JENNY SASSOON & HER CHILDREN  
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Beit Shammai maintain: On the first day eight lights are lit and thereafter they are gradually reduced; but Beit Hillel say: On the first day one is lit and thereafter they are progressively increased.

Beit Hillel's reason is that we promote in [matters of] sanctity but do not reduce.

Shabbat 21b (Adapted from Rabbi Joshua Flug & Soncino Translation)

## **We follow in the tradition of Beit Hillel: Progressively adding light with each day.**

This handbook was created with the intention and the goal to help you (and all of us) bring more light into your life and the world day by day, for the eight days of Hanukah.

With seemingly so much darkness in the world, I thought it fitting to use this time to take action, each on our own personal level, to fill our surroundings with more light.

Each day there will be action steps for you to choose from to take  
to help you reach this endeavor.

Enjoy and may our light shine bright today and everyday.

With love and blessings,

Jenny Sassoon, Founder - [unleashingu.com](http://unleashingu.com)

# HANUKAH DAY 1

## Start with you.

Take time today to think about and reconnect with your qualities, the characteristics that make you who you are. This is your light.

Perhaps you are funny, hard-working, sensitive, outgoing, caring, loving, kind, ambitious, creative, determined, and/or energetic.

Whatever your qualities are, acknowledge them today and everyday. You will be more effective at spreading light around to others when you first reconnect with and ignite your own personal light.



# HANUKAH DAY 2

## Connect with Family

Today make time to reconnect with a family member\*. You can choose more than one family member if you like.

Tell them what you appreciate and love about them. Show them appreciation and love in the way that is most meaningful to them.

Everyone loves to feel heard. Take time to be fully present and listen to those closest to you.

Give them the support they require.



\*If family is hard for you, pick someone in your life that, to you, has become like family.

# HANUKAH DAY 3

## Re-Connect with Your Good Friends

Get on the phone or write them a note,

Let them know how much you cherish their  
friendship.

Thank them for the times they were there for  
you when you needed them most.

Bless them with love and goodness and to  
receive whatever it is their heart desires most.

Say hi and just listen. Once again, everyone  
loves feeling heard.



# HANUKAH DAY 4

## Connect with Your Neighbor

Spread your light to your neighbors next door.

Bake some cookies and leave it at their door with a friendly note. (Or knock on the door and bring them inside.)

Ask them about their day and their family.

Let them know that you are there to lend a helping hand (or some eggs) if and when they are in need.



# HANUKAH DAY 5

## Get to Know Someone New in Your Neighborhood

Take a walk in your neighborhood.

Knock on someone's door - someone you haven't yet met. Say hi and introduce yourself. Tell them you are their neighbor. Ask them to tell you about themselves.

Let know a little bit about you.

Wish them a great day.



# HANUKAH DAY 6

## Give Back & Spread Some Light in Your Community

If you see garbage on the street, stop to pick it up and throw it away. Take some time to help out in your community garden.

Take a walk and observe. Look out for anyone who might need some help. Help a child cross the street. Help someone carry their groceries up the stairs. Hold the door open for someone walking into the store with you. Remember to give a nice, warm smile.

Make a big sign for your community. Share a message that is uplifting and kind. Hang it up where those who drive by it can see it and get inspired.



# HANUKAH DAY 7

## Spread Your Light in Your Nearest City

Go into the city and walk around.

Prepare a few notes with positive messages  
and hand them out to random strangers.

Make eye contact and give those who cross  
your path a smile. Wish them a great day.

Sit with a homeless person and just say hi. Get  
to know them. Treat them like the human  
being that they are. (I'm sure they might also  
appreciate a bite to eat, if you can afford it.  
Bananas are usually healthy and affordable.)



# HANUKAH DAY 8

## Spread Your Light Wider

Go to a hospital and spread some cheer. Bring some gifts for patients young and old. Say thank you to hospital staff and acknowledge their life-saving work. Play music or do some card tricks for those waiting their turn for their doctor's visit.

Volunteer for the day in a soup kitchen or nursing home.

Pick a cause that is dear to you and commit today to take action and do whatever you can to advocate on its behalf.

