## **PREPARATION FOR DOING MITZVOT**

## Intention/Kavana

*Mitzvot* that are from the *Torah* (*tzitzit*, *tefilin*, *sukka*, etc.) require having the intention (*kavana*) to fulfill that commandment. But with many such *mitzvot*, it is inherent in doing the *mitzva* that you are doing it for the *mitzva* and therefore you do not need to have a special intention (for example, you would not put on *tefilin* to keep yourself warm).

## VaYehi Noam, L'Shem Yichud, Yehi Ratzon

You do not need to say Va'yehi noam, L'Shem yichud, or Yehi ratzon before doing commandments.

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